

# AMINO RECOVERY

## AMINO PEPTIDE INTRA WORKOUT

320g  
30  
SERVES

HONEYDEW MELON  
LEMONADE  
WATERMELON  
PASSIONFRUIT  
STRAWBERRY KIWI



- **FULL SPECTRUM OF ESSENTIAL AMINO ACIDS (EAA'S)**
- **BRANCHED CHAIN AMINO ACIDS PLUS GLUTAMINE**
- **WITH PeptoPro® INSTANT DELIVERY PEPTIDES**
- **RECOVERY ACCELERATOR**
- **STIMULATE MUSCLE SYNTHESIS**

NUTRITION INFORMATION* Servings per pack: 30 Serving size: 10.6g	Qty per 10.6g serve	Qty per 100g	ESSENTIAL AMINO ACIDS	Qty per 10.6g serve	Qty per 100g
Energy	140 kJ	1319 kJ	Isoleucine	466 mg	4394 mg
Protein	7.8 g	73.2 g	Leucine	972 mg	9168 mg
- L-Glutamine*	2.9 g	27.7 g	Lysine	356 mg	3363 mg
- L-Leucine*	1.0 g	9.2 g	Methionine	157 mg	1482 mg
- L-Valine*	0.5 g	5.1 g	Phenylalanine	224 mg	2109 mg
- L-Isoleucine*	0.5 g	4.4 g	Threonine	175 mg	1653 mg
Fat - Total	0 g	0.1 g	Tryptophan	48 mg	456 mg
- Saturated	0 g	0.1 g	Valine	544 mg	5135 mg
Carbohydrates, Total	0.5 g	4.3 g	<b>NON-ESSENTIAL AMINO ACIDS</b>		
- Sugars	0.1 g	0.4 g	Histidine	133 mg	1254 mg
- Lactose	0.03 g	0.3 g	Arginine	181 mg	1710 mg
Sodium	2 mg	17 mg	Alanine	139 mg	1311 mg
			Aspartic Acid	302 mg	2850 mg
			Glutamine & Glutamic Acid	2941 mg	27747 mg
			Glycine	85 mg	798 mg
			Proline	514 mg	4845 mg
			Serine	248 mg	2337 mg
			Tyrosine	266 mg	2508 mg

\*Lemonade Flavour.  
See website for other flavours

\*Added free form and naturally occurring amino acids



An advanced, scientifically formulated, intra and post-workout formulation developed to help achieve the fastest recovery possible after intense aerobic or heavy anaerobic training, while still achieving significant muscle synthesis and reduced muscle soreness.



A blend of natural fermented L-Glutamine, Branched Chain Amino Acids (BCAA's) and PeptoPro® Hydrolysed Casein, providing a full spectrum of micro-nutrients critical to muscle recovery. PeptoPro® is pre-digested, with > 60% di and tri peptides for instant delivery, even under heavy training conditions. Substantial human clinical studies show PeptoPro® can improve endurance, reduce muscle soreness, deliver faster recovery and increase muscle growth.



Can be used on its own or in combination with International Protein EXTREME CARBS. Studies show that when PeptoPro® is consumed with carbohydrates, improved protein balance and muscle protein synthesis was observed already during exercise!

This product contains PeptoPro®. PeptoPro® is a Trademark of DSM

**DIRECTIONS FOR USE: For lean muscle recovery:** Mix 10.6g (2 SCOOPS) with 500ml of water and consume during and after your workout.

**For energy & muscle recovery:** Mix 10.6g (2 SCOOPS) with 500ml of water and 40g – 80g (1 – 2 SCOOPS) of International Protein EXTREME CARBS and consume during and after intense activity.

**INGREDIENTS:** PeptoPro® Hydrolysed Casein, L- Glutamine, Natural Flavours, Branched Chain Amino Acids (L- Leucine, L-Isoleucine, L-Valine), Food Acids (Citric Acid, Malic Acid), Natural Colours (#Beetroot juice extract, \*Annatto, ^Copper Chlorophyllin, ^Curcumin), Sweetener (Sucralose).

- # Strawberry Kiwi & Watermelon flavours only
- \* Passionfruit and Strawberry Kiwi flavours only
- ^ Honeydew Melon flavour only
- α Lemonade and Passionfruit flavours only

**STORAGE:** Re-seal bag firmly immediately after use. Store below 30°C away from moisture and direct sunlight.

