

GAIN PRO PLUS

Oaty Chocolate 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: **Oat**meal (70%), **whey** protein (10 %) (with emulsifier **soy** lecithine), fat-reduced cocoa powder (7,7 %), creatine monohydrate (4,5 %), **barley** flake flour, flavour, 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 | 1481 kJ 353 kcal | 2107 kJ 501 kcal |
| Fat of which saturated fatty acids | 6,6 g 1,9 g | 12,5 g 6,2 g |
| Carbohydrates of which sugars | 51,5 g 1,0 g | 62,5 g 25 g |
| Protein | 20 g | 31,9 g |
| Salt | 0,15 g | 0,73 g |
| Special ingredients | | |
| Creatine monohydrate (Creapure®) of which creatine | 4,5 g 4,0 g | 3,4 g 3,0 g |

100 ml of shake (made from 75 g of powder/500 ml of low fat milk (1,5 % fat) deliver 370 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: 1350 g (= 18 servings)