

# PROTEIN - RECOVERY & ADAPTATION

All products are gluten free



## STEALTH WHEY PROTEIN DRINK

BEFORE · DURING · AFTER

<b>Purpose</b>	For recovery and adaptation after training and racing
<b>Protein</b>	20g of protein blend (whey protein Isolate 62%), L-Leucine
<b>Energy</b>	10g of carbohydrates (maltodextrin, fructose)
<b>Electrolytes</b>	Full range of electrolytes
<b>Flavours</b>	Banana / Cherry

*One portion: 4 rounded scoops in 300ml of water.*

*Vegetarian product. Whey protein will most likely have the strongest adaptation effect using the amino acid L-Leucine. Added carbohydrates to replenish glycogen stores and create an insulin response to prevent muscle breakdown.*

*Mix with water (not dairy) consume within 20-30 minutes after training or racing for optimum effect.*

## STEALTH VEGAN PROTEIN DRINK

BEFORE · DURING · AFTER

<b>Purpose</b>	For recovery and adaptation after training and racing
<b>Protein</b>	Protein blend (pea protein isolate, rice protein hydrolysate), Maltodextrin
<b>Energy</b>	19.5g carbohydrates (maltodextrin, dextrose, fructose)
<b>Electrolytes</b>	1.2g of salt
<b>Flavours</b>	Mint chocolate

*One portion: 5 level scoops in 400ml water.*

*For those that are vegan, or lactose intolerant. With added carbohydrates to replenish glycogen stores and create an insulin response to prevent muscle breakdown. Take within 20-30 minutes after training or race.*

## STEALTH NIGHT TIME PROTEIN DRINK

BEFORE · DURING · AFTER

<b>Purpose</b>	Maintaining your protein pool overnight with slow releasing proteins 20g (Protein Blend,
<b>Protein</b>	Magnesium Caseinate, Micellar Casein, L-Glycine)
<b>Energy</b>	7.7g of carbohydrates (Isomaltulose)
<b>Electrolytes</b>	Magnesium citrate, zinc citrate
<b>Flavours</b>	Chocolate

*One portion: 4.5 level scoops in 400ml water or milk.*

*To be taken one hour before sleep or extended rest, will help to continue adaptation. May help with getting a better sleep and if you tend to have the munchies before bed time then have this instead! Vegetarian.*