

Recovery Gold

VOEDINGSSUPPLEMENT



Complete recovery shake

Recovery Gold is an all-in-one shake that you can take immediately after training to boost your recovery. Proper recovery is key to getting the most out of your training. Whether you're a strength, endurance, or team athlete, you can always benefit from a good post-training recovery shake.

Muscle recovery

The proteins in this recovery shake help your muscles to recover from training or a competition. Each Recovery Gold shake provides 24 grams of high-quality whey isolate protein, 6.7 grams of BCAAs (branched-chain amino acids), and 3 grams of the essential amino acid leucine.

Replenish energy

Training or taking part in competitions depletes your energy stores. Taking fast-released carbohydrates after training instantly replenishes them. This helps you to start your next training session or competition full of energy.

Recovery Gold contains a combination of glucose and fructose in a 2:1 ratio. Both are fast-released carbohydrate sources that the body absorbs in different ways, maximizing uptake.

Hydration

Exercising not only causes you to lose energy, but also fluids. Taking a recovery shake instantly replenishes your fluid levels while restoring your body's building blocks and your energy stores.

NZVT Certified

Recovery Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. Recovery Gold can be used by top athletes with confidence. It gives them peace of mind, so they can concentrate on delivering optimum athletic performance.

Recommended use

Mix 2 level measuring scoops (64 g) with 200-250 ml of water. Best taken immediately after training to promote muscle recovery.

Health Claims

- Mix of carbohydrates and proteins
- Proteins for muscle recovery
- Optimal combination of glucose and fructose
- The ideal post-training shake



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Nutritional value - Vanilla		
Composition	per 100 grams	per portion (64 grams)
Energy		
- Kilojoules (kJ)	1656 kJ	1060 kJ
- Kilocalories(kcal)	390 kcal	250 kcal
Fat		
- of which saturated	0.3 g	0.2 g
Carbohydrate		
- of which sugars	31 g	20 g
Protein		
Salt		

Nutritional value - Strawberry		
Composition	per 100 grams	per portion (64 grams)
Energy		
- Kilojoules (kJ)	1616 kJ	1034 kJ
- Kilocalories (kcal)	381 kcal	224 kcal
Fat		
- of which saturated	0.3 g	0.2 g
Carbohydrate		
- of which sugars	31 g	20 g
Protein		
Salt		



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Amino acid profile

Amino acid	Per 100 grams	Per portion (64 grams)
Alanine	2.2 g	1.4 g
Arginine	0.9 g	0.6 g
Asparagine acid	5.1 g	3.3 g
Cysteine	1.0 g	0.7 g
Glutamine acid	8.4 g	5.4 g
Glycine	0.7 g	0.4 g
Histidine	0.7 g	0.4 g
Isoleucine*	3.1 g	2.0 g
Leucine*	4.6 g	3.0 g
Lysine	4.4 g	2.8 g
Methionine	1.0 g	0.6 g
Phenylalanine	1.3 g	0.8 g
Proline	2.8 g	1.8 g
Serine	2.2 g	1.4 g
Threonine	3.2 g	2.0 g
Tryptophan	0.8 g	0.5 g
Tyrosine	1.4 g	0.9 g
Valine*	2.7 g	1.7 g

*BCAA (Branched-chain amino acid)



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