

GAIN PRO PLUS

Cookie & Cream Flavour

Nutritional Information

Dietetic food for intense muscular efforts, especially for top athletes in intense weight training and for athletes in speed-strength sports.

Powder with oatmeal, whey protein and creatine monohydrate for the preparation of a shake. With sweeteners.

Ingredients: **Oatmeal** (77 %), **whey** protein (11 %) (with emulsifier **soy** lecithine), creatine monohydrate (4,5 %), **barley** flake flour, flavour, **wheat** crispies (1,3 %) (**wheat** flour, sugar, low-fat cocoa (10 % fat), **wheat** malt, salt, natural vanilla flavour), fat-reduced cocoa powder, sweeteners (cyclamate, saccharin, sucralose). May contain traces of **egg** and **lupine**.

Average nutritional values	per 100 g	per serving (75 g/ 500 ml milk (1,5 % fat))
Energy	1498 kJ 358 kcal	2119 kJ 504 kcal
Fat	6,5 g	12,3 g
of which saturated fatty acids	1,5 g	5,9 g
Carbohydrates	53,9 g	64,4 g
of which sugars	1,4 g	25,3 g
Protein	20 g	31,9 g
Salt	0,18 g	0,75 g
Special ingredients		
Creatine monohydrate (Creapure®)	4,5 g	3,4 g
of which creatine	4,0 g	3,0 g

100 ml of shake (made from 75 g of powder/500 ml of low fat milk (1,5 % fat) deliver 372 kJ /88 kcal).

Use: Mix 75 g of **Gain Pro Plus** with 500 ml of low-fat milk (1,5 % fat) in a shaker. Take 1 serving per day for 4 weeks. Make a break after this period for 4 weeks.

Important information:

Gain Pro Plus is not suitable for permanent use. Don't exceed the daily dosage of 3 g of creatine, which is delivered by 1 serving of **Gain Pro Plus**. Weight gain is possible if you use the product permanently.

This product is not suitable for children, adolescents, pregnant and nursing women.

Gain Pro Plus should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

Protein contributes to the growth of muscle mass.

Creatine increases physical performance during short-term, high-intensity, repeated exercise bouts. In order to obtain the claimed effect, 3 g of creatine should be consumed daily (delivered by 1 serving of **Gain Pro Plus**).

Store in a cool and dry place.

Contents: 3500 g (= 46 servings)