



Verzehrfrempfehlung: Rühren Sie zweimal täglich jeweils 50 g Pulver (4 Messlöffel) in 300 ml fettarme Milch ein. Trinken Sie eine Portion ca. 2 Stunden vor dem Training und unmittelbar nach dem Training. An Tagen ohne Training morgens nach dem Aufstehen und abends vor dem Zubettgehen. Die angegebene tägliche Verzehrmenge darf nicht überschritten werden.

Zutaten: Dextrose (71,1%), Sojaeiweiß-isolat (7,5%), Molkeneiweiß-Konzentrat (7,5%), Kreatin-Monohydrat (3,4%), Milcheiweiß (3%), Aroma, Maisstärke, Maltodextrin, Isomaltulose*, modifizierte Stärke, Hafemehl (enthalt Gluten), pflanzliches Öl (Palm). *Isomaltulose ist eine Glukose- und Fruktosequelle.

Nahrungsergänzungsmittel mit Zucker, Kohlenhydrat-Protein Konzentrat in Pulverform mit Kreatin und Aminosäuren. Geschmack: Vanille.

Nahrungsergänzungsmittel sollten nicht als Ersatz für eine ausgewogene, abwechslungsreiche Ernährung und eine gesunde Lebensweise verwendet werden. Außerhalb der Reichweite von kleinen Kindern lagern.

Sachbezeichnung Schweiz: Ergänzungsnahrung.
Ungesüßt, kühl und trocken aufbewahren, mindestens haltbar bis Ende/Los-Nr.: siehe Boden. Nach dem Öffnen schnell aufbrauchen. Vor direkter Wärme und Lichteinstrahlung schützen.

Recommended dosage: Mix 50 g powder (4 scoops) with 300 ml of low-fat milk twice daily. Drink one serving approx. two hours before training and immediately after working out. On non training-days, first thing in the morning and again before bed time. Do not exceed the recommended daily dosage.

Ingredients: Dextrose (71,1%), Soy protein isolate (7,5%), Whey protein concentrate (7,5%), Creatine monohydrate (3,4%), Milk protein (3%), Flavouring, Corn starch, Maltodextrin, Isomaltulose*, Modified starch, Oat flour (contains gluten), Vegetable oil (Palm). *Isomaltulose is a source of glucose and fructose.

Food supplement with sugar. Carbohydrate-protein concentrate in powder form with creatine and amino acids. Flavour: Vanilla

Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of small children.

If kept unopened in a cool, dry place, best before end of/Lot No.: see bottom. Once opened, use up quickly. Keep away from direct heat and light.

Recommandation de consommation: Délayez 2 fois par jour 50 g de poudre (4 mesures) dans 300 ml de lait écrémé. Buvez une portion env. 2 heures avant l'entraînement et immédiatement après l'entraînement. Les jours sans entraînement, le matin au lever et le soir au coucher. La quantité journalière de consommation recommandée ne doit pas être dépassée.

Ingrédients: Dextrose (71,1%), isolat de protéine de soja (7,5%), concentré de protéines de lactosérum (7,5%), monohydrate de créatine (3,4%), Protéine de lait (3%), arôme, féculé de maïs, maltodextrine, isomaltulose*, amidon modifié, farine d'avoine (contient du gluten), huile végétale (palme). * Isomaltulose est une source de glucosa et de fructosa.

**Inhalt/Content/Contenu/
Contenuto/Contenido:** e 4500 g

= 45 Portionen/45 servings/45 portions/45 porzioni/45 porciones

Vertrieb/Distributon:

My Supps GmbH & Co. KG, Waldhofstraße 19, 25474 Ellerbek
www.my-supps.com

7503
PZN: 11290194

4 250507 103841

SPECIFIC SPORTS NUTRITION

Complément alimentaire avec sucre. Concentré de glucides et de protéines sous forme de poudre avec créatine et des acides aminés. Saveur: Vanille.
Les compléments alimentaires ne remplacent pas une alimentation équilibrée et variée et un mode de vie sain. À conserver hors de portée des jeunes enfants.
Dénomination du produit en Suisse: Aliment d'appoint.
Conservez fermé, au frais et au sec, à consommer de préférence avant fin/n° de lot. Voir fond de la boîte. Usage unique directement après l'ouverture. Protéger de la chaleur directe et du rayonnement solaire.

Modo d'uso: Mescolare 2 volte al giorno, rispettivamente 50 g di polvere (4 misurino) in 300 ml di latte magro. Bere una porzione ca. 2 ore prima dell'allenamento e subito dopo. Nei giorni senza allenamento, assumere la mattina appena alzati e la sera prima di coricarsi. Non superare la dose giornaliera raccomandata.

Ingredienti: Dextrosa (71,1%), isolato delle proteine della soia (7,5%), concentrato del siero del latte (7,5%), creatina monoidrato (3,4%), proteine del latte (3%), aroma, amido di mais, maltodestrina, l'isomaltulosa*, amido modificato, farina di avena (contiene glutine), olio vegetale (palma). *Isomaltulosa è una fonte di glucosa e fruttosa.

Integratore alimentare con zuccheri. Concentrato di proteine e carboidrati in polvere con creatina e aminoacidi. Gusto: Vaniglia.
Gli integratori alimentari non devono essere utilizzati in sostituzione di una dieta varia ed equilibrata e di uno stile di vita sano. Tenere fuori dalla portata dei bambini piccoli.

Denominazione specifica Svizzera: Integratore alimentare.
Conservato chiuso ermeticamente, al fresco e in ambiente asciutto, da consumarsi preferibilmente entro la fine/nr. lotto; vedi fondo della latrina. Dopo l'apertura consumare al più presto. Proteggere dal calore e dalla luce diretta.

Recomendación de consumo: Dos veces al día, revuelva 50 g de polvo (4 cucharadas soperas) en 300 ml de leche semidesnatada. Beba una porción aprox. 2 horas antes del entrenamiento y justo después del entrenamiento. Los días sin entrenamiento, tomar por la mañana tras levantarse y por la noche antes de acostarse. No se debe sobreponer la dosis diaria recomendada.

Ingredientes: Dextosa (71,1%), isolate de protéine de soja (7,5%), concentrado de protéina lactosa (7,5%), monohidrato de creatina (3,4%), proteína láctea (3%), aroma, almidón de maíz, maltodextrina, isomaltulosa*, almidones modificados, harina de avena (contiene gluten), aceite vegetal (palma). * Isomaltulosa es una fuente de glucosa y fructosa.

Complemento alimenticio con azúcares. Concentrado de proteínas y hidratos de carbono en polvo con creatina y aminoácidos. Sabor: Vainilla.
El complemento alimenticio no debe utilizarse como sustituto de una alimentación equilibrada y variada y un estilo de vida saludable. Mantener fuera del alcance de los niños pequeños.

Ingrediénts: Dextrose (71,1%), isolat de protéine de soja (7,5%), concentré de protéines de lactosérum (7,5%), monohydrate de créatine (3,4%), Protéine de lait (3%), arôme, féculé de maïs, maltodextrine, isomaltulose*, amidon modifié, farine d'avoine (contient du gluten), huile végétale (palme). * Isomaltulose est une source de glucosa et de fructosa.

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