



CARBOHYDRATES



POST-EXERCISE



MINERAL SALTS



PROTEINS AND AMINO ACIDS



SUPPLEMENTS



CHILDREN AND YOUNG ATHLETES

infisport
SCIENCE NUTRITION



Strawberry



Chocolate

COMPLEX 4:1[®] RECOVERY

Formulated to support recovery after exercise.

COMPLEX 4:1[®] RECOVERY combines carbohydrates in a 2:1 maltodextrin:fructose ratio with whey protein isolate (Lacprodan®, Arla Foods Ingredients Group P/s) in a 4:1 ratio, vitamins and minerals. Flavoured drink powder.

INGREDIENTS:

Maltodextrin, fructose, MILK protein (WHEY protein isolate (Lacprodan®, Arla Foods Ingredients Group P/s) and emulsifier SOY lecithin), defatted cocoa powder, magnesium carbonate, flavouring, vitamin mix (L-ascorbic acid (vitamin C), DL-alpha-tocopheryl acetate (vitamin E), nicotinamide (niacin), retinyl acetate (vitamin A), D-calcium pantothenate (pantothenic acid), pyridoxine hydrochloride (vitamin B6), riboflavin, thiamine hydrochloride (thiamine), pantothenic acid (pantothenic acid), pyridoxine hydrochloride (vitamin B6), riboflavin, thiamine hydrochloride (thiamine), D-calcium pantothenate (pantothenic acid), pyridoxine hydrochloride (vitamin B6), riboflavin, thiamine hydrochloride (thiamine), pteroylmonoglutamic acid (folic acid), D-biotin (biotin), cholecalciferol (vitamin D), cyanocobalamin (vitamin B12)], zinc sulphate, manganese sulphate, cupric sulphate.

NET WEIGHT:

1,2 kg (19 services).

Flavors: chocolate & strawberry.

INSTRUCTIONS:

Dissolve 4 good measures (62 g) in 400 ml of water and drink during the first 30 minutes after finishing exercise. Shake well to ensure product is completely dissolved. Contains measuring scoop.

STORAGE:

Once the container is opened, close tightly and store in a cool, dry place.

BEFORE DURING AFTER



2:1
RATIO
MALTODEXTRINA:FRUCTOSA



zero ADITIVOS ARTIFICIALES

PRODUCT MANUFACTURED WITH SUPPLIER
CERTIFIED TO THE FOLLOWING STANDARDS:





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COMPLEX 4:1[®] RECOVERY

NUTRITIONAL INFORMATION:

	Per 100 g	Per 62 g*
Energy value	1552 kJ 366 kcal	962 kJ 227 kcal
Fats	1,5 g	1,0 g
Of which:		
Saturated fatty acids	0,96 g	0,6 g
Carbohydrates	69 g	43 g
Of which:		
Sugars	27 g	17 g
Proteins	17 g	11 g
Sal	0,24 g	0,15 g
VITAMIN:		
A	645 µg (81% NRV*)	400 µg (50% NRV*)
D	4,0 µg (81% NRV*)	2,5 µg (50% NRV*)
E	9,6 mg (81% NRV*)	6,0 mg (50% NRV*)
C	64 mg (81% NRV*)	40 mg (50% NRV*)
Thiamin (B1)	0,88 mg (81% NRV*)	0,55 mg (50% NRV*)
Riboflavin (B2)	1,1 mg (81% NRV*)	0,70 mg (50% NRV*)
Niacin (B3)	13 mg (81% NRV*)	8,0 mg (50% NRV*)
B6	1,1 mg (81% NRV*)	0,70 mg (50% NRV*)
Folic acid (B9)	161 µg (81% NRV*)	100 µg (50% NRV*)
B12	2,0 µg (81% NRV*)	1,2 µg (50% NRV*)
Biotin (B8)	40 µg (81% NRV*)	25 µg (50% NRV*)
Pantothenic acid (B5)	4,8 mg (81% NRV*)	3,0 mg (50% NRV*)

	Per 100 g	Per 62 g*
MINERALS:		
Magnesium	302 mg (81% NRV*)	187 mg (50% NRV*)
Zinc	8,0 mg (81% NRV*)	5,0 mg (50% NRV*)
Copper	0,80 mg (81% NRV*)	0,50 mg (50% NRV*)
Manganese	1,6 mg (81% NRV*)	1,0 mg (50% NRV*)

AMINOGRAM FOR PRODUCT SERVICE					
	Essential amino acids		Non essential amino acids		
	62 g	100 g		62 g	100 g
Leucine	1,16 g	1,85 g	Glutamic acid	1,93 g	3,11 g
Isoleucine	0,70 g	1,12 g	Arginine	0,22 g	0,35 g
Valine	0,63 g	1,02 g	Aspartic acid	1,15 g	1,85 g
Lysine	1,05 g	1,69 g	Serine	0,50 g	0,81 g
Phenylalanine	0,31 g	0,50 g	Proline	0,67 g	1,08 g
Treonine	0,77 g	1,24 g	Alanine	0,58 g	0,94 g
Tryptophan	0,19 g	0,31 g	Glycine	0,16 g	0,26 g
Methionine	0,23 g	0,37 g	Tyrosine	0,29 g	0,47 g
Histidine	0,17 g	0,27 g	Cysteine	0,19 g	0,31 g

*NRV: Nutrient Reference Values



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INGREDIENTS:

Maltodextrin, fructose, MILK protein (WHEY protein isolate (Lacprodan[®], Arla Foods Ingredients Group P/s) and emulsifier SOY lecithin), magnesium carbonate, flavouring, beetroot concentrate, vitamin mix [L-ascorbic acid (vitamin C), DL-alpha-tocopheryl acetate (vitamin E), nicotinamide (niacin), retinyl acetate (vitamin A), D-calcium pantothenate (pantothenic acid), pyridoxine hydrochloride (vitamin B6), riboflavin, thiamine hydrochloride (thiamine), pteroylmonoglutamic acid (folic acid), D-biotin (biotin), cholecalciferol (vitamin D), cyanocobalamin (vitamin B12)], strawberry powder, zinc sulphate, manganese sulphate, cupric sulphate.

NET WEIGHT:

1,2 kg (20 services).

Flavors: chocolate & strawberry.

INSTRUCTIONS:

Dissolve 4 good measures (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. Contains measuring scoop.

STORAGE:

Once the container is opened, close tightly and store in a cool, dry place.

BEFORE

DURING

AFTER



2:1
RATIO
MALTODEXTRINA:FRUCTOSA



PRODUCT MANUFACTURED WITH CERTIFIED
SUPPLIER UNDER REGULATIONS:

GMP

IFS



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COMPLEX 4:1[®] RECOVERY

NUTRITIONAL INFORMATION:

	Per 100 g	Per 60 g*
Energy value	1587 kJ 373 kcal	952 kJ 224 kcal
Fats	<0,5 g	0 g
Of which:		
Saturated fatty acids	0, 1 g	0 g
Carbohydrates	75 g	45 g
Of which:		
Sugars	29 g	17 g
Proteins	18 g	11 g
Sal	0,31 g	0,18 g
VITAMINS:		
A	667 µg (83% NRV*)	400 µg (50% NRV*)
D	4,2 µg (83% NRV*)	2,5 µg (50% NRV*)
E	10 mg (83% NRV*)	6,0 mg (50% NRV*)
C	67 mg (83% NRV*)	40 mg (50% NRV*)
Thiamin (B1)	0,92 mg (83% NRV*)	0,55 mg (50% NRV*)
Riboflavin (B2)	1,2 mg (83% NRV*)	0,70 mg (50% NRV*)
Niacin (B3)	13 mg (83% NRV*)	8,0 mg (50% NRV*)
B6	1,2 mg (83% NRV*)	0,70 mg (50% NRV*)
Folic acid (B9)	169 µg (83% NRV*)	100 µg (50% NRV*)
B12	2,1 µg (83% NRV*)	1,2 µg (50% NRV*)
Biotin (B8)	42 µg (83% NRV*)	25 µg (50% NRV*)
Pantothenic acid (B5)	5,0 mg (83% NRV*)	3,0 mg (50% NRV*)

	Per 100 g	Per 60 g*
MINERALS:		
Magnesium	315 mg (83% NRV*)	187 mg (50% NRV*)
Zinc	8,3 mg (83% NRV*)	5,0 mg (50% NRV*)
Copper	0,83 mg (83% NRV*)	0,50 mg (50% NRV*)
Manganese	1,7 mg (83% NRV*)	1,0 mg (50% NRV*)

AMINOGRAM FOR PRODUCT SERVICE					
	Essential amino acids		Non essential amino acids		
	60 g*	100 g		60 g*	100 g
Leucine	1,17 g	1,95 g	Glutamic acid	1,94 g	3,23 g
Isoleucine	0,71 g	1,18 g	Arginine	0,23 g	0,38 g
Valine	0,63 g	1,05 g	Aspartic acid	1,16 g	1,93 g
Lysine	1,05 g	1,75 g	Serine	0,50 g	0,83 g
Phenylalanine	0,31 g	0,52 g	Proline	0,68 g	1,13 g
Treonine	0,77 g	1,28 g	Alanine	0,58 g	0,97 g
Tryptophan	0,19 g	0,32 g	Glycine	0,16 g	0,27 g
Methionine	0,24 g	0,40 g	Tyrosine	0,29 g	0,48 g
Histidine	0,17 g	0,28 g	Cysteine	0,19 g	0,32 g

*NRV: Nutrient Reference Values