



CARBOHYDRATES



CARBOHYDRATES
+ PROTEINS



MINERAL
SALTS



PROTEINS AND
AMINO ACIDS



SUPPLEMENTS



CHILDREN AND
YOUNG ATHLETES

infisport
SCIENCE NUTRITION



Citric

COMPLEX 4:1[®] RECOVERY SALTS+

Formulated to promote recovery after exercise.

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

INGREDIENTS:

Maltodextrin, **milk** protein (milk **whey** protein isolate (ISOLAC[®]) and emulsifier: **soy** lecithin), acidulant: citric acid, natural aroma, sodium citrate, potato starch (amylopectin), magnesium carbonate, sodium chloride, potassium citrate, manganese sulfate, 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), coenzyme Q10 (vitamin D), cyanocobalamin (vitamin B12)), dye: carotene, cupric sulfate, zinc sulfate.

RECOMMENDED DOSE: 60-120 g/day

NET WEIGHT:

1,2 kg (20 services).

Flavors: Citric.

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



isolac
WHEY PROTEIN ISOLATE

PRODUCT MANUFACTURED WITH CERTIFIED
SUPPLIER UNDER REGULATIONS:

GMP

IFS



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NUTRITIONAL INFORMATION:

	Per 100 g	Quantity per daily dose	
		60 g*	120 g
Energy value	1562 kJ 367 kcal	937 kJ 220 kcal	1865 kJ 439 kcal
Fats	<0,5 g	<0,5 g	<0,5 g
Of which:			
Saturated fatty acids	0,2 g	0,1 g	0,3 g
Carbohydrates	70 g	42 g	85 g
Of which:			
Sugars	5,5 g	3,3 g	6,6 g
Proteins	18,3 g	11 g	22 g
Sal	1,7 g	1 g	2 g
VITAMINS:			
A	535 µg (67% NRV*)	321 µg (40% NRV*)	642 µg (80% NRV*)
D	3,3 µg (67% 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 (67% NRV*)	32 mg (40% NRV*)	64 mg (80% NRV*)
Thiamin (B1)	0,73 mg (67% NRV*)	0,44 mg (40% NRV*)	0,88 mg (80% NRV*)
Riboflavin (B2)	0,93 mg (67% 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 (67% NRV*)	0,56 mg (40% NRV*)	1,1 mg (79% NRV*)
Folic acid (B9)	133,7 µg (67% NRV*)	80,2 µg (40% NRV*)	160 µg (80% NRV*)
B12	1,7 µg (67% NRV*)	1 µg (40% NRV*)	2 µg (80% NRV*)
Biotin (B8)	33 µg (67% 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	195 mg (52% NRV*)	117 mg (31% NRV*)	234 mg (62% NRV*)
Zinc	5,3 mg (53% NRV*)	3,2 mg (32% NRV*)	6,3 mg (63% NRV*)
Copper	373 µg (37% NRV*)	224 µg (22% NRV*)	448 µg (45% NRV*)
Manganese	0,67 mg (34% NRV*)	0,40 mg (20 NRV*)	0,80 mg (40% NRV*)
OTHER SUBSTANCES:			
Sodium	667 mg	400 mg	800 mg

AMINOGRAM FOR PRODUCT SERVICE					
Essential amino acids			Non essential amino acids		
	60 g*	120 g		60 g*	120 g
Leucine	1,18 g	2,36 g	Glutamic acid	2,17 g	4,34 g
Isoleucine	0,87 g	1,74 g	Arginine	0,23 g	0,46 g
Valine	0,79 g	1,58 g	Aspartic acid	1,27 g	2,54 g
Lysine	1,17 g	2,34 g	Serine	0,60 g	1,20 g
Phenylalanine	0,34 g	0,68 g	Proline	0,72 g	1,44 g
Treonine	0,85 g	1,70 g	Alanine	0,63 g	1,26 g
Tryptophan	0,19 g	0,38 g	Glycine	0,18 g	0,36 g
Methionine	0,26 g	0,52 g	Tyrosine	0,32 g	0,64 g
Histidine	0,18 g	0,36 g	Cysteine	0,28 g	0,56 g

*NRV: Nutrient Reference Values