



## Sports Nutrition

# ACTIVE SHAKE WITH COLLAGEN PEPTIDES

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Athletic performance, heavy work or being overweight all cause strain to joints and cartilage. As people age, the risk of joints wearing out increases. nutrineo offers a sports drink specifically developed for supporting healthy joints. In cooperation with GELITA AG, the experts at nutrineo have developed the functional sports drink "Active shake" that contains FORTIGEL®. FORTIGEL® is a blend of collagen peptides.

Moreover, a high-quality 4-component protein contributes to maintaining muscle mass because older people, in particular, are at risk of losing muscle mass and muscle strength (sarcopenia) through ageing. This results in functional limitations.<sup>1</sup>



## i Sarcopenia<sup>2</sup>

The degenerative loss of muscle mass may start at the age of 50; from the age of 70 the process accelerates.

From the age of 50, muscle mass shrinks by 1-2 percent each year. Between the ages of 50 and 60, muscle strength is lost at a rate of approximately 1.5 percent each year increasing to up to 3 percent beyond this age.

It is assumed that the progressively reduced muscle mass is due to the reduction of anabolic (muscle-building) processes and the preponderance of catabolic (muscle-decreasing) processes as well as the malfunction of cellular processes in the muscle fibres.

## Benefits

- Contains FORTIGEL® (collagen peptide)
- Collagen = main structural protein and important protein in the connective tissues
- Collagen is a natural component of joints, tendons, ligaments, skin and hair.
- 23 g protein per serving
- Proteins support the maintenance and growth of muscle mass
- Supports a healthy and active lifestyle

Sources (excerpt):<sup>1</sup> cf.: Spira, D.; Norman, K. et al: Prevalence and definition of sarcopenia in community dwelling older people. Zeitschrift für Gerontologie und Geriatrie Vol. 49 (2) Feb. 2016, p. 94-99 | <sup>2</sup> S. von Haehling: Ergänzende bilanzierte Diät mit essenziellen Aminosäuren bei chronischen Krankheiten und im fortgeschrittenen Alter. Aktual Ernährungsmed 35, 2010, p. 115-123



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### Description

Flavoured beverage powder based on whey and milk proteins with hydrolysed collagen and sweeteners

### Dosage per serving and use

Quickly stir 30 g of the powder into 250 ml water or use a shaker.

Before  During  After

### Technical data

Flavours: Chocolate  
 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),  
 gluten-containing grains

### Ingredients (chocolate)

**Whey** protein isolate (**whey** protein, emulsifier: lecithins), **whey** protein concentrate (**whey** protein, emulsifier: lecithins), **milk** protein isolate, 16.7 % hydrolysed collagen, 5 % fat-reduced cocoa powder, natural flavouring, thickener: guar gum, emulsifier: lecithins (**wheat** gluten, sunflower lecithins), sweetener: sucralose and acesulfame K

| Nutrition Information (chocolate) | per 100 g powder | per serving (30 g) |
|-----------------------------------|------------------|--------------------|
| Energy value                      | 1514 kJ          | 454 kJ             |
| Energy value                      | 362 kcal         | 109 kcal           |
| Fat                               | 3.0 g            | 0.9 g              |
| -of which saturates               | 1.4 g            | 0.4 g              |
| Carbohydrates                     | 4.3 g            | 1.3 g              |
| -of which sugars                  | 2.6 g            | 0.8 g              |
| Fibre                             | 3.1 g            | 0.9 g              |
| Protein                           | 77 g             | 23 g               |
| Salt                              | 0.38 g           | 0.11 g             |

All data are subject to usual variations in natural products.

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