



### 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.

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

> **NEW** Convenient



# **Better Tasting**

**Typical Nutrition Information as Packed** 

Scoops - level		x4	□ x6	x8
Typical Value Per	100g	55g	82g	110g
Energy	1656kJ	911kJ	1358kJ	1822kJ
	396kcal	218kcal	324kcal	435kcal
PeptoPro®	21.8g	12g	18g	24g
(Supplying Protein Hydrolysate)	18.5g	10.2g	15.3g	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.		
Weight of Individual	₹ 50 kg	₹ 75 kg	₹ 100 kg	Best consumed chilled.	
DURING EXERCISE	water 500ml	water 500-750ml	water 850m <b>l</b> +		
	x4	×6	x8	Drink 200 -250ml every 15-30 min	
AFTER EXERCISE	water 500ml	water 500-750ml	water 850ml +		
	x4	×6	×8		
AFTER TRAINING HARD Enhance PeptoSport by adding PeptoPro® sachet	x1	x1½	<b>x</b> 2	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.

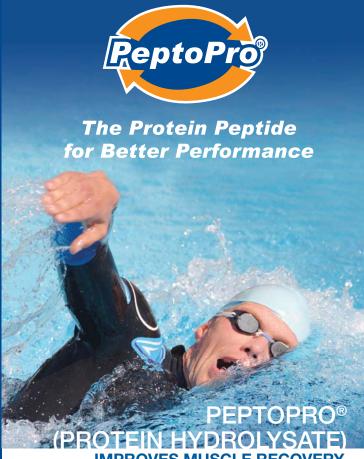




Marketed by At Life Products (Pty) Ltd

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**IMPROVES MUSCLE RECOVERY** AND PHYSICAL PERFORMANCE



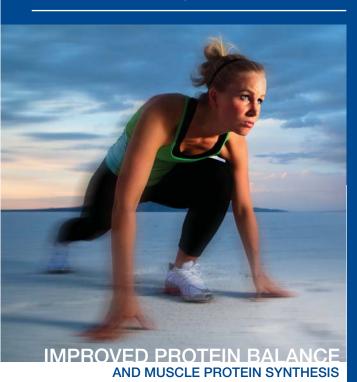




# The Protein Peptide for Better Performance

### 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).



### 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.

### 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 <sup>®</sup>	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 +		
	x1.5	x2.5	x3	Drink 200 -250ml every 15-30 min	
AFTER EXERCISE	Flavoured Energy Drink 500ml	Flavoured Energy Drink 500-750ml	Flavoured Energy Drink 850ml +		
	x1.5	x2.5	x3		
	D #1 0:				
Enhance Recovery by adding ADDITIONAL PeptoPro®	x1	x2	×2.5	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.



# 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 brainstorms 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.