

SCIENTIFICALLY SELECTED  
CARBOHYDRATE SOURCE

**Pepto Sport**<sup>®</sup>

Sports Drink with Carbohydrate  
and PeptoPro<sup>®</sup> for use during and  
after exercise

Convenient Better Tasting  
Just Add Water

**PeptoSport<sup>®</sup> 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<sup>®</sup>** 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.

**Typical Nutrition Information as Packed**

Scoops - level		☐ x4	☐ x6	☐ x8
<b>Typical Value Per</b>	<b>100g</b>	<b>55g</b>	<b>82g</b>	<b>110g</b>
Energy	1656kJ 396kcal	911kJ 218kcal	1358kJ 324kcal	1822kJ 435kcal
PeptoPro <sup>®</sup> (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

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**PeptoSport<sup>®</sup> How should it be used and when?**

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	water 500-750ml	water 850ml +	Drink 200 -250ml every 15-30 min
	☐ x4	☐ x6	☐ x8	
AFTER EXERCISE	water 500ml	water 500-750ml	water 850ml +	Bottle Size + 500-850ml Drink within 30 min
	☐ x4	☐ x6	☐ x8	
AFTER TRAINING HARD <small>Enhance PeptoSport by adding PeptoPro sachet</small>	☐ x1	☐ x1½	☐ x2	

\* Based on a recommendation of 0.2g protein hydrolysate / kg body weight and 0.8g carbohydrate / kg body weight. Scientifically based ratio of 4:1 (Carbohydrate:Protein).

**PeptoSport<sup>®</sup> Multivitamin**

**Actilease** is a beadlet technology which protects the nutrients during manufacturing and storage, and maximises nutrient absorption.

- **Vitamins and Minerals to ensure optimum energy production:** Vitamins B1, B2, B6, Nicotinamide, Pantothenic Acid, Biotin, Zinc.
- **Vitamins and Minerals to ensure building and repair of muscle tissue:** Folic Acid, Vitamin B12, Zinc.
- **Vitamins to ensure bone health:** Vitamin D
- **Antioxidant nutrients for cell membrane protection:** Vitamins C, E.
- **Vitamins and Minerals for adequate immune function:** Vitamin A, C, Zinc, Magnesium.



IMPROVES MUSCLE RECOVERY  
AFTER EXERCISE

**@Life** | Innovation Based on Science

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PeptoPro<sup>®</sup> is a DSM registered trademark.  
PeptoSport<sup>®</sup> is an At Life registered trademark.



The Protein Peptide  
for Better Performance



PEPTOPRO<sup>®</sup>  
(PROTEIN HYDROLYSATE)  
IMPROVES MUSCLE RECOVERY  
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The Protein Peptide  
for Better Performance

Add PeptoPro® / Lutely Fruity  
Flavoured PeptoPro® to your favourite,  
carbohydrate energy drink



NEW

### 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).

### Typical Nutrition Information as Packed

Scoops - level	☐x1.5	☐x2.5	☐x3	
<b>Typical Value Per</b>	<b>100g</b>	<b>12g</b>	<b>18g</b>	<b>24g</b>
Energy	1470kJ 350kcal	176kJ 42kcal	265kJ 63kcal	353kJ 84kcal
PeptoPro® (Supplying Protein Hydrolysate)	100g 85g	12g 10.2g	18g 15.3g	24g 20.4g
Carbohydrates	0g	0g	0g	0g
Total Fat	0g	0g	0g	0g



IMPROVED PROTEIN BALANCE  
AND MUSCLE PROTEIN SYNTHESIS

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### 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.

### • Lutely Fruity Flavoured PeptoPro®

Peptides have a slightly bitter after taste however in Lutely Fruity Flavoured PeptoPro®, the original PeptoPro® has a light, fruit flavour to mask the bitterness and improve the palatability when added to a flavoured sports drink. **Lutely Fruity Flavoured PeptoPro®** is the original PeptoPro® with all its benefits but less bitterness.

### 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® / **Lutely Fruity Flavoured PeptoPro®** to your favourite, carbohydrate energy drink.

- Best consumed chilled.
- Requirements based on weight of individual.

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				
Enhance Recovery by adding ADDITIONAL PeptoPro®	x1	x2	x2.5	Bottle Size + 500-850ml + Drink within 30 min

\* Based on a recommendation of 0.2g protein hydrolysate / kg body weight and 0.8g carbohydrate / kg body weight. Scientifically based ratio of 4:1 (Carbohydrate:Protein).



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.\*

**2012:** **PeptoPro®** consumed by many athletes at the London Olympic Games.\*

\* Detailed references available on request.