

POWER

PREMIUM MUSCLE SUPPORT

+ WHEY CFM + COLOSTRUM + LEUCINE

CHOCOLATE



QUICK INFO

LACTOSE FREE

GLUTEN FREE

ACID FREE

NO SWEETENERS

NO ARTIFICIAL COLOURS

NO PRESERVATIVES



VARIOUS
FLAVOURS

MULTI PROTEIN POWDER ENRICHED WITH L-LEUCINE AND VITAMINS. CHOCOLATE FLAVOURED, WITH SWEETENERS.

PRODUCT DESCRIPTION

Protein supports growth in muscle mass and its maintenance. Thanks to its uncompromising combination of high quality special protein, Premium Muscle Support is particularly appropriate for ambitious athletes. The specific combination of colostrum, whey (whey protein isolate CFM) and micellar casein provides a high quality amino acid spectrum as well as different solubility and absorption properties.

- Whey- and milk protein isolate from cross-flow microfiltration and ultrafiltration as natural source of lactalbumin, micellar casein and milk calcium.
- Enriched with colostrum, the cows first milk
- Protein hydrolysates from whey (Whey CFM Nitro™), casein (PeptoPro™), potato and egg supply protein in quickly available form of peptide. Peptides are pre-split proteins (short chain peptides).
- Enriched with L-leucine, an essential amino acid.
- Whey CFM Nitro™, an hydrolysed whey protein isolate CFM.

ADVANTAGES

- **Best qualitative protein mix**
- **Only 2.1 g of lactose per portion**
- **Gluten free**
- **Natural taste**
- **Preparation with water**

UTILISATION

Preferably before and following exercise and/or before bedtime. 1-3 drinks per day, please note also the recommendations concerning daily protein needs under www.sponser.ch/calculators. As part of a varied and balanced diet and a healthy lifestyle.

Preparation: Mix 3 level scoops (approx. 30 g) + 200 ml of water in a shaker.

POWER

PREMIUM MUSCLE SUPPORT

+ WHEY CFM + COLOSTRUM + LEUCINE

CHOCOLATE

PAGE 2

INGREDIENTS

Protein powders 80% (**whey** and **milk** protein isolat, protein hydrolysates [**casein**, **whey**, potatoe, **egg**], **bovin colostrum** 5%, hydrolysed **whey protein** isolat), cocoa powder 10%, L-leucine 2%, flavours, emulsifier **soy** lecithin, caramel powder, 10 vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid, biotin, cyanocobalamin), sweeteners (acesulfam K, neotame). Only 4.4 g lactose in 100 g.

FLAVOURS/P ACKAGING

Chocolate, Strawberry 425 g (14 servings) or 850 g can (28 servings)

NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER		1 SHAKE = 30 G + 200 ML WATER	
energy kJ (kcal)	1561 (368)		465 (110)	
fat	2.5 g		0.7 g	
of which saturated fatty acids	1.0 g		0.3 g	
carbohydrates	14 g		4.2 g	
of which sugars	4.7 g		1.4 g	
of which Lactose	4.2 g		1.3 g	
fibres	4.7 g		1.4 g	
protein	71 g		21 g	
salt***	0.55 g		0.17 g	
VITAMINS		%NRV*		%NRV*
E	12 mg	100%	4.0 mg	30%
C	80 mg	100%	24 mg	30%
B1	1.1 mg	100%	0.3 mg	27%
B2	1.4 mg	100%	0.4 mg	29%
Niacin	16 mg	100%	4.8 mg	30%
B6	1.4 mg	100%	0.4 mg	29%
folic acid	200 µg	100%	60 µg	30%
B12	2.5 µg	100%	0.7 µg	28%
Biotin	50 µg	100%	15 µg	30%
pantothenic acid	6.0 mg	100%	1.8 mg	30%
MINERALS		%NRV*		%NRV*
potassium	970 mg	49%	290 mg	15%
calcium	800 mg	100%	240 mg	30%
magnésium	130 mg	35%	39 mg	10%
phosphorus	600 mg	86%	180 mg	26%

POWER

PREMIUM MUSCLE SUPPORT

+ WHEY CFM + COLOSTRUM + LEUCINE

CHOCOLATE

PAGE 3

Amino acids per 100 g pure protein		
essential	histidine	2.1 g
	isoleucine	6.3 g
	leucine	13.1 g
	lysine	9.4 g
	methionine + cysteine	4.5 g
	phenylalanine + tyrosine	7.5 g
	threonine	6.6 g
	tryptophan	1.8 g
	valine	6.4 g
non-essential	alanine	4.6 g
	arginine	2.8 g
	aspartic acid	10.6 g
	glutamic acid	20.3 g
	glycine	1.9 g
	proline	7.6 g
	serine	5.2 g

Biological value (according to Oser) = 170
 (whole egg = 155)

Total BCAA (valine, leucine, isoleucine) = 258 mg/g
 pure protein

Carefully produced in Switzerland by

Sponser Sportnahrung AG
 CH-8832 Wollerau

Sponser Europe GmbH
 D-88131 Lindau