

Maxim Recovery Drink

- Chocolate flavour (450 g)

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.

If you take a portion Recovery Drink immediately after exercise the nutrients are most efficiently absorbed.



How to use

After exercise

Use Recovery Drink immediately (i.e. within one hour) after exercise. This way you will benefit most from your combined carbohydrate-protein intake and improve your recovery.

Put milk or water in a shaker, add the powder and shake well. 250 ml of milk adds 11 g of extra proteins to your drink.

Ingredients

Whey protein (milk), sucrose, maltodextrin, whey powder, lactose, fat reduced cocoa powder (7,6), emulsifier (soy lecithin), vitamins (C, niacin, E, pantothenic acid, B6, B2, B1, biotin, B12).

Nutritional Value	Per 100g	Per 50 g	Per 50 g + 250 ml skimmed milk
Energy	1589 kJ/374 kcal	795/187 kcal	1208/285
Protein	34,5 g	17,3 g	28,0 g
Carbohydrates	55,0 g	27,5 g	40,0 g
- of which sugars	40,9 g	20,5 g	33,0 g
Fat	1,8 g	0,9 g	1,4 g
- of which saturated fat	0,9 g	0,5 g	0,7 g
Fibre	2,5 g	1,3 g	1,3 g
Sodium	0,26 g	0,13 g	0,27 g
Vitamin B1	1,0 mg (71%*)	0,6 mg (43%*)	0,4 mg (29%*)
Vitamin B2	1,2 mg (73%*)	0,7 mg (44%*)	0,5 mg (29%*)
Niacin	11 mg (62%*)	6,6 mg (37%*)	4,4 mg (25%*)
Pantothenic Acid	3,5 mg (58%*)	2,1 mg (35%*)	1,4 mg (23%*)
Vitamin B6	1,2 mg (58%*)	0,7 mg (35%*)	0,5 mg (23%*)
Biotin	0,08 mg (55%*)	0,05 mg (33%*)	0,03 mg (22%*)
Vitamin B12	0,58 mcg (58%*)	0,35 mcg (35%*)	0,23 mcg (23%*)
Vitamin C	100 mg (167%*)	60 mg (100%*)	40 mg (67%*)
Vitamin E	5,8 mg (58%*)	3,5 mg (35%*)	2,3 mg (23%*)

* Percentage of the RDA (Recommended Daily Allowance).

Essential Branched Chain Amino Acids	Per 100 g protein	Per 100 g powder
L-Isoleucine	5425 mg	1838 mg
L-Leucine	9563 mg	3240 mg
L-Valine	6658 mg	2256 mg
Essential Amino Acids		
L-Phenylalanine	4752 mg	1610 mg
L-Lysine	7718 mg	2615 mg
L-Methionine	2878 mg	975 mg
L-Threonine	4463 mg	1512 mg
L-Tryptophan	1378 mg	467 mg
Semi essential Amino Acids		
L-Arginine	3816 mg	1293 mg
L-Histidine	2774 mg	940 mg
Non essential Amino Acids		
L-Alanine	3081 mg	1044 mg
L-Aspartic acid	7266 mg	1462 mg
L-Cysteine	552 mg	187 mg
L-Glutamic acid	23239 mg	7874 mg
L-Proline	11360 mg	3849 mg
L-Serine	5327 mg	1805 mg
L-Tyrosine	5194 mg	1760 mg
L-Glycine	1824 mg	618 mg

Allergens

Milk, lactose, soy protein, soy oil, corn, cocoa, glutamate, sulphite