

SINUTRA[®] STRENGTH | STAMINA | ENERGY

FOOD SUPPLEMENT BASED ON PROTEINS, VITAMINS & MINERALS
WITH GLUTAMINE AND HMB

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



FLAVOURS

VANILLA

COCOA

GLUTEN
FREE

DOPING
FREE
TESTED*

ASPARTAME
FREE

VEGETARIAN





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 wellbeing and health of everyone.

Formula rich with protein, enhanced with Glutamine and HMB, to sustain strength, **stamina and energy**.

FUNCTION OF INGREDIENTS

-  **Normal energy metabolism¹**
-  **Reduce fatigue²**
-  **Normal function of the immune system³**
-  **Normal cognitive function⁴**

RECOMMENDED 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

PRODUCT PLUS

- Rich in vitamin B
- 19 Vitamins + minerals
- High quality proteins
- Enriched with glutamine and HMB

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**FOOD SUPPLEMENT BASED ON PROTEINS, VITAMINS & MINERALS
WITH GLUTAMINE AND HMB**

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 (contri-

buting 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), phylloquinone (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), phylloquinone (K), riboflavin (B2), thiamin hydrochloride (B1), pteroylmonoglutamic acid (folic acid - B9)], hydroxymethylbutyrate, sweetener: sucralose, anti-caking agent: silicon dioxide.

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)

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.

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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

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.