

## RECOVERY – Regeneration Drink

protein supports muscle maintenance and magnesium contributes to a reduction in fatigue



### Key benefits long description:

As a competitive athlete you constantly set yourself ambitious goals and don't accept any compromises on the journey to reach them. Recovery, along with energy supply and hydration, is key to reaching your potential. After intense training sessions and competitions your muscles want to start maintain and your immune system can be vulnerable. RECOVERY – Regeneration Drink is designed for immediate use after exercise to provide your muscles with protein. Allowing you to be ready for the next training session!

- Trisource Protein, which is a special mix of casein, whey and soy protein. Protein supports muscle growth and maintenance
- 3mg zinc per serve support immune system function
- Magnesium contributes to a reduction in fatigue
- With carbohydrates, plus 10 vitamins and 3 minerals

### Key benefits short description:

As a competitive athlete you constantly set yourself ambitious goals. Recovery is one key to reaching your potential. RECOVERY – Regeneration Drink is designed for immediate use after exercise to provide your muscles with protein. Allowing you to be ready for the next training session!

- With Trisource Protein. Protein supports muscle growth and maintenance
- 3mg zinc support immune system function
- Magnesium contributes to a reduction in fatigue
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### **PowerBar RECOVERY great taste:**

- Chocolate

### **Suggested usage:**

- Mixing instruction: Dissolve 55g (approx. 4 tablespoons) in 200ml water
- Drink immediately within 30 minutes after sport
- As part of a varied and balanced diet and a healthy lifestyle.

### **Technical information:**

- 1.210g per jar
- 6 jars per case

Flavour	SKU	EAN code jar	EAN code case
Chocolate	12214289	4029679670051	4029679670501

- 55g single serve
- 20 single serves per box
- 4 boxes per case

Flavour	SKU	EAN code Single Serve	EAN code box	EAN code case
Chocolate	12214350	4029679670013	4029679670105	4029679671003

**This information is presented for illustrative purposes only.  
Any specifications and values on the actual product packaging will  
always take precedence over any factsheet guidelines.**



### Ingredients

Skimmed milk powder, dried glucose syrup, sugar, fat-reduced cocoa powder (4,3%), whey protein (2,9%), maltodextrin, soy protein (2,6%), calcium caseinate (2,5%), minerals (magnesium phosphates, zinc gluconate, copper gluconate), vitamins (vitamin C, niacin, vitamin E, pantothenic acid, vitamin B6, vitamin B1, folic acid, vitamin B2, biotin, vitamin B12), flavouring, emulsifier soy lecithin, cinnamon. May contain traces of gluten, egg and nuts.

### Nutrition information

Nutrition Information	per 100g	per serving*
Energy kJ (kcal)	1580 (372)	870 (205)
Protein	20,1 g	11,1 g
Of which Casein	11,1 g	6,1 g
Whey protein	5,0 g	2,8 g
Soy protein	2,4 g	1,3 g
Carbohydrate	70,5 g	38,8 g
of which sugars	41,0 g	22,6 g
Fat	0,8 g	0,4 g
of which saturates	< 0,8 g	< 0,4 g
Fibre	1,3 g	0,7 g
Sodium	0,17 g	0,09 g

\*per 55g serving when mixed with 200ml water

## Vitamins and minerals:

<b>Vitamins and minerals:</b>	<b>per 100 g (%RDA**):</b>	<b>per serving* (%RDA**):</b>
Vitamin E	8,0 mg (67%**)	4,4 mg (37%**)
Vitamin C	43,7 mg (55%**)	24,0 mg (30%**)
Vitamin B1	0,68 mg (62%**)	0,37 mg (34%**)
Vitamin B2	0,76 mg (54%**)	0,42 mg (30%**)
Vitamin B6	0,76 mg (54%**)	0,42 mg (30%**)
Niacin	8,7 mg (54%**)	4,8 mg (30%**)
Pantothenic acid	2,7 mg (45%**)	1,5 mg (25%**)
Vitamin B12	1,4 µg (56%**)	0,8 µg (30%**)
Folic acid	109 µg (55%**)	60 µg (30%**)
Biotin	27,3 µg (55%**)	15 µg (30%**)
Copper	0,55 mg (55%**)	0,30 mg (30%**)
Magnesium	205 mg (55%**)	113 mg (30%**)
Zinc	5,5 mg (55%**)	3,0 mg (30%**)

\*per 55g serving when mixed with 200ml water

\*\*% Recommended Daily Allowance