

2199566 – AMSport High Protein drink powder, 600g, Blueberry-Vanilla

Sales description

4 component protein concentrate with vitamins, flavour: blueberry-vanilla  
With sweeteners

Ingredients

**Whey** protein concentrate (50.0%), **milk** protein (36.6%), **whey** protein isolate (4.0%), flavouring, dextrose, **egg** white protein powder (1.0%), maltodextrin, blueberry powder (0.5%), colouring elder fruit powder, emulsifier (**soya** lecithin), acid (L(+)-tartaric acid, citric acid), colouring food ingredient beet powder (betanin), thickening agent (xanthan gum), caramelised sugar syrup, sweeteners (sodium cyclamate, acesulfame-K, saccharin), ascorbic acid, nicotinamide, DL-alpha tocopherolacetate, calcium-D-pantothenat, vitamin B2, pyridoxine hydrochloride, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin

Contains milk protein, lactose, egg white protein and soy. May contain traces of gluten.

Nutritional information	per 100 g		per portion**	
Energy	kJ	kcal	kJ	kcal
	1576	371	1066	252
Fat [g]	3,3		5,8	
of which saturates [g]	2,8		3,6	
Carbohydrates [g]	8,3		16,9	
of which sugars [g]	5,1		15,9	
Protein [g]	76,5		33,0	
Salt [g]	0,6		0,5	

Vitamins/Minerals	per 100 g	%*	per portion**	%*
BCAAs***	16,4		7,1	
Vitamin C [mg]	240	300	77,1	96
Niacin [mg]	48,0	300	14,7	91
Vitamin E [mg]	36,0	300	11	92
Vitamin B5 (pantothenic acid) [mg]	18,0	300	6,4	107
Vitamin B6 [mg]	4,2	300	1,4	102
Vitamin B2 (vitamin B2) [mg]	4,2	300	1,8	133
Vitamin B1 (thiamin) [mg]	3,3	300	1,1	100
Folic acid [µg]	600	300	195	97
Vitamin B12 [µg]	17,0	685	6,4	256
Biotin [µg]	150	300	56,8	113

\* NRV = % of the nutrient reference values (according to VO (EG) No. 1169/2011)

\*\* 1 portion: 30 g + 300 ml semi-skimmed milk (1,5%)

\*\*\* BCAAs = branched chain amino acids (L-Isoleucine, L-Leucine, L-Valine)

Suggested usage

Muscle development Performance

Drink 3 shakes throughout the day: in the morning with breakfast, 1 hour before and directly after training

Fitness Lifestyle

2 shakes: 3 hours before and directly after training – on training-free days 1 shake a day

Aesthetic

Drink 1 shake directly after training

2199575 – AMSport High Protein Drink Powder, 600g, Cookies

Sales description

4 component protein concentrate with vitamins, flavour: cookies  
With sweeteners

Ingredients

**Whey** protein concentrate (50.0%), **milk** protein (35.2%), **whey** protein isolate (4.0%), flavouring, chocolate flakes (sugar, cocoa mass, fat-reduced cocoa powder, cocoa butter, emulsifier **soya** lecithin) (2.0%),dextrose, **egg white protein** powder (1.0%), cocoa powder (1.0%), emulsifier (**soya** lecithin), instant caramel (caramelised sugar, maltodextrin), thickening agent (xanthan gum), sweeteners (sodium cyclamate, acesulfame-K, saccharin), ascorbic acid, table salt, nicotinamide, DL-alpha tocopherolacetate, calcium-D-pantothenat, vitamin B2, pyridoxine hydrochloride, thiamine mononitrate, pteroyl-monoglutamic acid, D-biotin, cyanocobalamin

Contains milk protein, lactose, egg white protein and soy. May contain traces of gluten.

Nutritional information	per 100 g		per portion**	
Energy	kJ	kcal	kJ	kcal
	1586	374	1069	253
Fat [g]	3,9		6,0	
of which saturates [g]	3,0		3,6	
Carbohydrates [g]	8,4		16,9	
of which sugars [g]	5,5		16,0	
Protein [g]	75,5		32,7	
Salt [g]	0,7		0,6	

Vitamins/Minerals	per 100 g	%*	per portion**	%*
BCAAs***	16,4		7,1	
Vitamin C [mg]	240	300	77,1	96
Niacin [mg]	48,0	300	14,7	91
Vitamin E [mg]	36,0	300	11	92
Vitamin B5 (pantothenic acid) [mg]	18,0	300	6,4	107
Vitamin B6 [mg]	4,2	300	1,4	102
Vitamin B2 (vitamin B2) [mg]	4,2	300	1,8	133
Vitamin B1 (thiamin) [mg]	3,3	300	1,1	100
Folic acid [µg]	600	300	195	97
Vitamin B12 [µg]	17,0	685	6,4	256
Biotin [µg]	150	300	56,8	113

\* NRV = % of the nutrient reference values (according to VO (EG) No. 1169/2011)

\*\* 1 portion: 30 g + 300 ml semi-skimmed milk (1,5%)

\*\*\* BCAAs = branched chain amino acids (L-Isoleucine, L-Leucine, L-Valine)

Suggested usage

Muscle development Performance

Drink 3 shakes throughout the day: in the morning with breakfast, 1 hour before and directly after training

Fitness Lifestyle

2 shakes: 3 hours before and directly after training – on training-free days 1 shake a day

Aesthetic

Drink 1 shake directly after training

2199584 – AMSport High Protein Drink Powder, 600g, Cranberry

Sales description

4 component protein concentrate with vitamins, flavour: cranberry  
With sweeteners

Ingredients

**Whey** protein concentrate (50.0%), **milk** protein (22.8%), dextrin and beta-glucan fibre, **whey** protein isolate (4.0%), cranberry fruit powder (2.7%), flavouring, cranberry pieces (1.5%), **egg white** protein powder (1.0%), thickening agent (xanthan gum), acid (citric acid), emulsifier (**soya** lecithin), sweeteners (acesulfame-K, Sucralose), anticaking agent tri calcium phosphate, ascorbic acid, nicotinamide, DL-alpha tocopherolacetate, calcium-D-pantothenat, vitamin B2, pyridoxine hydrochloride, thiamine mononitrate, colouring food ingredient beet powder (betanin), pteroylmonoglutamic acid, D-biotin, cyanocobalamin

Contains milk protein, lactose, egg white protein and soy. May contain traces of gluten.

Nutritional information	per 100 g		per portion**	
Energy	kJ	kcal	kJ	kcal
	1501	355	1043	247
Fat [g]	3,3		5,8	
of which saturates [g]	2,6		3,5	
Carbohydrates [g]	11,0		17,7	
of which sugars [g]	4,7		15,8	
Protein [g]	65,8		29,7	
Salt [g]	0,6		0,5	

Vitamins/Minerals	per 100 g	%*	per portion**	%*
BCAAs***	14,1		6,4	
Vitamin C [mg]	240	300	77,1	96
Niacin [mg]	48,0	300	14,7	91
Vitamin E [mg]	36,0	300	11	92
Vitamin B5 (pantothenic acid) [mg]	18,0	300	6,4	107
Vitamin B6 [mg]	4,2	300	1,4	102
Vitamin B2 (vitamin B2) [mg]	4,2	300	1,8	133
Vitamin B1 (thiamin) [mg]	3,3	300	1,1	100
Folic acid [µg]	600	300	195	97
Vitamin B12 [µg]	17,0	685	6,4	256
Biotin [µg]	150	300	56,8	113

\* NRV = % of the nutrient reference values (according to VO (EG) No. 1169/2011)

\*\* 1 portion: 30 g + 300 ml semi-skimmed milk (1,5%)

\*\*\* BCAAs = branched chain amino acids (L-Isoleucine, L-Leucine, L-Valine)

Suggested usage

Muscle development Performance

Drink 3 shakes throughout the day: in the morning with breakfast, 1 hour before and directly after training

Fitness Lifestyle

2 shakes: 3 hours before and directly after training – on training-free days 1 shake a day

Aesthetic

Drink 1 shake directly after training

2199593 – AMSport High Protein Drink Powder, 600g, Strawberry

Sales description

4 component protein concentrate with vitamins, flavour: strawberry  
With sweeteners

Ingredients

**Whey** protein concentrate (50.0%), **milk** protein (39.2%), **whey** protein isolate (4.0%), flavouring, dextrose, **egg** white protein powder (1.0%), acid (L(+)-tartaric acid), emulsifier (**soya** lecithin), sweeteners, (sodium cyclamate, acesulfame-K, saccharin), ascorbic acid, nicotinamide, DL-alpha tocopherolacetate, calcium-D-pantothenat, vitamin B2, pyridoxine hydrochloride, thiamine mononitrate, colouring food ingredient beet powder (betanin), pteroylmonoglutamic acid, D-biotin, cyanocobalamin

Contains milk protein, lactose, egg white protein and soy. May contain traces of gluten.

Nutritional information	per 100 g		per portion**	
Energy	kJ	kcal	kJ	kcal
	1584	373	1068	253
Fat [g]	3,3		5,8	
of which saturates [g]	2,8		3,6	
Carbohydrates [g]	6,7		16,4	
of which sugars [g]	4,4		15,7	
Protein [g]	78,4		33,6	
Salt [g]	0,6		0,5	

Vitamins/Minerals	per 100 g	%*	per portion**	%*
BCAAs***	17,0		7,4	
Vitamin C [mg]	240	300	77,1	96
Niacin [mg]	48,0	300	14,7	91
Vitamin E [mg]	36,0	300	11	92
Vitamin B5 (pantothenic acid) [mg]	18,0	300	6,4	107
Vitamin B6 [mg]	4,2	300	1,4	102
Vitamin B2 (vitamin B2) [mg]	4,2	300	1,8	133
Vitamin B1 (thiamin) [mg]	3,3	300	1,1	100
Folic acid [µg]	600	300	195	97
Biotin [µg]	150	300	56,8	113
Vitamin B12 [µg]	17,0	685	6,4	256

\* NRV = % of the nutrient reference values (according to VO (EG) No. 1169/2011)  
\*\* 1 portion: 30 g + 300 ml semi-skimmed milk (1,5%)  
\*\*\* BCAAs = branched chain amino acids (L-Isoleucine, L-Leucine, L-Valine)

Suggested usage

Muscle development Performance

Drink 3 shakes throughout the day: in the morning with breakfast, 1 hour before and directly after training

Fitness Lifestyle

2 shakes: 3 hours before and directly after training – on training-free days 1 shake a day

Aesthetic

Drink 1 shake directly after training

2199609 – AMSport High Protein Drink Powder, 600g, neutral

Sales description

4 component protein concentrate with vitamins, flavour: neutral  
With sweeteners

Ingredients

**Whey** protein concentrate (50,0%), **milk** protein (43,7%), **whey** protein isolate (4,0%), **egg** white protein powder (1,0%), emulsifier (**soya** lecithin), anticaking agent (silicon dioxide), ascorbic acid, nicotinamide, DL-alpha tocopherolacetate, calcium-D-pantothenat, vitamin B2, pyridoxine hydrochloride, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin

Contains milk protein, lactose, egg white protein and soy. May contain traces of gluten.

Nutritional information	per 100 g		per portion**	
Energy	kJ	kcal	kJ	kcal
	1657	391	1090	258
Fat [g]	3,3		5,8	
of which saturates [g]	1,9		3,3	
Carbohydrates [g]	3,5		15,5	
of which sugars [g]	3,1		15,3	
Protein [g]	86,6		36,0	
Salt [g]	0,54		0,52	

Vitamins/Minerals	per 100 g	%*	per portion**	%*
BCAAs***	18,6		7,7	
Vitamin C [mg]	240	300	77,1	96
Niacin [mg]	48,0	300	14,7	91
Vitamin E [mg]	36,0	300	11	92
Vitamin B5 (pantothenic acid) [mg]	18,0	300	6,4	107
Vitamin B6 [mg]	4,2	300	1,4	102
Vitamin B2 (vitamin B2) [mg]	4,9	350	2,0	143
Vitamin B1 (thiamin) [mg]	3,3	300	1,1	100
Folic acid [µg]	648	324	208	104
Biotin [µg]	150	300	57,7	115
Vitamin B12 [µg]	18,1	724	6,7	268

\* NRV = % of the nutrient reference values (according to VO (EG) No. 1169/2011)

\*\* 1 portion: 30 g + 300 ml semi-skimmed milk (1,5%)

\*\*\* BCAAs = branched chain amino acids (L-Isoleucine, L-Leucine, L-Valine)

Suggested usage

Muscle development Performance

Drink 3 shakes throughout the day: in the morning with breakfast, 1 hour before and directly after training

Fitness Lifestyle

2 shakes: 3 hours before and directly after training – on training-free days 1 shake a day

Aesthetic

Drink 1 shake directly after training

2199618 – AMSport High Protein Drink Powder, 600g, Chocolate

Sales description

4 component protein concentrate with vitamins, flavour: chocolate  
With sweeteners

Ingredients

**Whey** protein concentrate (50,0%), **milk** protein (37,2%), strongly de-oiled cocoa powder (5,0%), **whey** protein isolate (4,0%), emulsifier (**soya** lecithin), flavouring, **egg** white protein powder (1,0%), caramelised sugar (caramelised sugar syrup, maltodextrin), ascorbic acid, sweeteners (acesulfame-K, Sucralose), nicotinamide, DL-alpha tocopherolacetate, calcium-D pantothenat, vitamin B2, pyridoxine hydrochloride, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin

Contains milk protein, lactose, egg white protein and soy. May contain traces of gluten.

Nutritional information	per 100 g		per portion**	
	kJ	kcal	kJ	kcal
Energy	1607	384	1096	262
Fat [g]	2,4		4,8	
of which saturates [g]	2,3		2,4	
Carbohydrates [g]	3,6		15,1	
of which sugars [g]	1,7		14,4	
Protein [g]	82		35,2	
Salt [g]	0,5		0,5	

Vitamins/Minerals	per 100 g	%*	per portion**	%*
BCAAs***	18,2		7,8	
Vitamin C [mg]	240	300	77,1	96
Niacin [mg]	48,0	300	14,7	91
Vitamin E [mg]	36,0	300	11	92
Vitamin B5 (pantothenic acid) [mg]	18,0	300	6,4	107
Vitamin B6 [mg]	4,2	300	1,4	102
Vitamin B2 (vitamin B2) [mg]	4,2	300	1,8	133
Vitamin B1 (thiamin) [mg]	3,3	300	1,1	100
Folic acid [µg]	600	300	195	97
Biotin [µg]	150	300	56,8	113
Vitamin B12 [µg]	17,6	707	6,5	262

\* NRV = % of the nutrient reference values (according to VO (EG) No. 1169/2011)  
\*\* 1 portion: 30 g + 300 ml semi-skimmed milk (1,5%)  
\*\*\* BCAAs = branched chain amino acids (L-Isoleucine, L-Leucine, L-Valine)

Suggested usage

Muscle development Performance

Drink 3 shakes throughout the day: in the morning with breakfast, 1 hour before and directly after training

Fitness Lifestyle

2 shakes: 3 hours before and directly after training – on training-free days 1 shake a day

Aesthetic

Drink 1 shake directly after training

2199627 – AMSport High Protein Drink Powder, 600g, vanilla

Sales description

4 component protein concentrate with vitamins, flavour: vanilla  
With sweeteners

Ingredients

**Whey** protein concentrate (50,0%), **milk** protein (41,7%), **whey** protein isolate (4,0%), flavouring, **egg** white protein powder (1,0%), emulsifier (**soya** lecithin), sweeteners (sodium cyclamate, acesulfame-K, saccharin), ascorbic acid, nicotinamide, DL-Alpha tocopherolacetate, calcium-D-pantothenat, vitamin B2, pyridoxine hydrochloride, thiamine mononitrate, colouring agent (beta carotene), pteroylmonoglutamic acid, D-biotin, cyanocobalamin

Contains milk protein, lactose, egg white protein and soy. May contain traces of gluten.

Nutritional information	per 100 g		per portion**	
Energy	kJ	kcal	kJ	kcal
	1627	389	1102	263
Fat [g]	1,9		4,4	
of which saturates [g]	1,1		1,9	
Carbohydrates [g]	3,7		15,4	
of which sugars [g]	1,9		15,4	
Protein [g]	84,2		35,9	
Salt [g]	0,6		0,5	

Vitamins/Minerals	per 100 g	%*	per portion**	%*
BCAAs***	18,5		8,4	
Vitamin C [mg]	240	300	77,1	96
Niacin [mg]	48,0	300	14,7	91
Vitamin E [mg]	26,7	300	11	92
Vitamin B5 (pantothenic acid) [mg]	18,0	300	6,4	107
Vitamin B6 [mg]	4,2	300	1,4	102
Vitamin B2 (vitamin B2) [mg]	4,2	300	1,8	133
Vitamin B1 (thiamin) [mg]	3,3	300	1,1	100
Folic acid [µg]	648	324	208	104
Biotin [µg]	157	314	58,0	116
Vitamin B12 [µg]	18,0	720	6,7	268

\* NRV = % of the nutrient reference values (according to VO (EG) No. 1169/2011)  
\*\* 1 portion: 30 g + 300 ml semi-skimmed milk (1,5%)  
\*\*\* BCAAs = branched chain amino acids (L-Isoleucine, L-Leucine, L-Valine)

Suggested usage

Muscle development Performance

Drink 3 shakes throughout the day: in the morning with breakfast, 1 hour before and directly after training

Fitness Lifestyle

2 shakes: 3 hours before and directly after training – on training-free days 1 shake a day

Aesthetic

Drink 1 shake directly after training