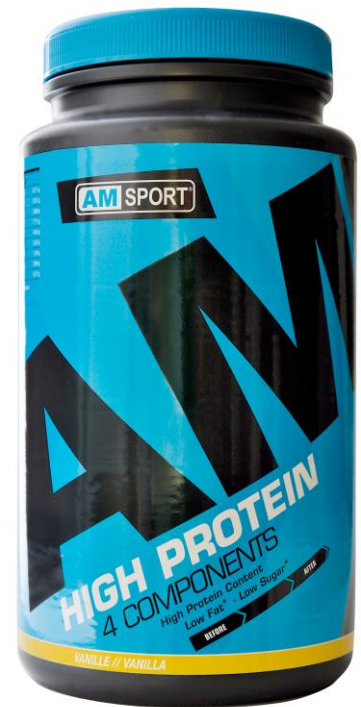


AMSPORT® HIGH PROTEIN QUALITY FOUR PROTEIN BLEND

Flavour: Vanilla, Chocolate, Strawberry, Cookies, Blueberry-Vanilla, Cranberry, Neutral

Package size: 350g (only chocolate, vanilla & strawberry), 650g

Pharmaceutical form: Powder



BEFORE > DURING > AFTER >>

»»» To maintain and increase muscle mass.
»»» Low in fat and sugar

4-component protein concentrate with vitamins and sweeteners.

High Protein contains four carefully selected proteins to give you a steady supply of amino acids that will last for the entire 'window of opportunity' for effective muscle building and recovery. Each serving contains 33g of protein while being low in fat and carbohydrates, making it an ideal product for those only interested in muscular development and recovery. With five different flavours to choose from you're sure to find one that you'll love. High Protein provides you with all the essential nutrients you need and nothing more, getting you ready for the next challenge!

How to take:

To increase strength and muscle building: 3 shakes spread throughout the day: morning for breakfast, 1 hour before and immediately after exercise

For lifestyle / recovery: 1 shake 3 hours before training and 1 immediately after training. On training - free days 1 shake a day

Product variation:

Flavour	Size	Product EAN
Vanilla	600 g	4260213070061
Vanilla	350 g	4260213070696
Chocolate	600 g	4260213070054
Chocolate	350 g	4260213070719
Strawberry	600 g	4260213070764
Strawberry	350 g	4260213070702
Cranberry	600 g	4260213070047
Cookies	600 g	4260213070771
Blueberry-Vanilla	600 g	4260213070788
Neutral	600 g	4260213073062

May contain traces of milk protein, lactose, chicken protein gluten and soy



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MARK WARNECKE GmbH · Flaßkuhle 6 · D-58452 Witten
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VANILLA

Ingredients:

Whey protein concentrate (50.0%), Milk protein (41.7%), dairy protein isolate (4.0%), flavor, chicken egg white powder (1.0%), emulsifier (soy lecithin), sweetener (sodium cyclamate, acesulfame K, saccharin), L-ascorbic acid, nicotinamide, DL (Beta-carotene), pteroyl monoglutamic acid, D-biotin, cyanocobalamin

Nutritional values:

	per 100g	% NRV*	per serving**	% NRV*
Energy	1.627 kJ / 389 kcal	—	1.102 kJ / 263 kcal	—
Fat	1,9 g	—	4,4 g	—
• Of which saturates	1,1 g	—	1,9 g	—
Carbohydrates	3,7 g	—	16,3 g	—
• Of which sugars	1,9 g	—	15,4 g	—
Protein	84,2 g	—	35,9 g	—
Salt	0,6 g	—	0,5 g	—
BCAAs***	18,5 g	—	8,4 g	—
Vitamin C	240 mg	300 %	77,1 mg	96 %
Niacin	48,0 mg	300 %	14,7 mg	91 %
Vitamin E	26,7 mg	300 %	11 mg	92 %
Vitamin B5 (Pantothenic acid)	18,0 mg	300 %	6,4 mg	107 %
Vitamin B6	4,2 mg	300 %	1,4 mg	102 %
Vitamin B2 (Riboflavin)	4,2 mg	300 %	1,8 mg	133 %
Vitamin B1 (Thiamin)	3,3 mg	300 %	1,1 mg	100 %
Folic acid	648 µg	324 %	208 µg	104 %
Biotin	157 µg	314 %	58,0 µg	116 %
Vitamin B12	18,0 µg	720 %	6,7 µg	268 %

* NRV =% of nutrient reference values (according to Regulation (EC) No. 1169/2011)

** 1 portion: 30g + 300ml milk (1.5%)

*** BCAAs = branched chain amino acids (L-Isoleucin, L-Leucin, L-Valin)



CHOCOLATE

Ingredients:

Whey protein concentrate (50.0%), milk protein (37.2%), low fat cocoa powder (5.0%), whey protein isolate (4.0%), emulsifier (soy lecithin), flavoring, egg white powder (1.0 (Acesulfame K, sucralose), nicotinamide, DL-alpha tocopheryl acetate, calcium dpanthothenate, riboflavin, pyridoxine hydrochloride, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin

Nutritional values:

	per 100g	% NRV*	per serving**	% NRV*
Energy	1607 kJ / 384 kcal	—	1096 kJ / 262 kcal	—
Fat	2,4 g	—	4,8 g	—
• Of which saturates	2,3 g	—	2,4 g	—
Carbohydrates	3,6 g	—	15,1 g	—
• Of which sugars	1,7 g	—	14,4 g	—
Fiber	1,5 g	—	0,5 g	—
Protein	82 g	—	35,2 g	—
BCAAs***	18,2 g	—	7,8 g	—
Salt	0,5 g	—	0,5 g	—
Vitamin C	240 mg	300 %	77,1 mg	96 %
Niacin	48,0 mg	300 %	14,7 mg	91 %
Vitamin E	36,0 mg	300 %	11 mg	92 %
Vitamin B5 (Pantothenic acid)	18,0 mg	300 %	6,4 mg	107 %
Vitamin B6	4,2 mg	300 %	1,4 mg	102 %
Vitamin B2 (Riboflavin)	4,2 mg	300 %	1,8 mg	133 %
Vitamin B1 (Thiamin)	3,3 mg	300 %	1,1 mg	100 %
Folic acid	600 µg	300 %	195 µg	97 %
Biotin	150 µg	300 %	56,8 µg	113 %
Vitamin B12	17,6 µg	707 %	6,5 µg	262 %

* NRV =% of nutrient reference values (according to Regulation (EC) No. 1169/2011)

** 1 portion: 30g + 300ml milk (1.5%)

*** BCAAs = branched chain amino acids (L-Isoleucin, L-Leucin, L-Valin)



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STRAWBERRY

Ingredients:

Whey protein concentrate (50.0%), milk protein (39.2%), whey protein isolate (4.0%), flavoring, dextrose, egg white powder (1.0%), acid (L (+) - tartaric acid), emulsifier (soy lecithin), sweeteners (Betamine), Pteroylmonoglutamic Acid, D-Biotin, Cyanocobalamin

Nutritional values:

	per 100g	% NRV*	per serving**	% NRV*
Energy	1584 kJ / 373 kcal	—	1068 kJ / 253 kcal	—
Fat	3,3 g	—	5,8 g	—
• Of which saturates	2,8 g	—	3,6 g	—
Carbohydrates	6,7 g	—	16,4 g	—
• Of which sugars	4,4 g	—	15,7 g	—
Protein	78,4 g	—	33,6 g	—
Salt	0,6 g	—	0,5 g	—
BCAAs***	17,0 g	—	7,4 g	—
Vitamin C	240 mg	300 %	77,1 mg	96 %
Niacin	48,0 mg	300 %	14,7 mg	91 %
Vitamin E	36,0 mg	300 %	11 mg	92 %
Vitamin B5 (Pantothenic acid)	18,0 mg	300 %	6,4 mg	107 %
Vitamin B6	4,2 mg	300 %	1,4 mg	102 %
Vitamin B2 (Riboflavin)	4,2 mg	300 %	1,8 mg	133 %
Vitamin B1 (Thiamin)	3,3 mg	300 %	1,1 mg	100 %
Folic acid	600 µg	300 %	195 µg	97 %
Biotin	150 µg	300 %	56,8 µg	113 %
Vitamin B12	17,0 µg	685 %	6,4 µg	256 %

* NRV =% of nutrient reference values (according to Regulation (EC) No. 1169/2011)

** 1 portion: 30g + 300ml milk (1.5%)

*** BCAAs = branched chain amino acids (L-Isoleucin, L-Leucin, L-Valin)



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CRANBERRY

Ingredients:

Whey protein concentrate (50%), milk protein (22.8%), fiber corn dextrin, whey protein isolate (4%), oat beta-glucans, cranberry fruit powder (3%), maltodextrin, flavor, cranberry pieces (1.5%), milk protein concentrate (50%), milk protein (22.8%), fiber corn dextrin, (Acesulfame K, sucralose), L-ascorbic acid, nicotinamide, DL-alpha tocopheryl acetate, Calcium D-pantothenate, riboflavin, pyridoxine hydrochloride, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin

Nutritional values:

	per 100g	% NRV*	Per serving**	% NRV*
Energy	1501 kJ / 355 kcal	—	1043 kJ / 247 kcal	—
Fat	3,3 g	—	5,8 g	—
• Of which saturates	2,6 g	—	3,5 g	—
Carbohydrates	11,0 g	—	17,7 g	—
• Of which sugars	4,7 g	—	15,8 g	—
Protein	65,8 g	—	29,7 g	—
Salt	0,6 g	—	0,5 g	—
BCAAs***	14,1 g	—	6,4 g	—
Vitamin C	240 mg	300 %	77,1 mg	96 %
Niacin	48,0 mg	300 %	14,7 mg	91 %
Vitamin E	36,0 mg	300 %	11 mg	92 %
Vitamin B5 (Pantothenic acid)	18,0 mg	300 %	6,4 mg	107 %
Vitamin B6	4,2 mg	300 %	1,4 mg	102 %
Vitamin B2 (Riboflavin)	4,2 mg	300 %	1,8 mg	133 %
Vitamin B1 (Thiamin)	3,3 mg	300 %	1,1 mg	100 %
Folic acid	600 µg	300 %	195 µg	97 %
Biotin	150 µg	300 %	56,8 µg	113 %
Vitamin B12	17,0 µg	685 %	6,4 µg	256 %

* NRV =% of nutrient reference values (according to Regulation (EC) No. 1169/2011)

** 1 portion: 30g + 300ml milk (1.5%)

*** BCAAs = branched chain amino acids (L-Isoleucin, L-Leucin, L-Valin)



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COOKIES

Ingredients:

Whey protein concentrate (50%), Milk protein (35.5%), whey protein isolate (4%), 2% chocolate raspberries (sugar, cocoa mass, low-fat cocoa powder, cocoa butter, emulsifier soy lecithin) Dextrose, chicken egg white powder (1%), (Sodium Sulfam, Acesulfame K, Saccharin), Sodium Chloride, L-Ascorbic Acid, Nicotinamide, DL-Alpha Tocopheryl Acetate, Calcium D-pantothenate, Riboflavin, Lactobacillate, Coconut Powder, Pyridoxine hydrochloride, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin

Nutritional values:

	per 100g	% NRV*	Per serving**	% NRV*
Energy	1586 kJ / 374 kcal	—	1069 kJ / 253 kcal	—
Fat	3,9 g	—	6,0 g	—
• Of which saturates	3,0 g	—	3,6 g	—
Carbohydrates	8,4 g	—	16,9 g	—
• Of which sugars	5,5 g	—	16,0 g	—
Protein	75,5 g	—	32,7 g	—
Salt	0,7 g	—	0,6 g	—
BCAAs***	16,4 g	—	7,1 g	—
Vitamin C	240 mg	300 %	77,1 mg	96 %
Niacin	48,0 mg	300 %	14,7 mg	91 %
Vitamin E	36,0 mg	300 %	11 mg	92 %
Vitamin B5 (Pantothenic acid)	18,0 mg	300 %	6,4 mg	107 %
Vitamin B6	4,2 mg	300 %	1,4 mg	102 %
Vitamin B2 (Riboflavin)	4,2 mg	300 %	1,8 mg	133 %
Vitamin B1 (Thiamin)	3,3 mg	300 %	1,1 mg	100 %
Folic acid	600 µg	300 %	195 µg	97 %
Biotin	150 µg	300 %	56,8 µg	113 %
Vitamin B12	17,0 µg	685 %	6,4 µg	256 %

* NRV =% of nutrient reference values (according to Regulation (EC) No. 1169/2011)

** 1 portion: 30g + 300ml milk (1.5%)

*** BCAAs = branched chain amino acids (L-Isoleucin, L-Leucin, L-Valin)



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BLUEBERRY-VANILLA

Ingredients:

Molkeneiweißkonzentrat (50%), **Milcheiweiß** (36,4%), **Molkeneiweiß-Isolat** (4%), Flavor, blueberry powder (1,3%), dextrose, chicken egg white powder (1%), coloring elderberry powder, emulsifier monoglycerides, acidulant L (+) - tartaric acid, coloring food beet powder (betanine), thickener (xanthan gum), sweetener Sodium cyclamate, acesulfame K, saccharin), L-ascorbic acid, nicotinamide, DL-alpha tocopheryl acetate, calcium D-pantothenate, riboflavin, pyridoxine hydrochloride, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin

Nutritional values:

	per 100g	% NRV*	Per serving**	% NRV*
Energy	1576 kJ / 371 kcal	—	1066 kJ / 252 kcal	—
Fat	3,3 g	—	5,8 g	—
• Of which saturates	2,8 g	—	3,6 g	—
Carbohydrates	8,3 g	—	16,9 g	—
• Of which sugars	5,1 g	—	15,9 g	—
Protein	76,5 g	—	33,0 g	—
Salt	0,6 g	—	0,5 g	—
BCAAs***	16,4 g	—	7,1 g	—
Vitamin C	240 mg	300 %	77,1 mg	96 %
Niacin	48,0 mg	300 %	14,7 mg	91 %
Vitamin E	36,0 mg	300 %	11 mg	92 %
Vitamin B5 (Pantothenic acid)	18,0 mg	300 %	6,4 mg	107 %
Vitamin B6	4,2 mg	300 %	1,4 mg	102 %
Vitamin B2 (Riboflavin)	4,2 mg	300 %	1,8 mg	133 %
Vitamin B1 (Thiamin)	3,3 mg	300 %	1,1 mg	100 %
Folic acid	600 µg	300 %	195 µg	97 %
Biotin	150 µg	300 %	56,8 µg	113 %
Vitamin B12	17,0 µg	685 %	6,4 µg	256 %

* NRV =% of nutrient reference values (according to Regulation (EC) No. 1169/2011)

** 1 portion: 30g + 300ml milk (1.5%)

*** BCAAs = branched chain amino acids (L-Isoleucin, L-Leucin, L-Valin)



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NEUTRAL

Ingredients:

Molkeneiweißkonzentrat (50%), Milcheiweiß (43.7%), Molkeneiweiß-Isolat (4%), emulsifier (soya lecithin), release agent (silica), L-ascorbic acid, nicotinamide, DL-alpha tocopheryl acetate, calcium D-pantothenate, riboflavin, pyridoxine hydrochloride, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin

Nutritional values:

	per 100g	% NRV*	Per serving**	% NRV*
Energy	1657 kJ / 391 kcal	—	1090 kJ / 258 kcal	—
Fat	3,3 g	—	5,8 g	—
• Of which saturates	1,9 g	—	3,3 g	—
Carbohydrates	3,5 g	—	15,5 g	—
• Of which sugars	3,1 g	—	15,3 g	—
Protein	86,6 g	—	36,0 g	—
Salt	0,54 g	—	0,52 g	—
BCAAs***	18,6 g	—	7,7 g	—
Vitamin C	240 mg	300 %	77,2 mg	97 %
Niacin	48,0 mg	300 %	14,7 mg	92 %
Vitamin E	36,0 mg	300 %	11,0 mg	92 %
Vitamin B5 (Pantothenic acid)	18,0 mg	300 %	6,5 mg	108 %
Vitamin B6	4,2 mg	300 %	1,5 mg	107 %
Vitamin B2 (Riboflavin)	4,9 mg	350 %	2,0 mg	143 %
Vitamin B1 (Thiamin)	3,3 mg	300 %	1,1 mg	100 %
Folic acid	648 µg	324 %	208 µg	104 %
Biotin	150 µg	300 %	57,7 µg	115 %
Vitamin B12	18,1 µg	724 %	6,7 µg	268 %

* NRV =% of nutrient reference values (according to Regulation (EC) No. 1169/2011)

** 1 portion: 30g + 300ml milk (1.5%)

*** BCAAs = branched chain amino acids (L-Isoleucin, L-Leucin, L-Valin)



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