



Recovery beverage

with BCAAs* and Sodium Gluconate

EU recipe

Ingredients	Supplier	Quantity
1 Sugar		39.48 %
2 Citric Acid	Jungbunzlauer	7.00 %
3 Berry flavour	FONA	4.00 %
4 Beet colour	Naturex	0.10 %
5 Sodium Gluconate	Jungbunzlauer	0.20 %
6 Tripotassium Citrate	Jungbunzlauer	3.70 %
7 Salt		3.50 %
8 Trisodium Citrate Anhydrous	Jungbunzlauer	0.90 %
9 L-Leucine	Bulk Supplements	16.70 %
10 L-Isoleucine	Bulk Supplements	8.40 %
11 L-Valine	Bulk Supplements	8.40 %
12 L-Glutamine	Bulk Supplements	6.70 %
13 Caffeine	Lab Alley	0.67 %
14 Stevia (Rebaudioside A)	PureCircle	0.25 %
Total		100 %

* Branched-chain amino acids

Directions

- 1 Mix all ingredients until homogeneous

Serving Instructions

- 1 Add 1 sachet (15 g) to 475 ml water
- 2 Mix until dissolved

Supplement Facts Information

Serving Size: 1 packet (15 g)

	Per serving (15 g)
Energy	140 kJ / 34 kcal
Fat	0.0 g
Of which saturated	0.0 g
Carbohydrates	6.4 g
Of which sugars	6.3 g
Fibre	0.0 g
Protein	0.0 g
Salt	0.51 g
Potassium	199 mg
Chloride	204 mg
Sodium	240 mg
BCAA 2:1:1 blend	5.0 g
Glutamine	1.0 g
Caffeine	100 mg



Note: Contains caffeine

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The information contained herein is meant to demonstrate how our products can be used. This formulation has been subjected to limited stability tests and has been shown to perform well. The given data are suggestions without any guarantee aimed to support customers' development.