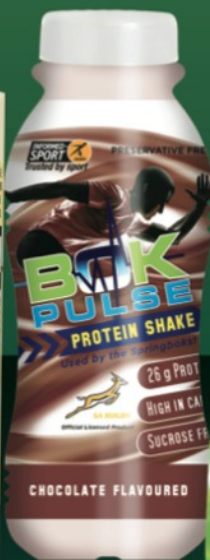


BOBK PULSE

PERFORMANCE NUTRITION



Used by the Springboks!



SUPPLEMENT RECOVERY DRINK

Ready to drink (RTD) supplement recovery drink designed for post-exercise recovery

Basic design features

This Supplement Recovery Drink is specifically designed to assist with post-exercise recovery:

1. The ready to drink formulation will assist in providing adequate energy to replace muscle glycogen and fluid loss. It also contains electrolytes and protein to aid in rapid recovery.
2. Recommended intake of carbohydrates post-exercise equals 1.5g per kilogram of bodyweight (BW) for the first 30 min to 1 hour and thereafter every 2 hours for a total period of 6 hours..
3. Amino acids added as protein hydrolysate help promote muscle repair and assist with a more anabolic profile (PDCAAS value of WPI added – 1.00 with 98% digestibility).
4. 450 – 675ml of water need to be consumed for every 0.5kg lost during exercise (plus a sodium-containing meal to assist rehydration).

Fast Facts:

Contains BokPro PLUS Whey Protein Isolate Hydrolysate

1. Functional whey protein isolate derived from sweet whey
2. Excellent nutritional profile with high digestability and rapid absorption upon intake
3. Amino acid composition is very similar to human skeletal muscle protein
4. High percentage of whey protein is made up of branched-chain amino acids (BCAAs) (>25%); BCAAs have an anti-catabolic effect which protects muscle tissue and reduces the breakdown of protein. It also preserves glycogen stores, assist with the nitrogen balance and can be metabolised as a source of energy.
5. Hydrolysed whey proteins are rapidly absorbed and also exhibit low allergenicity. More than 50% of WPI is essential amino acids
6. Calcium and bioactive components in whey has a synergistic role which accelerates and attenuates lipolysis that can result in an increased lean body mass.
7. Rich source of essential BCAA, leucine, which is regarded as a key stimulus to initiate muscle synthesis
8. Source of bio-available cysteine which plays important role in glutathione synthesis in the body

Litesse® Powder

Findings have indicated that Litesse®:

1. Can be classified as a prebiotic fibre.
2. Reduce calories, sugar and lowers glycaemic load
3. Is not hydrolysed by human digestive enzymes and passes intact to the colon.
4. Is fermented slowly and consistently throughout the colon, thus mediating its effect in both the colon and the distal colon where disease risk may be greatest.
5. Enhances saccharolytic (carbohydrate) fermentation, thus reducing colonic pH.
6. Selectively stimulates the growth of *bifidobacteria* and *lactobacillus*.
7. Enhances immune response, especially in combination with lactitol.
8. Promotes the generation of short chain fatty acids including acetic, propionic and butyric, of which the latter two have specific documented health benefits.



9. May reduce risk of colon cancer, including in the distal colon.
10. Enhances mineral absorption.

Product Characteristics

1. Hypertonic Supplement Recovery Drink
2. GI rating above 70
3. Osmol higher than 280

Packaging Details and Shelf-Life

500ml Pouch with sports-cap

Shelf-life = 6 months (ambient distribution whereafter refrigeration recommended)

Ingredient Listing

Water, Sucrose, Glucose, Polydextrose, Whey Protein Isolate, Citric Acid, Flavours, Colours, Sodium Chloride, Sodium Citrate, Di-Potassium Phosphate, Colourant.

Nutritional Information (Plain variant)

TYPICAL NUTRITIONAL INFORMATION	Per 100 ml	Per serving (500 ml)	% NRV*
Energy (KJ)	173.73	868.67	9
Protein (g)	1	5.00	
Total fat (g)	0.01	0.05	
of which saturated fat (g)	0.00	0.00	
trans fat (g)	0.00	0.00	
mono/poly saturated fat (g)	0.01	0.05	
Cholesterol (g)	0.00	0.00	
Glycaemic carbohydrate (g)	8.60	42.98	
of which total sugar (g)	6.21	31.05	
Dietary Fibre (g)	0.00	0.00	
Calcium (mg)	0.54	2.68	
Potassium (mg)	6.00	30.00	
Phosphorus (mg)	17.17	85.85	
Total Sodium (mg)	20.00	100.00	

* NRV – Nutrient reference values for individuals older than 4 years