



Maxim Recovery Bar

- Banana flavour (milk chocolate coated)

During training your muscles are working hard and when finished, your body's glycogen reserves will have diminished considerably. To refill your reserves it is important to use carbohydrates after exercise. When you combine your carbohydrate intake with proteins, the uptake in your muscles will be accelerated. This ensures a rapid recuperation in order to be ready for your next training. Other than helping carbohydrate absorption, proteins also help repair your muscle damage.

The protein and carbohydrate combination increases the rate of glycogen synthesis after exercise when compared to carbohydrates alone. This mixture leads to a larger insulin release. The released insulin stimulates the muscle cells to absorb the carbohydrates. Besides refilling your glycogen reserves, the protein also helps repair damaged muscle tissue.

Maxim Recovery Bar refills your reserves after training



How to use

After exercise

To profit from the window of opportunity, take a Recovery Bar within one hour after exercise. The nutrients are then most efficiently absorbed.

Ingredients

milk protein, glucose syrup, invert sugar syrup, milk chocolate (18,2% - sugar, cocoa butter, whole milk powder, cocoa mass, emulsifier: soy lecithin, flavours), soy protein, soy oil, dextrose, banana (1,1%), flavours, emulsifier (soy lecithin), vitamins (B1, B2, niacin, pantothenic acid, B6, biotin, B12, C, E).



Nutritional Value	Per 100g	Per bar (55 g)
Energy	1663 kJ/394 kcal	914 kJ/217 kcal
Protein	27,8 g	15,3 g
Carbohydrates	45,2 g	24,8 g
- of which sugars	31,8 g	17,5 g
Fat	11,3 g	6,2 g
- of which saturated fat	5,0 g	2,8 g
Fibre	0,4 g	0,2 g
Sodium	0,15 g	0,08 g
Vitamin B1	0,60 mg (55%*)	0,33 mg (30%*)
Vitamin B2	0,75 mg (55%*)	0,4 mg (30%*)
Niacin	8,8 mg (55%*)	4,8 mg (30%*)
Pantothenic acid	3,3 mg (55%*)	1,8 mg (30%*)
Vitamin B6	0,77 mg (55%*)	0,42 mg (30%*)
Biotin	27,6 mcg (55%*)	15,2 mcg (30%*)
Vitamin B12	0,6 µg (64%*)	0,35 µg (35%*)
Vitamin C	44,1 mg (55%*)	24,3 mg (30%*)
Vitamin E	6,9 mg (57%*)	3,8 mg (32%*)

* percentage of the RDA (Recommended Daily Allowance)

Allergens

Contains: gluten, milk and soy

Produced in a facility that processes wheat, corn, gluten, milk (including lactose), soy, peanut, nut, cocoa and sesame seed.