



### MUSCLE BUILDING AND REGENERATION

**Muscle Building and Regeneration** is a food supplement which contains milk proteins of high quality to support the protein intake both during and outside meals.

**Muscle Building and Regeneration**

also contains complexe carbohydrates which favorise glycogen restoration and optimize the protein synthesis in muscle cells.

**Muscle building and Regeneration**

is a food supplement with high nutritional density because its contains 12 vitamins and 7 minerals.

### Contents

Milk proteins (calcium caseinate and " whey proteins " ), maltodextrin 15 , rich in BCAA , glutamine, essential amino acids, vitamins and minerals.

### Available in 2 delicious aromas

Vanilla and chocolate.

### Price

54,00 Frs per unit of 780 g

[Analyse quantitative](#)

### Indications

Extra protein intake is justified when caloric intake is reduced, during adaptation to new efforts and in the daily practice of sustained physical activity if protein intake and / or calorie intake are insufficient. Carbohydrates contained in **Muscle Building and Regeneration** contribute to optimize protein synthesis in muscle cells and to favorise recovery of athlete.

### Ingredients

Calcium caseinate, maltodextrin, whey protein , aroma, calcium carbonate , sodium chloride , magnesium oxide , potassium chloride , sweeteners: cyclamate and sodium saccharin , ascorbic acid, alpha tocopherol, niacinamide , fumarate ferrous , beta- carotene , zinc oxide , calcium pantothenate , pyridoxine hydrochloride, riboflavin, thiamine hydrochloride , cholecalciferol , folic acid , biotin, cyanocobalamin (vitamin B12) .

## Use

Dilute 3 level scoops of powder ( approximately 28.5 g ) in 300 mL of skimmed milk 2 to 3 times a day using a mixer or shaker. May also be diluted in 125 ml-150 ml of water.

## Advice

Use during or between meals. For better efficiency, use in the hour following the end of an effort.

Not suitable for diabetics