



CARBOHYDRATES



CARBOHYDRATES
+ PROTEINS



MINERAL
SALTS



PROTEINS AND
AMINO ACIDS



SUPPLEMENTS



CHILDREN AND
YOUNG ATHLETES

infisport
SCIENCE NUTRITION



Fruit of the forest

COMPLEX 3:1[®] RECOVERY

Formulated to promote recovery after exercise.

COMPLEX 3:1[®] RECOVERY combines carbohydrates in a 2:1 glucose:fructose ratio, with whey protein isolate (isolac[®]) in a 3:1 vitamins, minerals and sodium ratio.

INGREDIENTS:

Milk protein (**whey** protein isolate (ISOLAC[®]) and emulsifier **soya** lecithin), maltodextrin, fructose, sodium citrate, magnesium salt of citric acid, natural flavourings, manganese sulphate, cupric sulphate, 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)), beetroot concentrate, zinc sulphate.

RECOMMENDED DOSE: 60-120 g/day

NET WEIGHT:

660 g (11 services).

Flavors: Forest fruits flavour.

INSTRUCTIONS:

Dissolve 5 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 of 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	60 g	120 g
Energy value	1555 kJ 367 kcal	933 kJ 220 kcal	1866 kJ 439 kcal
Fats	0 g	0 g	0 g
Of which:			
Saturated fatty acids	0 g	0 g	0 g
Carbohydrates	68,3 g	41 g	82 g
Of which:			
Sugars	26,7 g	16 g	32 g
Proteins	23,3 g	14 g	27 g
Sal	1,7 g	1,0 g	2,0 g
VITAMIN:			
Vitamin A	667 µg (83% NRV*)	400 µg (50% NRV*)	800 µg (100% NRV*)
Vitamin D	4,2 µg (83% NRV*)	2,5 µg (50% NRV*)	5,0 µg (100% NRV*)
Vitamin E	10 mg (83% NRV*)	6,0 mg (50% NRV*)	12 mg (100% NRV*)
Vitamin C	67 mg (83% NRV*)	40 mg (50% NRV*)	80 mg (100% NRV*)
Thiamin (B1)	0,92 mg (83% NRV*)	0,55 mg (50% NRV*)	1,1 mg (100% NRV*)
Riboflavin (B2)	1,2 mg (83% NRV*)	0,70 mg (50% NRV*)	1,4 mg (100% NRV*)
Niacin (B3)	13 mg (83% NRV*)	8,0 mg (50% NRV*)	16 mg (100% NRV*)
Vitamin B6	1,2 mg (83% NRV*)	0,70 mg (50% NRV*)	1,4 mg (100% NRV*)
Folic acid (B9)	167 µg (83% NRV*)	100 µg (50% NRV*)	200 µg (100% NRV*)
Vitamin B12	2,2 µg (83% NRV*)	1,3 µg (50% NRV*)	2,5 µg (100% NRV*)
Biotin (B8)	42 µg (83% NRV*)	25 µg (50% NRV*)	50 µg (100% NRV*)
Pantothenic acid (B5)	5,0 mg (83% NRV*)	3,0 mg (50% NRV*)	6,0 mg (100% NRV*)

	100 g	60	120 g
MINERALS:			
Magnesium	328 mg (83% NRV*)	197 mg (50% NRV*)	393 mg (100% NRV*)
Zinc	8,3 mg (83% NRV*)	5,0 mg (50% NRV*)	10 mg (100% NRV*)
Coopper	0,83 mg (83% NRV*)	0,50 mg (50% NRV*)	1,0 mg (100% NRV*)
Manganese	1,67 mg (83% NRV*)	1,0 mg (50% NRV*)	2,0 mg (100% NRV*)

OTHER SUSTANCES:

Sodio	667 mg	400 mg	800 mg
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AMINOGRAM FOR PRODUCT SERVICE

	Essential amino acids		Non essential amino acids		
	60 g	120 g	60 g	120 g	
Leucine	1,78 g	3,56 g	Glutamic acid	3,26 g	6,52 g
Isoleucine	1,31 g	2,62 g	Arginine	0,34 g	0,68 g
Valine	1,19 g	2,38 g	Aspartic acid	1,91 g	3,82 g
Lysine	1,76 g	3,52 g	Serine	0,89 g	1,78 g
Phenylalanine	0,50 g	1,00 g	Proline	1,09 g	2,18 g
Treonine	1,27 g	2,54 g	Alanine	0,95 g	1,90 g
Tryptophan	0,29 g	0,58 g	Glycine	0,27 g	0,54 g
Methionine	0,39 g	0,78 g	Tyrosine	0,48 g	0,96 g
Histidine	0,28 g	0,56 g	Cysteine	0,43 g	0,86 g

*NRV: Nutrient Reference Values.