



## Sponser Recovery Drink 20 x 60g sachets



SPONSER Recovery Drink is a lactose-free recovery drink for accelerated glycogen storage, protein synthesis and strengthening of the immune system.

CHF 70.00

Recovery Drink is a balanced combination of carbohydrates and high-quality whey protein isolate for improved regeneration. SPONSER Recovery Drink is a lactose-free regeneration drink for accelerated glycogen storage, protein synthesis and strengthening of the immune system. The short-, medium- and long-chain carbohydrates also cause a staggered release of energy for hard training and promote glycogen storage and regeneration.

Based on casein and whey protein hydrolysate (variant vanilla also egg albumin). The fast and slow available proteins thus serve immediate muscle recovery (reparation) as well as muscle building (after sports). Whey protein isolate from cross-flow microfiltration provides concentrated, natural protein with high-quality co-factors (BCAA 25%) for and the immune defense. By increasing the concentration of amino acids as well as the improved absorption capacity of the cells, protein synthesis promotes the rapid recovery of stressed muscles. The added free amino acids leucine (1.85 g/100 g) and glutamine are needed to a greater extent during intensive sports. Leucine serves as a building material in protein synthesis, while glutamine also contributes to strengthening. The prebiotic soluble dietary fibers promote digestion and intestinal flora, which is conducive to improved nutrient absorption.

### Advantages

- Broad spectrum of action: glycogen storage, defenses, protein synthesis, muscle building, immune defense
- High quality, lactose-free whey protein
- Portion bag, ideal to take along
- Fine, tasty fruit drink



- Preparation with water

**Application:**

As an energy supplier, to support regeneration and muscle building up to 1 h before or preferably immediately after training. As a snack (in a shaker on the go) to meet the increased calorie and protein needs of intense periods of stress. Also suitable as a breakfast drink.

Flavor: Strawberry-Banana,  
Packaging unit: 20 x 60g bags

Content: 1200g