

SINUTRA®

STRENGTH | STAMINA | ENERGY

FOOD SUPPLEMENT BASED ON PROTEINS, VITAMINS & MINERALS

WITH SWEETENER



WHERE IT WORKS

- Normal energy metabolism¹
- Reduction of tiredness and fatigue²
- Normal immune system function³
- Normal cognitive function⁴

Flavours:

VANILLA COCOA

PACKAGING: JAR 270G
(9 DOSIS, 30G EACH)



- RICH IN B VITAMINS
- 19 VITAMINS + MINERALS
- HIGH QUALITY PROTEINS
- ENRICHED WITH GLUTAMINE & HMB

WHO IT'S FOR

- Those wishing to supplement their diet with extra proteins, vitamins and minerals
- Those wishing to sustain muscle during periods in which it is more difficult to eat
- Those with varying nutritional needs, due to ageing or illness

NUTRITIONAL INFORMATION

	Per 100 g	Per dosis 30g + 250 ml of semi-skimmed milk
ENERGY		
kJ	1509	836
kcal	355	199
TYPICAL VALUES		
Fats	1,0 g	3,3 g
of which fatty acids	0,80 g	2,3 g
Carbohydrates	56 g	26 g
of which sugars	51 g	25 g
Fiber	0 g	0 g
Protein	31 g	16 g
Salt	1,0 g	0,52 g
Vitamin A	1200 µg (150% NRV)	401 µg (50% NRV)
Vitamin D	33 µg (660% NRV)	10 µg (200% NRV)
Vitamin E	18 mg (150% NRV)	5,5 mg (45% NRV)
Vitamin K	150 µg (200% NRV)	45 µg (60% NRV)
Vitamin C	160 mg (200% NRV)	50,5 mg (63% NRV)
Vitamin B1	1,65 mg (150% NRV)	0,58 mg (52% NRV)
Vitamin B2	2,1 mg (150% NRV)	1,09 mg (78% NRV)
Niacin	20 mg (125% NRV)	6,2 mg (39% NRV)
Vitamin B6	2,8 mg (200% NRV)	0,96 mg (68% NRV)
Folic Acid	400 µg (200% NRV)	132 µg (66% NRV)
Vitamin B12	4,5 µg (180% NRV)	2,2 µg (88% NRV)
Ac. Pantothenic	6,0 mg (100% NRV)	2,5 mg (42% NRV)
Potassium	1700mg (85% NRV)	833 mg (42% NRV)
Calcium	1100mg (138% NRV)	578 mg (72% NRV)
Phosphorus	990 mg (141% NRV)	492 mg (70% NRV)
Magnesium	220 mg (59% NRV)	89 mg (24% NRV)
Iron	15 mg (107% NRV)	4,5 mg (32% NRV)
Zinc	16 mg (160% NRV)	5,6 mg (56% NRV)
Selenium	57 µg (104% NRV)	19 µg (35% NRV)
HMB	100 mg	30 mg
Glutamine	333 mg	100 mg

NRV: Reference nutritional values (adults) according to of Reg. UE 1169/2011

WARNINGS: Do not exceed the recommended daily dose. Supplements are not intended as a substitute for a varied and balanced diet or a healthy lifestyle. Keep out of reach of children under 3 years of age. *The product has been tested to be free of nandrolone, and testosterone, and of their precursors, as well as of amphetamines and ephedrine.

STORAGE RECOMMENDATIONS: Store in a cool and dry place, away from direct sunlight and sources of localized heat. The minimum shelf life refers to the properly stored product, in its unopened packaging. Do not disperse in the environment after use.

The proteins contribute to the growth and maintenance of muscle mass

FEATURES

Taking care of your health is important, especially when your nutritional needs change over the years. Your metabolism and eating habits change, and this is why it is essential to nourish yourself properly to maintain your strength and energy. The Sinutra® line offers nutritional support, to contribute to a rich and balanced diet. Sinutra® provides 19 vitamins and minerals, together with high quality proteins. The formula, also enriched with glutamine and HMB, gives you more strength, stamina and energy. A balanced and protein rich nutrition gives a boost to vitality in the case of nutritional difficulties or physiological changes due to age. Sinutra® was born from experience in cutting-edge sports nutrition, to contribute to the well-being and health of everyone.

INCLUDED MACRO & MICRO NUTRIENTS

The total intake of macro and micro nutrients depends on the chosen type of beverage or milk drink.

Mg, Fe, Vit. B1, Vit. B2, Vit. B5, Vit. B6, Vit. B12, Vit. C (contributing to normal energy metabolism) - ¹

Mg, Fe, Vit. B2, Vit. B3, Vit. B5, Vit. B6, Vit. B12, Vit. C (contributing to a reduction of tiredness and fatigue) - ²

Zn, Se, Fe, Vit. A, Vit. B6, Vit. B12, Vit. C, Vit. D (contributing to normal immune system function) - ³

Zn, Fe (contributing to normal cognitive function) - ⁴

HOW TO USE AND RECOMMENDED DAILY DOSE

Add 3 tablespoons (approx. 30 g) of the preparation to 250 ml of partially skimmed hot or cold milk, and stir. The product can also be dissolved in water and other types of milk based drinks. For adults, it is recommended to take 1 to 2 doses per day. It is preferable to use the product for a snack or for breakfast.

INGREDIENTS - VANILLA

Skimmed milk powder, flavouring, minerals (magnesium carbonate, iron pyrophosphate, zinc gluconate, sodium selenite), L-glutamine, vitamins [L-ascorbic acid (C), DL-alpha-tocopherol (E), cholecalciferol (D), nicotinamide (niacin - B3), retinyl acetate (A), calcium pantothenate (pantothenic acid - B5), cyanocobalamin (B12), pyridoxine hydrochloride (B6), phyloquinone (K), riboflavin (B2), thiamine hydrochloride (B1), pteroylmonoglutamic acid (folic acid - B9)], hydroxymethylbutyrate, sweetener: sucralose, anti-caking agent: silicon dioxide

INGREDIENTS - COCOA

Skimmed milk powder, low-fat cocoa powder (8.9%), chocolate flavouring, minerals [magnesium carbonate, iron pyrophosphate, zinc gluconate, sodium selenite], L-glutamine, vitamins [L-ascorbic acid (C), DL-alpha-tocopherol (E), cholecalciferol (D), nicotinamide (niacin - B3), retinyl acetate (A), calcium pantothenate (pantothenic acid - B5), cyanocobalamin (B12), pyridoxine hydrochloride (B6), phyloquinone (K), riboflavin (B2), thiamin hydrochloride (B1), pteroylmonoglutamic acid (folic acid - B9)], hydroxymethylbutyrate, sweetener: sucralose, anti-caking agent: silicon dioxide.