

FIT & WELL

PROTEIN SHAKE LOW CARB

+ L-CARNITINE + CHOLINE

CHOCOLATE

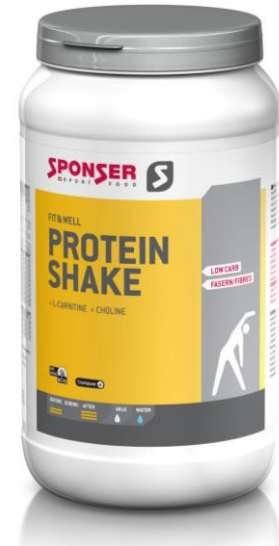


QUICK INFO

- LACTOSE FREE
- GLUTEN FREE
- ACID FREE
- NO SWEETENERS
- NO ARTIFICIAL COLOURS
- NO PRESERVATIVES



Carnipure™ guarantees purest carnitine quality



PRODUCT DESCRIPTION

SPONSER® PROTEIN SHAKE - Delicious milkshake with a high biological value thanks to milk and egg proteins. Protein supports the growth as well as the maintenance of muscle mass and is particularly important within the framework of a reduced calorie nutrition plan. This low carbohydrate Protein Shake can be integrated in a healthy nutrition plan with high quality proteins and a defined proportion of complex carbohydrates (low carb). It is suitable as part of a meal in combination with fruit, vegetables and salads.

Enriched with L-carnitine in CarniPure quality.

ADVANTAGES

- **With 300 mg L-carnitine per portion**
- **1 portion (25 g powder + 300 ml of low fat or skimmed milk) covers about ¼ of the daily needs in 10 selected vitamins**
- **Enriched with precious food fibres**
- **Easy preparation with a shaker**

UTILISATION

2-3 times a day, take 1 shake together with salad, vegetables or fruits as wished. In addition sugar free drinks like tee or water.

Take approx. 2 scoops (25 g) + 250-300 ml of milk (= approx. 25 g of protein) in a shaker/mixer. If preparing with water, increase amount of powder.

As part of a varied and balanced diet and a healthy lifestyle.

INGREDIENTS

Protein powder 67% (**milk** protein, **egg** albumin, **whey** protein), cocoa powder 15%, fibres 10% (inulin, acacia, fructo-oligosaccharides, guar), caramel powder, L-carnitine tartrate, choline bitartrate, magnesium carbonate, flavours, calcium lactate, vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, cyanocobalamin), sweeteners (acesulfam K, neotame), antioxidant ascorbic acid.

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FLAVOURS/PACKAGING

Banana, Vanilla, Chocolate
Vanilla

550 g can (22 servings)
Display 20 x 25 g

NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER		1 PORTION**	
energy kJ (kcal)	1400 (330)		680 (160)	
fat	2.8 g		1.0 g	
of which saturated fatty acids	1.3 g		0.5 g	
carbohydrates	7.0 g		14 g	
of which sugars	4.3 g		13 g	
fibres alimentaires	13 g		3.3 g	
protein	63 g		24 g	
salt ***	0.60 g		0.46 g	
VITAMINS		%NRV*		%NRV*
E	12 mg	100%	3.0 mg	25%
C	80 mg	100%	20 mg	25%
B1	1.1 mg	100%	0.3 mg	27%
B2	1.4 mg	100%	0.4 mg	29%
B6	1.4 mg	100%	0.4 mg	29%
B12	2.5 µg	100%	0.9 µg	36%
Niacine	16 mg	100%	4.3 mg	27%
folic acid	200 µg	100%	60 µg	30%
Biotine	50 µg	100%	15 µg	30%
pantothenic acid	6.0 mg	100%	2.4 mg	40%
MINERALS		%NRV*		%NRV*
Calcium	1200 mg	150%	555 mg	69%
Magnesium	330 mg	88%	94 mg	25%
potassium	900 mg	45%	590 mg	30%
phosphorus	800 mg	114%	400 mg	57%

* nutrient reference values

**1 Portion = 25 g + 250 ml skim milk (0.1% fat). 100 ml of the preparation contains 328 kJ (67 kcal).

***calculated with factor 2.5. Sodium content 240 mg/100 g. No additional salt added.

Per 100 g (25 g): L-Carnitine 1200 mg (300 mg), Cholin 340 mg (85 mg)

Multi protein powder with L-carnitine, choline, fibres, vitamins and minerals. Chocolate flavoured, with sweeteners.

Carefully produced in Switzerland

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Sponser Europe GmbH
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