



## Sponser Recovery Shake 900g can



The Recovery Shake from Sponser is a combination of whey protein, carbohydrates and casein for optimal recovery and muscle mass building.

CHF 33.00

Recovery Shake is a carbohydrate protein powder for muscle building and regeneration. SPONSER Recovery Shake is a balanced combination of multi-chain carbohydrates, high-quality proteins, as well as all necessary vitamins and minerals. The short-, medium- and long-chain carbohydrates cause a staggered release of energy for hard training and promote glycogen storage and regeneration. Recovery Shake increases the amino acid concentration in the blood, as well as the absorption capacity of the cells and thus promotes protein synthesis or the rapid recovery of the stressed muscles. middot: Microgranulated whey protein concentrate ensures a slow and continuous absorption of the high-quality, undenatured whey proteins, which normally disappear quickly from the bloodstream. Thus, for the first time, long-lasting availability of whey protein is possible. middot: Whey protein isolate from cross-flow microfiltration provides concentrated, undenatured protein with high-quality co-factors for growth and defense. middot: Protein hydrolysates from potatoes, egg white and wheat provide rapidly available peptides that are rapidly absorbed and optimally metabolized by the body. Thus, glutamine peptide is equally important for strength and endurance athletes, as it is simultaneously essential for protein synthesis, glycogen storage as well as the body's defenses and thus for accelerated recovery. Calcium caseinate provides readily available, milk-derived calcium and ensures a long-lasting supply of amino acids, resulting in increased protein synthesis.

### Advantages

- Broad spectrum of action: glycogen storage, protein synthesis, immune system
- Combines high-quality protein and carbohydrate sources of short as well as long availability
- Fine, tasty milkshake in 2 flavors

### Recommended intake / intake

As an energy supplier, to support regeneration and muscle building up to 1 h before or preferably

**The Shark  
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immediately after training.

**Ingredients**

fruit powder, whey protein isolate, dextrose, fructose, maltodextrin, inulin, minerals, beet powder, citric acid, flavors, thickeners, vitamins.

Packaging unit: 900g can

Flavor: vanilla, banana, chocolate

Content: 900g