

Item No.: 5449206

Performance athletes, bodybuilders, people with difficulty gaining weight – there are many reasons for wanting to consume more calories and build muscle mass. Our Weight Gainer shake can support you in this endeavour.

The product contains different kinds of protein which contributes to a growth in muscle mass and the maintenance of muscle mass. A serving of  $50 \, \mathrm{g}$  powder stirred into  $150 \, \mathrm{ml}$  milk ( $1.5 \, \%$  fat) can give you an additional  $306 \, \mathrm{kcal}$  between meals or before or after sport.

The shake also contains vitamin C, thiamin, riboflavin, niacin, vitamin B6, vitamin B12, calcium and phosphorus, which contribute to normal energy-yielding metabolism. Additionally vitamin B6 contributes to normal protein and glycogen metabolism.

Available in cherry, banana and berry flavours.

#### **Benefits**

Protein source – contains 9.6 g
protein per serving

Milk proteins with

vitamins & minerals

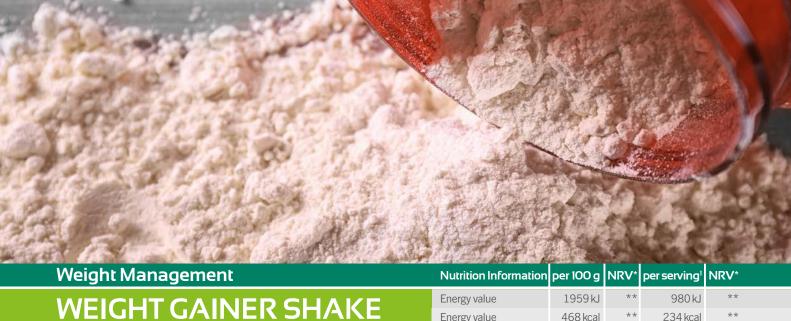
- Protein contributes to a growth in muscle mass and the maintenance of muscle mass.
- Vitamin C, thiamin, riboflavin, niacin, vitamin B6, vitamin B12, calcium and phosphorus contribute to normal energy-yielding metabolism.
- Vitamin B6 contributes to normal protein and glycogen metabolism.





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# **Description**

Flavoured beverage powder based on milk proteins fortified with vitamins and minerals

## Dosage per serving and use

Add 50 g of the powder to 150 ml milk and shake it.

Before **U** During **D** After **U** 

### **Technical data**

Flavours: Banana, Berry, Cherry

Shelf life: 18 – 24 months, depending on the

packaging format

Storage: Store in a cool, dry and dark place.

Packaging:

# Allergy information

Milk/ milk products (including lactose)

#### Ingredients (cherry)

Sucrose, **milk** protein isolate, edible oil powder (refined soy bean oil, **milk** protein, natural flavouring, contains 40 % linoleic acid and 4 % alpha linolenic acid), coconut milk powder (coconut milk, glucose syrup, **milk** protein), maltodextrin, coconut milk powder (coconut milk, glucose syrup), natural flavouring, calcium salts of orthophosphoric acid, potassium salts of orthophosphoric acid, acidity regulator: sodium bicarbonate, colouring food (beetroot concentrate), salt,

magnesium oxide, thickener: xanthan gum, ferrous sulfate (microencapsulated), L-ascorbic acid, DL-alpha-tocopheryl acetate, nicotinamide, zinc sulfate, calcium-D-pantothenate,

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Energy value 1959 kJ 980 kJ 468 kcal 234 kcal Energy value 19g 9.3 g -of which saturates 7.7 g 3.9 g 55g Carbohydrate 27 g -of which sugars 37g 18g Fibre < 0.5 g< 0.5 gProtein 19g 9.6g Salt 0.87g 0.44 g Vitamin A 255 µg 30 128 µg 15 Vitamin D 1.5 µg 30 0.75 µg 15 Vitamin E 3.7 mg 32 1.9 mg 16 Vitamin C 32 16 26 mg 13 mg 30 15 Thiamin 0.32 mg 0.16 mg Riboflavin 0.46 mg 32 0.23 mg 16 Niacin 4.8 mg 30 2.4 mg 15 Vitamin B6 15 0.42 mg 30 0.21 mg Vitamin B12 38  $0.48 \, \mu g$ 19  $0.96 \mu g$ Calcium 256 mg 32 128 mg 16 42 21 Phosphoris 289 mg 144 mg Sodium 238 mg 119 mg

 $<sup>^150</sup>$  g powder | \* Percent of nutrient reference values (NRV) according to Regulation (EU) No. 1169/2011 | \*\* No NRV available