

SUSTAGEN® Sport

nestlehealthconnect.com.au/products/sustagen-sport



SIZE: 900g Cans (Carton contains 6 x 900g Cans)

Available in 2 flavours - Vanilla flavour - Chocolate flavour

SUSTAGEN® Sport is a delicious, low fat, nutritious powdered supplement suitable for all types of sports people to drink before or after training sessions to assist performance and recovery. It is high in protein and provides 1.0 kcal/ml per suggested serve.

SUSTAGEN® Sport is a formulated supplementary sports food which must be consumed in conjunction with a nutritious diet and is not suitable for use as a sole source of nutrition. It must be used in conjunction with an appropriate physical training or exercise program. Not suitable for children under 15 years of age or pregnant women. Should only be used under medical or dietetic supervision.

Energy Density - 0.87 kcal/ml = 3.6kJ/ml (Vanilla) - 0.88 kcal/ml = 3.6kJ/ml (Chocolate)

Energy Distribution - Protein 29% (Non fat milk solids and whey protein concentrates) - Carbohydrate 68%
- Fat 3%

Glycaemic index = 37 Low GI (Vanilla)

Glycaemic index = 36 Low GI (Chocolate)

Features & Clinical Indications

- High in Protein - supports muscle health
- 17 Vitamins and Minerals
- Low in fat when made up with water or skim milk
- Low GI
- No Gluten Containing Ingredients
- Contains Dairy

Usage

To open, remove lid and foil seal.

Mix 3 tablespoons** with water or reduced fat/skim milk (depending on taste).

**1 x tablespoon of SUSTAGEN® = 20g.

Stir before serving. Great chilled or served warm.

Can be taken before exercise or within 30 minutes after exercise.

Note: Follow feeding instructions or recommended daily consumption.

All prepared products should be tightly covered and consumed within 4 hours at room temperature or within 24 hours if refrigerated.

Storage: Store in a cool dry place and use within 4 weeks after opening.

Ingredients

Vanilla Flavour: Non Fat Milk Solids (70%), Sugar, Maltodextrin (Corn), Flavour, Whey Protein Concentrate (Milk), Minerals (Calcium Phosphate, Ferrous Sulphate, Zinc Sulphate, Potassium Iodide), Vitamins (Sodium Ascorbate, Tocopheryl Acetate, Niacinamide, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Retinyl Acetate, Cyanocobalamin, Folic Acid, Cholecalciferol). Contains Milk.

Chocolate Flavour: Non Fat Milk Solids (70%), Sugar, Cocoa (5%), Maltodextrin (Corn), Whey Protein Concentrate (Milk), Minerals (Calcium Phosphate, Ferrous Sulphate, Zinc Sulphate, Potassium Iodide), Flavour, Vitamins (Sodium Ascorbate, Tocopheryl Acetate, Niacinamide, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Retinyl Acetate, Folic Acid, Cyanocobalamin, Cholecalciferol). Contains Milk.

Nutritional Information

SUSTAGEN® Sport - Servings Per Pack: 15 Serving Size: 60g					
Nutrient	Units	Average Quantity Per Serving	% Daily Intake* Per Serve + 200mL Water	Average Quantity Per 100g	Average Quantity Per 100mL (when made up with 200mL Water)
Energy	kJ	870	10%	1450	363
Energy	kcal	208		347	87
Protein	g	15	30%	25	6.3
Fat-total	g	0.5	1%	0.8	0.2
- Saturated	g	0.2	1%	0.4	0.1
Carbohydrate	g	36	12%	60	15
- Sugars	g	34.8	39%	58	14.5
Sodium	mg	150	7%	250	63
Vitamin A	µgRE	210	28% RDI†	350	88
Thiamin	mg	0.6	55% RDI†	1	0.25
Riboflavin	mg	0.72	42% RDI†	1.2	0.3
Niacin	mg	3.6	36% RDI†	6	1.5
Folate	µg	60	30% RDI†	100	25
Vitamin B6	mg	0.4	24% RDI†	0.7	0.2
Vitamin B12	µg	0.9	45% RDI†	1.5	0.4
Vitamin C	mg	16	40% RDI†	27	7

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Vitamin D	µg	1.8	18% RDI†	3	0.8
Vitamin E	mgTE	3.9	39% RDI†	6.5	1.6
Calcium	mg	600	75% RDI†	1000	250
Iron	mg	6	50% RDI†	10	2.5
Magnesium	mg	54	17% RDI†	90	23
Phosphorus	mg	480	48% RDI†	800	200
Zinc	mg	3.3	28% RDI†	5.5	1.4
Potassium	mg	760		1270	315

**Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs. †RDI: Recommended Dietary Intake.

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