



TURBO REGENERATION

Food supplement whose composition is ideal to enhance post exercise recovery when the athlete trains daily (recovery time of less than 30 h).

Contents

Carbohydrates (66%) , protein (33%) , 12 vitamins and 7 minerals.

Available in 2 delicious aromas

Vanilla and chocolate.

Price

59,00 Frs per unit of 1300 g

[Analyse quantitative](#)

Indications

Turbo Regeneration was developed to speed recovery after exercise especially when delay of

recovery between training sessions are short (30 hours or less) . Protein in Turbo Regeneration will support the daily protein intake and improve protein synthesis after exercise. Carbohydrates in Turbo Regeneration will speed glycogen restoration in liver and muscle cells after training and thus improve the recovery of athletes.

Ingredients

Maltodextrin, calcium caseinate , whey protein (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 6 level scoops of powder (about 80 g) in 200 ml of water or 3 level scoops of powder (40 g) in 250 mL of skimmed milk 2 to 3 times a day using a mixer or a shaker .

Advice

At breakfast and / or just in the hour following the end of an effort to promote recovery of the athlete.

Not suitable for diabetics