



# ULTIMATE RECOVERY



300 g / 20 servings

Blood Orange

## Only the Best in one Drink for Perfect Recovery

We developed Ultimate Recovery to achieve the delivery of just the right amount of amino acids, mainly BCAA and glutamine, as fast as possible directly after your training. This is the time when the need of BCAA is high because the regeneration processes are running at full speed. Therefore we also added the adequate amount of carbohydrates to push insulin which accelerates the transport of the nutrients into the muscle cells. In addition zinc contributes to normal protein synthesis and the maintenance of normal testosterone levels in the blood. Ultimate Recovery also contains the essential amino acid tryptophan which in the body can be converted to serotonin, an important neurotransmitter.

### The Best After Your Workout

The most important recovery phase is straight after workout or sport performance. To have the most benefit we have designed for you our Ultimate Recovery which combines all important ingredients that are relevant in this extremely important process.

Whey protein isolate and concentrate are quickly digested and deliver building material to repair stressed muscle tissue. Our 3 component carbo stack delivers super-fast up to medium term resorbed carbs to refuel your energy depots and push insulin. The right amount of insulin pushes the nutrients into the muscle cell where are they needed and is a strong growth factor in this situation. BCAA trigger the muscle growth process and are very important for your recovery. L-Tryptophan is an essential amino acid which is the basic building element of serotonin, a very important neurotransmitter. Serotonin is commonly described as "happiness hormone" because reduced levels of serotonin (or tryptophan) often lead to depressive mood. To make a long story short: This 14 components Drink gives your body and mind everything you need for a perfect recovery!



## INGREDIENTS

(e.g. blood orange flavour): Whey protein (whey concentrate and isolate) (25 %), dextrose (24 %), fructose (23 %), saccharose(5%), ultra long-cold waxy maize starch (6,0 %), acidifier(citric acid), L-leucine, L-glutamine, L-glycine (contains gluten), L-isoleucine, L-valine, flavo, magnesium carbonate, coloring food-stuff beetroot powder (betanin), emulsifier(soy lecithine, mono- and diglycerides of fatty acids), thickening agent (carra-geenan), separating agent (silicon dioxide), L-tryptophane, zinc citrate, pyridoxin hydrochloride, colouring agent (beta carotene).



## ALLERGEN INFORMATION

Contains lactose and soy. May contain traces of gluten and hen's egg protein.



## RECOMMENDED CONSUMPTION

1-2 portions a day, 1 portion = 35g mixed in 250ml water or low-fat milk, immediately after training and as a snack.

Durchschnittliche Nährwerte average nutritional values	Pro/per 100 g	% NRV*	Pro Portion / per serving 35g in 250 ml Wasser/water	% NRV*	Pro Tagesration / per daily dosage 2x 35 g = 70 g	% NRV*
Energie/energy	1595 kJ 375 kcal		558 kJ 131 kcal		1116 kJ 262 kcal	
Fett/fat	1.3 g		0.45 g		0.9 g	
- davon gesättigte Fettsäuren/ thereof saturated fatty acids	0.9 g		0.3 g		0.6 g	
Kohlenhydrate/carbohydrates	52 g		18 g		36 g	
- davon Zucker/thereof sugar	46 g		16 g		32 g	
Eiweiß/protein	37 g		13 g		26 g	
Salz/salt	0.42 g		0.15 g		0.30 g	
Vitamin B6 / vitamin B6	2.0 mg	143	0.7 mg	50	1.4 mg	100
Magnesium / magnesium	269 mg	71	94 mg	25	188 mg	50
Zink / zinc	14.3 mg	143	5.0 mg	50	10.0 mg	100

\*NRV = % der Nährstoffbezugswerte (nach VO (EG) Nr. 1169/2011) /  
NRV = % of nutrient reference values (according to Directive EC (No.) 1169/2011)

Gehalt zugesetzter Aminosäuren content of added amino acids	Pro/per 100 g	35g in 250 ml Wasser/water	2x 35g in 250 ml Wasser / water
L-Leucin / L-leucine	3000 mg	1050 mg	2100 mg
L-Glutamin / L-glutamine	7143 mg	2500 mg	5000 mg
L-Glycin / L-glycine	2900 mg	1015 mg	2030 mg
L-Isoleucin / L-isoleucine	1500 mg	525 mg	1050 mg
L-Valin / L-valine	1500 mg	525 mg	1050 mg
L-Tryptophan / L-tryptophane	143 mg	50 mg	100 mg
Total BCAAs** / total BCAAs**	12.1 g	4.2 g	8.4 g

\*\*BCAAs = branched chain amino acids (verzweigt-kettige Aminosäuren [L-Isoleucin, L-Leucin, L-Valin]),  
hinzugefügte und aus natürlicher Proteinquelle / free form added plus natural protein source

Driven by Science and Experience

Created by Rainer Zirkelbach

Rainer Zirkelbach



# ULTIMATE RECOVERY POWDER

ALL IN ONE POST WORKOUT RECOVERY DRINK

## YOUR SUCCESS IS OUR KONZEPT!



- Extraordinary formula
- Unique addition of L-Tryptophane - improved regeneration
- Combination from Whey protein isolate and high Dosage (8400 mg) free form amino acid blend
- Contains special energy matrix for optimum insulin response to support transport of nutrients into the muscle cell



- **PRODUCED IN GERMANY**
- meeting the highest standards of food supplements production.



**CONTRIBUTION OF INGREDIENTS**  
14 most important ingredients you need for your perfect recovery after hard workout in just 1 drink



**USE**  
After workout



**FREE**

- DOPING
- GMO
- ASPARTAME