



CARBOHYDRATES



CARBOHYDRATES
+ PROTEINS



MINERAL
SALTS



PROTEINS AND
AMINO ACIDS



SUPPLEMENTS



CHILDREN AND
YOUNG ATHLETES

infisport
SCIENCE NUTRITION



Strawberry



Chocolate

COMPLEX 4:1[®] RECOVERY

Formulated to promote recovery after exercise.

COMPLEX 4:1[®] RECOVERY combines carbohydrates of a high glycaemic index with hydrolysed whey protein (OPTIPEP[®]) in a ratio of 4:1, with vitamins and minerals. Powdered food supplement with sweetener.

INGREDIENTS:

Maltodextrin, defatted cocoa powder, **milk** protein (isolated **whey** protein hydrolyzate (OPTIPEP[®]) and emulsifier: **soy** lecithin), potato starch (amylopectin), aroma, sweetener: sucralose, mixture of vitamins (L-ascorbic acid (vitamin C), DL-alpha-tocopheryl (vitamin E), nicotinamide (vitamin B3), retinyl acetate (vitamin A), D-calcium pantothenate (vitamin B5), hydrochloride of pyridoxine (vitamin B6), riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1), pteroyl-L-glutamic acid (vitamin B9), D-biotin (vitamin B8), colecalciferol (vitamin D), cyanocobalamin (vitamin B12)), zinc sulfate, sulphate manganese.

RECOMMENDED DOSE: 60-120 g/day

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.

WARNING:

Keep out of the reach small children. Store at room temperature in a cool, dry area, away from direct light. Food supplements should not be used as a substitute for a balanced, varied diet and a healthy lifestyle. Do not exceed the daily recommended dose.

BEFORE

DURING

AFTER



Optipep[®]

PRODUCT MANUFACTURED WITH CERTIFIED
SUPPLIER UNDER REGULATIONS:





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NUTRITIONAL INFORMATION:

	Per 100 g	Quantity per daily dose	
		60 g*	120 g
Energy value	1552 kJ 367 kcal	931 kJ 220 kcal	1861 kJ 440 kcal
Fats	2,3 g	1,4 g	2,8 g
Of which:			
Saturated fatty acids	1,3 g	0,8 g	1,7 g
Carbohydrates	65 g	39 g	77 g
Of which:			
Sugars	5,3 g	3,2 g	6,3 g
Proteins	20 g	12 g	23 g
Sal	0,13 g	0,08 g	0,16 g
VITAMIN:			
A	535 µg (67% NRV*)	321 µg (40% NRV*)	642 µg (80% NRV*)
D	3,3 µg (66% NRV*)	2 µg (40% NRV*)	4 µg (80% NRV*)
E	8 mg (67% NRV*)	4,8 mg (40% NRV*)	9,6 mg (80% NRV*)
C	53 mg (66% NRV*)	32 mg (40% NRV*)	64 mg (80% NRV*)
Thiamin (B1)	0,73 mg (66% NRV*)	0,44 mg (40% NRV*)	0,88 mg (80% NRV*)
Riboflavin (B2)	0,93 mg (66% NRV*)	0,56 mg (40% NRV*)	1,1 mg (79% NRV*)
Niacin (B3)	10,7 mg (67% NRV*)	6,4 mg (40% NRV*)	13 mg (81% NRV*)
B6	0,93 mg (66% NRV*)	0,56 mg (40% NRV*)	1,1 mg (79% NRV*)
Folic acid (B9)	134 µg (67% NRV*)	80,2 µg (40% NRV*)	160 µg (80% NRV*)
B12	1,7 µg (68% NRV**)	1 µg (40% NRV*)	2 µg (80% NRV*)
Biotin (B8)	33 µg (66% NRV*)	20 µg (40% NRV*)	40 µg (80% NRV*)
Pantothenic acid (B5)	4 mg (67% NRV*)	2,4 mg (40% NRV*)	4,8 mg (80% NRV*)

	Per 100 g	Quantity per daily dose	
		60 g*	120 g
MINERALS:			
Magnesium	110 mg (29% NRV*)	66,1 mg (18% NRV*)	132 mg (35% NRV*)
Zinc	5,2 mg (52% NRV*)	3,1 mg (31% NRV*)	6,3 mg (63% NRV*)
Copper	747 µg (75% NRV**)	448 µg (45% NRV*)	896 µg (90% NRV*)
Manganese	0,67 mg (34% NRV*)	0,40 mg (20 NRV*)	0,80 mg (40% NRV*)

AMINOGRAM FOR PRODUCT SERVICE					
Essential amino acids			Non essential amino acids		
	60 g*	120 g		60 g*	120 g
Leucine	1 g	2 g	Glutamic acid	1,84 g	3,68 g
Isoleucine	0,74 g	1,48 g	Arginine	0,19 g	0,38 g
Valine	0,67 g	1,34 g	Aspartic acid	1,07 g	2,14 g
Lysine	0,99 g	1,98 g	Serine	0,50 g	1 g
Phenylalanine	0,28 g	0,56 g	Proline	0,61 g	1,22 g
Treonine	0,72 g	1,44 g	Alanine	0,53 g	1,06 g
Tryptophan	0,16 g	0,32 g	Glycine	0,15 g	0,30 g
Methionine	0,22 g	0,44 g	Tyrosine	0,27 g	0,54 g
Histidine	0,16 g	0,32 g	Cysteine	0,24 g	0,48 g

*NRV: Nutrient Reference Values



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INGREDIENTS:

Maltodextrin, **milk** protein (isolated **whey** protein hydrolyzate (OPTIPEP[®]) and emulsifier: **soy** lecithin), potato starch (amylopectin), aroma, beetroot juice concentrate, magnesium carbonate, manganese sulfate, cupric sulfate, mixture of vitamins (L-ascorbic acid (vitamin C), DL-alpha-tocopheryl (vitamin E), nicotinamide (vitamin B3), retinyl acetate (vitamin A), D-calcium pantothenate (vitamin B5), hydrochloride of pyridoxine (vitamin B6), riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1), pteroyl-L-glutamic acid (vitamin B9), D-biotin (vitamin B8), colecalciferol (vitamin D), cyanocobalamin (vitamin B12)), strawberry powder, sweetener: sucralose, zinc sulfate.

RECOMMENDED DOSE: 60-120 g/day

NET WEIGHT:

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NUTRITIONAL INFORMATION:

	Per 100 g	Quantity per daily dose	
		60 g*	120 g
Energy value	1608 kJ 378 kcal	965 kJ 227 kcal	1929 kJ 454 kcal
Fats	0 g	0 g	0 g
Of which:			
Saturated fatty acids	0 g	0 g	0 g
Carbohydrates	75 g	45 g	91 g
Of which:			
Sugars	6,2 g	3,7 g	7,4 g
Proteins	18,3 g	11 g	22 g
Sal	0,17 g	0,10 g	0,19 g
VITAMINS:			
A	535 µg (67% NRV*)	321 µg (40% NRV*)	642 µg (80% NRV*)
D	3,3 µg (66% NRV*)	2 µg (40% NRV*)	4 µg (80% NRV*)
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Thiamin (B1)	0,73 mg (66% NRV*)	0,44 mg (40% NRV*)	0,88 mg (80% NRV*)
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	60 g*	120 g		60 g*	120 g
Leucine	1,21 g	2,42 g	Glutamic acid	2,22 g	4,44 g
Isoleucine	0,89 g	1,78 g	Arginine	0,23 g	0,46 g
Valine	0,81 g	1,62 g	Aspartic acid	1,30 g	2,60 g
Lysine	1,20 g	2,40 g	Serine	0,61 g	1,22 g
Phenylalanine	0,34 g	0,68 g	Proline	0,74 g	1,48 g
Treonine	0,87 g	1,74 g	Alanine	0,64 g	1,28 g
Tryptophan	0,20 g	0,40 g	Glycine	0,19 g	0,38 g
Methionine	0,26 g	0,52 g	Tyrosine	0,33 g	0,66 g
Histidine	0,19 g	0,38 g	Cysteine	0,29 g	0,58 g

*NRV: Nutrient Reference Values