



**SCIENTIFICALLY SELECTED
CARBOHYDRATE SOURCE**



**Sports Drink with
Carbohydrate and
PeptoPro®
for use during
and after Exercise**

PeptoSport® What is it?

- Added carbohydrate in the form of maltodextrin (glucose polymer), fructose and sucrose, for rapid absorption and maximal glycogen recovery.
- The choice and ratio of these mixed carbohydrates in a drink have been scientifically proven and consistently found to have higher rates of oxidation, which indicates that they get to and enter the muscle more rapidly than single carbohydrate type drinks.
- Enhanced with **PeptoPro®** for instantly available peptides to build and repair muscle tissue.
- Especially formulated in the appropriate proportions for a convenient all in one powder offering improved performance and endurance and rapid muscle recovery.
- Best consumed chilled.



www.peptopro.com

Typical Nutrition Information as Packed

Scoops - level		☐ x4	☐ x6	☐ x8
Typical Value Per	100g	55g	82g	110g
Energy	1656kJ 396kcal	911kJ 218kcal	1358kJ 324kcal	1822kJ 435kcal
PeptoPro® (Supplying Protein Hydrolysate)	21.8g 18.5g	12g 10.2g	18g 15.3g	24g 20.4g
Carbohydrates				
Maltodextrin (Glucose Polymer)	36.4g	20g	30g	40g
Sugars - fructose	18.2g	10g	15g	20g
Sugars - sucrose	18.2g	10g	15g	20g
Total Fat	0g	0g	0g	0g
Total Dietary Fibre (Inulin)	3.1g	1.7g	2.6g	3.4g
Sodium Chloride	205mg	113mg	168mg	226mg

Formulation Based On Weight Of Individual

DOSAGE AND DIRECTIONS FOR USE				Scoop enclosed in tub. Best consumed chilled.
Weight of Individual	☐ 50 kg	☐ 75 kg	☐ 100 kg	
DURING EXERCISE	water 500ml ☐ x4	water 500-750ml ☐ x6	water 850ml + ☐ x8	☐ Drink 200 -250ml every 15-30 min
AFTER EXERCISE	water 500ml ☐ x4	water 500-750ml ☐ x6	water 850ml + ☐ x8	☐ Bottle Size 500-850ml + Drink within 30 min
AFTER TRAINING HARD Enhance PeptoSport by adding PeptoPro® sachet	☐ x1	☐ x1½	☐ x2	

* Based on a recommendation of 0.2g protein hydrolysate / kg body weight and 0.8g carbohydrate / kg body weight.



**IMPROVES MUSCLE RECOVERY
AFTER EXERCISE**

**@Life | Innovation
Based on Science**

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PeptoPro™ is a DSM registered trademark.
PeptoSport™ is an At Life registered trademark.



**The Protein Peptide
for Better Performance**



**PEPTOPRO®
(PROTEIN HYDROLYSATE)
IMPROVES MUSCLE RECOVERY
AND PHYSICAL PERFORMANCE**



**@Life | Innovation
Based on Science**



The Protein Peptide for Better Performance

PeptoPro® What is it?

- **PeptoPro®**, a protein hydrolysate, is a unique pre-digested milk protein, derived from casein.
- A new scientifically developed ingredient, **PeptoPro®** is formulated, via advanced enzyme technology, to deliver protein split into smaller pieces, called peptides.
- Peptides are made up of amino acids which are bound together, and when consumed, are rapidly absorbed into the blood, with no digestion required.
- **PeptoPro®** provides peptides containing the full spectrum of amino acids for building and repairing muscle tissue (glutamine stimulates muscle synthesis and recovery and the remaining amino acids are needed for completing the synthesis of the muscles).



IMPROVED PROTEIN BALANCE AND MUSCLE PROTEIN SYNTHESIS

www.peptopro.com

PeptoPro® Why use it and what are the benefits?

Recent scientific insights into sports nutrition show that adding a protein hydrolysate to carbohydrate-based sports products promotes faster muscle recovery when consumed during and after exercise.

- **Increases protein synthesis which improves muscle recovery after exercise**
- **Enhances continuous hard training**
- **Improves physical performance**
- **Aids in the absorption of glucose for rapid glycogen repletion**
- **PeptoPro®** is a unique protein hydrolysate containing all the essential amino acids in the correct ratio for human health.



Add PeptoPro® to your favourite sports drink.

PeptoPro® Why is it different to regular protein?

Adding intact protein (whey, soy, dairy products, etc.), to sports drinks typically has a negative effect on taste and refreshment, as it makes drinks sticky and "thick", properties which makes drinks difficult to combine with exercise.

In contrast to these protein products, which have to be digested and broken down before entering the blood, **PeptoPro®** is soluble and requires no digestion, so the amino acids contained in **PeptoPro®** enter the blood and reach the muscles much faster just when they are needed most - during and directly after physical activity. There is no gastro intestinal discomfort commonly associated with consumption of whole proteins.

PeptoPro® Who should use it?

All athletes have to develop muscle performance for competition, no matter if the exercise takes 3 hours such as a marathon or only a few seconds such as a pole vault, or high jump. Both muscle endurance and muscle strength is influenced by training and can be enhanced by the consumption of a protein hydrolysate in a thirst quenching and 'gulpable' energy drink.

PeptoPro® How should it be used and when?

Add PeptoPro® to your favourite sports drink.

PeptoPro®	DOSAGE AND DIRECTIONS FOR USE			Scoop enclosed in tub.
Weight of Individual	50 kg	75 kg	100 kg	
DURING EXERCISE	Flavoured Energy Drink 500ml	Flavoured Energy Drink 500-750ml	Flavoured Energy Drink 850ml +	 Drink 200-250ml every 15-30 min
	x1.5	x2.5	x3	
AFTER EXERCISE	Flavoured Energy Drink 500ml	Flavoured Energy Drink 500-750ml	Flavoured Energy Drink 850ml +	
	x1.5	x2.5	x3	
AFTER EXTREME EXERCISE				Bottle Size 500-850ml + Drink within 30 min
Enhance Recovery by adding ADDITIONAL PeptoPro®	x1	x2	x2.5	

* Based on a recommendation of 0.2g protein hydrolysate / kg body weight and 0.8g carbohydrate / kg body weight.



SCIENTIFICALLY BASED RATIO OF PROTEIN HYDROLYSATE TO CARBOHYDRATE

PeptoPro® Have the performance claims been scientifically tested?

Global and local studies involving cyclists, runners and more recently rugby players strongly suggest beneficial effects from ingesting a protein hydrolysate (**PeptoPro®**) together with carbohydrate during or immediately after training.*

History of PeptoPro®

2001: First brainstorm and discussions with Dutch Olympic Committee. Needed a recovery drink with unique new ingredient.

2003: DSM identifies and develops the new enzymes to produce **PeptoPro®**.

2003/04: **PeptoPro®** is tested at Maastricht University.

2003: **PeptoPro®** on University of Ghent NeDoCo White List.

2003: Dutch Olympic Committee endorses and introduces **PeptoPro®**.

2004: **PeptoPro®** consumed by Dutch Athletes leading up to and at the 2004 Athens Olympic Games.

2006: **PeptoPro®** and carbohydrates prevent muscle damage after exercise. *

2008: **PeptoPro®** effects muscle synthesis during exercise. *

2008: **PeptoPro®** enhances recovery. *

2008: **PeptoPro®** consumed by Dutch, German and Chinese athletes at the Beijing Olympic Games.

2009: **PeptoPro®** supplement reduces muscle soreness and improves recovery in rugby players.*

2009: **PeptoPro®** shows better performance in cyclists.*

* Detailed references available on request.