

FIT & WELL

# PROTEIN SHAKE

+ L-CARNITINE + CHOLINE

VANILLA



QUICK INFO	
<input type="checkbox"/>	LACTOSE FREE
<input checked="" type="checkbox"/>	GLUTEN FREE
<input checked="" type="checkbox"/>	ACID FREE
<input type="checkbox"/>	NO SWEETENERS
<input checked="" type="checkbox"/>	NO ARTIFICIAL COLOURS
<input checked="" type="checkbox"/>	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 85% (**milk** protein, **egg** albumin, **whey** protein isolat), fibres 10% (inulin, acacia, fructo-oligosaccharides, guar), flavours, L-carnitine tartrate, magnesium carbonate, choline bitartrate, 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

	PER 100 G POWDER	1 PORTION**	
energy kJ (kcal)	1420 (335)	820 (167)	
fat	0.8 g	0.5 g	
of which saturated fatty acids	0.4 g	0.1 g	
carbohydrates	5.0 g	13g	
of which sugars	2.4 g	12 g	
fibres	10 g	2.5 g	
protein	72 g	27 g	
salt ***	0.88 g	0.22 g	
<b>VITAMINS</b>		%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%
niacin	16 mg	100%	4.3 mg 27%
folic acid	200 µg	100%	60 µg 30%
biotin	50 µg	100%	15 µg 30%
pantothenic acid	6.0 mg	100%	2.4 mg 40%
<b>MINERALS</b>		%NRV*	%NRV*
calcium	650 mg	81%	460 mg 58%
magnesium	250 mg	67%	90 mg 24%
potassium	500 mg	25%	410 mg 21%
phosphorus	700 mg	100%	400 mg 57%

\* nutrient reference values

\*\*1 Portion = 25 g + 250 ml skim milk (0.1% fat). 100 ml of the preparation contains 330 kJ (67 kcal).

\*\*\*calculated with factor 2.5 from sodium content 350 mg/100 g

**Per 100 g (25 g):** L-Carnitine 1200 mg (300 mg), Choline 400 mg (100 mg)

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

Carefully produced in Switzerland

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