

# PROTEIN SPR<sup>®</sup>

## PROTEIN FOOD SUPPLEMENT



FOR INTENSE MUSCULAR EXERTION



- ISOLATED SOY PROTEIN (IP CERTIFIED)
- COMPLETE AMINO ACID PROFILE, HIGH IN BCAA
- LACTOSE FREE
- INSTANTANEOUSLY SOLUBLE
- EXTREMELY DIGESTIBLE
- PLEASANT AND NATURAL TASTE
- SUITABLE ALSO FOR VEGETARIANS AND/OR VEGANS
- SUGAR FREE

PACKAGE: 500 g BAG WITH MEASURING SCOOP AND GUARANTEE SEAL.

Available flavours:

- Cocoa
- Vanilla

### RECOMMENDED FOR

- People who do intense exercise
- Athletes who need to strengthen and sustain muscle mass

### WHEN TO USE PROTEIN SPR<sup>®</sup>



Warnings: food supplements are not intended as substitutes of a varied, balanced diet and a healthy lifestyle. Do not exceed the recommended daily dosage. Do not use in pregnancy, in children or for long periods without your doctor's advice. Keep out of reach of children under the age of 3. Store in a cool, dry place. The best before end date applies to the product in its intact container when stored as directed. This product is tested free from nandrolone and testosterone, with their precursors, free from Beta2-Zagonists, amphetamines and ephedrines.

## HIGH QUALITY RAW MATERIALS SUPRO<sup>®</sup>

### FEATURES

Protein SPR<sup>®</sup> is a high protein food supplement made exclusively from soy proteins. It is useful for the diet of athletes who trains daily and it is suitable in case of increased protein requirements. This product is highly digestible with a natural, pleasant taste. Technology used guarantees a high BCAA concentration and a high solubility, which facilitates daily use of the product. Vitamin B6, which is contained in this product, contributes to normal protein and glycogen metabolism, normal energy-yielding metabolism and to the reduction of tiredness and fatigue. Proteins contribute to the growth and maintenance of muscle mass and to the maintenance of normal bones. This product is Gluten-free and Lactose-free, therefore is suitable for the diet of people with celiac disease and/or lactose sensitivity.

### INDICATIONS

Protein SPR<sup>®</sup> is suitable for sports activities requiring intense muscular exertion. It can be useful also in low-calorie diets, to contribute to the maintenance of muscle mass.

### HOW TO USE AND RECOMMENDED DAILY DOSE

30 g of product per day (3 measuring scoops). Take it between meals, dissolved in approximately 250 ml of water or milk.

### INGREDIENTS COCOA

Isolated soy proteins, Cocoa powder, Flavouring, Sweetener: sucralose; Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamine hydrochloride), Vitamin B2 (riboflavin).

### INGREDIENTS VANILLA

Isolated soy proteins, Maltodextrins (from corn), Flavouring, Sweetener: sucralose; Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamine hydrochloride), Vitamin B2 (riboflavin).

#### Amino acid content (in g) per 100 g powder

Alanine	3.4
Arginine	6.0
Aspartic acid	9.2
Cysteine*	1.0
Glutamic acid	15.1
Glycine	3.3
Histidine*	2.1
Isoleucine*	3.9
Leucine*	6.5
Lysine*	5.0
Methionine*	1.1
Phenylalanine*	4.1
Proline	4.1
Serine	4.1
Threonine*	3.0
Tryptophan*	1.1
Tyrosine*	3.0
Valine*	4.0

\*Essential amino acids (cysteine and tyrosine are semi-essential amino acids)

#### Protein Quality Index

PDCAAS	1
Biological Value	82
BCAA	18%
EAA	38%

#### NUTRITIONAL INFORMATION COCOA

Per dose (30 g)	
Energy	
Kcal	119
kJ	496
Typical Values	
Fat	1.8 g
of which saturates	0.8 g
Carbohydrate	0.6 g
of which sugars	0.01 g
Protein	24.2 g
Salt (Nax2.5)	0.5 g
Vitamin B6	0.84 mg (60% NRV)
Vitamin B2	0.84 mg (60% NRV)
Vitamin B1	0.80 mg (73% NRV)
Potassium	504.18 mg (25% NRV)
Phosphorus	254.16 mg (36% NRV)
Iron	6 mg (43% NRV)
Copper	0.41 mg (41% NRV)
Folic acid	50.88 µg (25% NRV)
Biotin	7.6 µg (15% NRV)

#### NUTRITIONAL INFORMATION VANILLA

Per dose (30 g)	
Energy	
Kcal	116
kJ	487
Typical Values	
Fat	0.9 g
of which saturates	0.2 g
Carbohydrate	3.3 g
of which sugars	0 g
Protein	24.1 g
Salt (Nax2.5) (Nax2.5)	0.5 g
Vitamin B6	0.84 mg (60% NRV)
Vitamin B2	0.84 mg (60% NRV)
Vitamin B1	0.80 mg (73% NRV)
Potassium	342.38 mg (17% NRV)
Phosphorus	237.03 mg (34% NRV)
Iron	3.16 mg (23% NRV)
Copper	0.42 mg (42% NRV)
Folic acid	52.68 µg (26% NRV)
Biotin	7 µg (14% NRV)

NRV: Nutrient Reference Values (adults) according to Reg. (EU) No 1169/2011