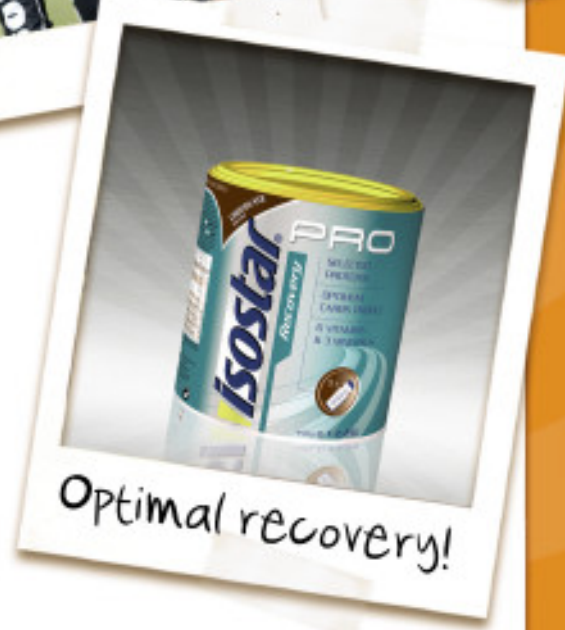


isostar go far.

PRO



RECOVERY DRINK

Isostar Recovery drink powder has been specially designed to help sportsmen and women to recover after physical exercise. Its guaranteed protein content (20%) enables the stimulation of protein synthesis and muscle recovery after physical activity. The addition of carbohydrates helps to replenish the body's supply of energy by rebuilding the body's glycogen reserves. Its liquid form and vitamin and mineral content hydrate the body and compensate for loss of fluids during exertion. Sportsmen and women can savour the chocolate flavour as they recover.

When and how to drink Isostar Recovery?

This drink is ideal for all sportsmen and women during the recovery phase, particularly for endurance sports. It is primarily recommended for long and medium-duration physical activities or for fragmented activities over long periods: marathon, cycling, triathlon, football, hand-ball, hockey, water-polo, step, judo, tennis, windsurfing, fencing, combat sports, etc.

For best results, drink Isostar Recovery within 1/4 hour of finishing physical activity.

Flavour: chocolate.

Preparation: 1 x 50g measure to 250ml of water.

AVERAGE NUTRITIONAL VALUES:

Serving = 50g. Add to 250ml of water.
Flavour: chocolate.

	Unit	Content per 100g	% R.D.A.* per 100g	Content per serving	% R.D.A.* per serving
Caloric value	kCal	364		183	
Caloric value	kJ	1547		775	
Proteins	g	19,5		9,8	
Carbohydrates	g	69,3		34,7	
- of which sugars	g	57		28,5	
Fat	g	1		0,5	
- of which saturated	g	0,7		0,4	
Fibre	g	1,7		0,85	
Sodium	g	0,32		0,16	
Calcium	mg	590	74 %	295	37 %
Magnesium	mg	120	40 %	60	20 %
Vitamin E	mg	6	60 %	3	30 %
Vitamin C	mg	36	60 %	18	30 %
Vitamin B1	mg	0,85	61 %	0,43	31 %
Vitamin B2	mg	0,96	60 %	0,48	30 %
Vitamin PP	mg	10,8	60 %	5,4	30 %
Vitamin B6	mg	1,2	60 %	0,60	30 %

* R.D.A.: Recommended Daily Allowance

LIST OF INGREDIENTS:

Skimmed milk powder, dried glucose syrup, sugar, powdered whey proteins, low fat cocoa powder 4.5%, flavourings (colouring: E150c, wheat dried glucose syrup), sodium chloride, magnesium carbonate, vitamins (B1, B2, B6, C, E, PP), emulsifier: soya lecithin, modified starch, maltodextrin.

EXPIRY DATE: 18 months after product manufacture.

NET WEIGHT: 450g.

PACKAGING: instant powder box.

Discover the rest of the Pro range

