

# Whey Recovery Gold

DIETARY SUPPLEMENT



It is important for all athletes to recover after exercise. This is because your ability to recover largely determines how much progress you can make. Consuming proteins after a training session or sports performance supports the recovery of muscle tissue. Whether you are involved in a strength sport, team sport, or endurance sport, every athlete can benefit from the right amount of high-quality proteins at the right times. Whey Recovery Gold contains Nutri Whey 800I®, a branded ingredient from Friesland Campina DMV that consists of no less than 80% pure protein. This means that a serving of Whey Recovery Gold guarantees a good intake of fast-digesting protein. Proteins stimulate the build-up of muscle mass and support muscle recovery after training.

## Strength sport

Whey Recovery Gold supports the recovery of muscles after exercise so that you can start training again sooner. In addition, the proteins in Whey Recovery Gold stimulate muscle growth and support muscle strength.

## Endurance sport

Endurance athletes can also benefit from the natural milk protein in Whey Recovery Gold. Endurance athletes have a slightly lower need for protein than strength athletes. However, the importance of proteins for endurance sports must not be underestimated. When you train for longer than two to three hours, proteins must be supplemented to prevent amino acids from being released from skeletal muscles. Proteins help muscles to recover after intensive endurance training. There is a good reason why protein is increasingly being added to recovery drinks.

## Team sport

It is also important for team athletes to consume a sufficient amount of proteins after a training session or competition. Team sports are characterized by frequent bursts of explosive physical exertions and eccentric movements. These can cause a considerable amount of muscle damage. By consuming proteins after a competition or training session, you support muscle recovery. Proteins also help to develop stronger muscles and support muscle growth. Ideal for optimum development and recovery.

## Low in calories

The energetic value of a 30-gram serving of Whey Recovery Gold is 117 kcal. Whey Recovery Gold supplies high-quality

protein without too many calories. The use of Whey Recovery Gold does not result in an unwanted increase in weight.

## Whey Recovery Gold

Most protein powders are made from the whey that is left over in the production of cheese. It is a by-product. By contrast, Whey Recovery Gold uses Nutri Whey 800I from Friesland Campina DMV. This form of whey is directly extracted from milk and contains 15% more leucine than whey that originates from cheese production. Leucine is a unique amino acid that is not only important as a building material for muscles but which also directly stimulates muscle repair and growth.

## Intake

Whey Recovery Gold has a pleasant flavour and is easily digestible. A shake is easy to drink wherever you are. Drink Whey Recovery Gold immediately after exercising and/or before going to sleep. The proteins help the muscles to recover and help build up muscle mass, so that you are once again ready to deliver an optimum athletic performance!

## Additional information

This product is suitable for vegetarians. Contains flavouring, natural colouring, and a sweetener

## Special ingredient

Nutri Whey 800I®

## NZVT Certified

Whey 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. Whey Recovery Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

## Health Claims

- High-quality whey proteins
- 22,7 grams of protein per serving
- 3,9 grams of leucine and more than 5 grams of BCAAs per serving
- No added sugars
- Promotes muscle recovery and stimulates muscle growth and muscle strength

## Composition per shake (two measuring scoops)

Ingredient	Quantity	% RI	Compound
Whey protein concentrate	30 g	*	

RI = Reference intake / \* RI not determined



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Nutritional value				
Composition	per 100 grams	% RI	per 30 grams	% RI
Energy value				
– Kilojoules (kJ)	1607 kJ		482 kJ	
– Kilocalories (kcal)	384 kcal		115 kcal	
Fats				
	5.8 g		1.7 g	
– of which saturated	3.9 g		1.2 g	
Carbohydrates				
	6.3 g		1.9 g	
– of which sugars	6.3 g		1.9 g	
Proteins				
	75.5 g		22.7 g	
Salt				
	1.8 g		0.5 g	
Calcium	240 mg	30%	72 mg	9%
Phosphorus	870 mg	44%	261 mg	13%

RI = Reference intake/Reference intake of an average adult is 8400 kJ (2000 kcal)

Composition of proteins (grams of free amino acids/100 grams of proteins)	
Essential branched-chain amino acids	
L-Isoleucine	5.7 g
L-Leucine	12.9 g
L-Valine	5.3 g
Essential amino acids	
L-Phenylalanine	3.9 g
L-Lysine	10.7 g
L-Methionine	2.4 g
L-Threonine	5.4 g
L-Tryptophan	2.1 g
Semi-essential amino acids	
L-Arginine	3.1 g
L-Histidine	2.2 g
Semi-essential amino acids	
L-Alanine	5.1 g
L-Asparagine acid	11.8 g
L-Cysteine	2.8 g
L-Glutamine acid	18.3 g
L-Proline	5.1 g
L-Serine	4.7 g
L-Tyrosine	3.7 g
Glycine	1.9 g



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Proteins are important for athletes. An average body weighing 70 kg consists of around 12 kg of amino acids in the form of muscle protein. During the day, the body continually breaks down proteins and builds new ones and amino acids are exchanged between the different amino acid stores. The stores of free amino acids can be replenished in three ways: via food, via the breakdown of body proteins, and via the formation of new amino acids in the body.

When muscles are subjected to a load, the breakdown of muscle protein increases on the one hand and, on the other, new muscle protein is built up. However, the balance remains negative while there is no new supply of proteins from food. By consuming proteins, the breakdown of proteins is inhibited and the production of new muscle protein is stimulated, which results in a positive muscle protein balance. The repair of muscles and the adaptation processes (biochemical and structural adaptations in the muscle) can then proceed optimally as a result.

When you compare the effect of strength training and endurance training on muscles, the two types of training produce different types of changes. In strength training, the resistance causes damage to contractile proteins. These are the proteins involved in muscle contraction (actin and myosin). Proteins from food can help repair these damaged proteins. In the long term, this results in bigger muscles. However, endurance training has a different effect on the muscles. After exercise, proteins from food are used to produce mitochondrial proteins. These are the energy factories in the cell that are responsible for producing ATP energy from sugars and fats. As the activity of these mitochondria increases and improves, the greater the capacity of the aerobic system will be.

When you take part in strength training or endurance training, your protein requirement is higher than when you are not engaged in physical exercise. A diet that contains an adequate amount of protein is needed to properly support recovery and adaptation processes. Protein-rich foods such as meat, fish, poultry, eggs, and dairy products can be used for this purpose. It is important that you consume a protein source around every three to four hours. Research has shown that an intake of 20–25 grams of protein per meal (0.25–0.3 grams of protein per kilogram of body weight) stimulates the production of muscle protein.

In addition to regular protein sources obtained from food, specific sports food can be used as a supplement. Protein shakes taken before or after training sessions and competitions can provide a practical solution to support muscle protein synthesis. Shakes based on whey proteins are a particularly suitable choice. Whey protein is derived from milk and is quickly digested. Compared with other sources of protein, whey protein contains a large percentage of leucine. This amino acid in particular has an anabolic effect on muscles.

## Uses of whey protein

- To support the recovery and adaptation processes during strength and endurance training
- To improve body composition
- During a period of dieting/weight reduction
- During a period of injury to preserve muscle mass
- To increase the protein content of a product or meal

## Additional information

- An adequate protein intake is determined by combining the right frequency, quantity, and timing
- Make sure that you consume proteins via food approximately every three hours
- A good amount of protein is 20–25 grams of protein each time, containing 8–10 grams of essential amino acids and 3 grams of leucine
- Opt for a fast-digesting protein, such as whey protein, after exercise
- When training the large muscle groups, a higher protein intake (40 grams) has been shown to result in greater protein synthesis than a 20-gram dose

## Unique properties of Whey Recovery Gold

- The main component in Whey Recovery Gold is Nutri Whey 800I ®, a branded ingredient from Friesland Campina DMV that is derived from fresh Dutch cows' milk
- A 30-gram serving supplies 22,7 grams of protein and only 117 kcal.
- Contains 3.9 grams of L-Leucine
- Contains more than 5 grams of BCAA's



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