



CARBOHYDRATES



CARBOHYDRATES
+ PROTEINS



MINERAL
SALTS



PROTEINS AND
AMINO ACIDS



SUPPLEMENTS



CHILDREN AND
YOUNG ATHLETES

infisport
SCIENCE NUTRITION



Watermelon



Banana

COMPLEX 3:1[®] RECOVERY

Formulated to promote recovery after exercise.

COMPLEX 3:1 RECOVERY combines carbohydrates of a high glycaemic index with whey protein isolates (ISOLAC[®]) in a ratio of 3:1, with vitamins and minerals.

INGREDIENTS:

Maltodextrin, MILK protein (isolated WHEY protein (ISOLAC[®]) and emulsifier: SOY lecithin), magnesium citrate, potato starch (amylopectin), concentrated beet juice, manganese sulfate, acidulant: citric acid, aromas, cupric sulfate, vitamin mixture (L-ascorbic acid (vitamin C), DL-alpha-tocopheryl acetate (vitamin E), nicotinamide (vitamin B3), retinyl acetate (vitamin A), D-pantothenate calcium (vitamin B5), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1), pteroylmonoglutamic acid (vitamin B9), D-biotin (vitamin B8), cholecalciferol (vitamin D), cyanocobalamin (vitamin B12)), colourant: carotene, sweetener: sucralose, colourant: ammonium caramel, zinc sulfate.

RECOMMENDED DOSE: 60-120 g/day.

NET WEIGHT:

960 g (16 sticks of 60 g).

Flavour: Watermelon and banana.

INSTRUCTIONS:

Dissolve 1 sachet (60 g) in 400 ml of water and drink during the first 30 minutes after finishing exercise. Shake well to ensure product is completely dissolved.

WARNING:

Keep out of reach of young children. Keep in a cool, dry place away from direct light. Food supplements must not be used as substitutes to a balanced, varied diet and a healthy life style. Do not take more than the recommended dose.

BEFORE DURING AFTER



isolac
WHEY PROTEIN ISOLATE

PRODUCT MANUFACTURED WITH CERTIFIED
SUPPLIER UNDER REGULATIONS:





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COMPLEX 3:1[®] RECOVERY

NUTRITIONAL INFORMATION:

	100 g	60 g	120 g
Energy value	1583 kJ 373 kcal	950 kJ 224 kcal	1900 kJ 447 kcal
Fats	<0,5 g	<0,5 g	<0,5 g
Of which:			
Saturated fatty acids	0,3 g	0,2 g	0,3 g
Carbohydrates	70 g	42 g	83 g
Of which:			
Sugars	5,8 g	3,5 g	7 g
Proteins	23 g	14 g	27 g
Salt	0,13 g	0,08 g	0,17 g
VITAMINS:			
A	666 µg (83% NRV*)	400 µg (50% NRV*)	800 µg (100% NRV*)
D	4,2 µg (84% NRV*)	2,5 µg (50% NRV*)	5 µg (100% NRV*)
E	10 mg (83% NRV*)	6 mg (50% NRV*)	12 mg (100% NRV*)
C	67 mg (84% NRV*)	40 mg (50% NRV*)	80 mg (100% NRV*)
Thiamin (B1)	0,92 mg (84% NRV*)	0,55 mg (50% NRV*)	1,1 mg (100% NRV*)
Riboflavin (B2)	1,2 mg (86% NRV*)	0,70 mg (50% NRV*)	1,4 mg (100% NRV*)
Niacin (B3)	13 mg (81% NRV*)	8 mg (50% NRV*)	16 mg (100% NRV*)
B6	1,2 mg (86% NRV*)	0,7 mg (50% NRV*)	1,4 mg (100% NRV*)
Folic acid (B9)	167 µg (84% NRV*)	100 µg (50% NRV*)	200 µg (100% NRV*)
B12	2,1 µg (84% NRV*)	1,3 µg (50% NRV*)	2,5 µg (100% NRV*)
Biotin (B8)	42 µg (84% NRV*)	25 µg (50% NRV*)	50 µg (100% NRV*)
Pantothenic acid (B5)	5 mg (83% NRV*)	3 mg (50% NRV*)	6 mg (100% NRV*)

	100 g	60	120 g
MINERALS:			
Magnesium	313 mg (84% NRV*)	188 mg (50% NRV*)	375 mg (100% NRV*)
Zinc	8,3 mg (83% NRV*)	5 mg (50% NRV*)	10 mg (100% NRV*)
Copper	833 µg (83% NRV*)	500 µg (50% NRV*)	1000 µg (100% NRV*)
Manganese	1,7 mg (85% NRV*)	1 mg (50% NRV*)	2 mg (100% NRV*)

AMINOGRAM FOR PRODUCT SERVICE					
	Essential AminoAcids		Non Essential AminoAcids		
	60 g	120 g		60 g	120 g
Leucine	1,48 g	2,96 g	Glutamic acid	2,72 g	5,44 g
Isoleucine	1,09 g	2,18 g	Arginine	0,28 g	0,56 g
Valine	0,99 g	1,98 g	Aspartic acid	1,59 g	3,18 g
Lysine	1,46 g	2,92 g	Serine	0,74 g	1,48 g
Phenylalanine	0,42 g	0,84 g	Proline	0,91 g	1,82 g
Threonine	1,06 g	2,12 g	Alanine	0,79 g	1,58 g
Tryptophan	0,24 g	0,48 g	Glycine	0,23 g	0,46 g
Methionine	0,32 g	0,64 g	Tyrosine	0,40 g	0,80 g
Histidine	0,23 g	0,46 g	Cysteine	0,36 g	0,72 g

*NRV: Nutrient Reference Values



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INGREDIENTS:

Maltodextrin, MILK protein (isolated WHEY protein (ISOLAC[®]) and emulsifier: SOY lecithin), magnesium citrate, potato starch (amylopectin), manganese sulfate, aroma, cupric sulfate, mixture of vitamins (L-ascorbic acid (vitamin C), DL-alpha-tocopheryl acetate (vitamin E), nicotinamide (vitamin B3), retinyl acetate (vitamin A), calcium D-pantothenate (vitamin B5), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1), pteroylmonoglutamic acid (vitamin B9), D-biotin (vitamin B8), cholecalciferol (vitamin D), cyanocobalamin (vitamin B12)), colourant: carotene, sweetener: sucralose, zinc sulfate.

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