

New



# GUNAMINO

## FORMULA **SPORT**

**Ideal and well-balanced  
food supplement  
for amateur athletes and athletes**



NUTRITION FACTS		
	per sachet	%RDA
Energy	27.1 kcal	
	115.5 kJ	
Protein (N x 6.25)	0.003 g	
Carbohydrate	1.211 g	
Total fat	0.001 g	
L-Leucine	1000 mg	
L-Isoleucine	350 mg	
L-Valine	700 mg	
L-Asparagine	650 mg	
L-Glutamine	550 mg	
L-Phenylalanine	550 mg	
L-Threonine	200 mg	40
L-Methionine	150 mg	100
L-Tryptophan	150 mg	100
Magnesium	1.4 mg	100
Vitamin B2	1.4 mg	100
Vitamin B6	1.1 mg	100
Vitamin B1	2.5 mg	100
Vitamin B12	200 µg	
Powergrape® (containing 100% Polydextrose)		

# Physical activity and sport

An intense or less intense sport may be a **stressful** event for our body that needs to be adequately managed. A correct dietary supplementation is useful for rebalancing a temporary alteration of the metabolic homeostasis due to intense physical activity which cannot always be restored simply through diet.

During intense physical effort, it is very important to:

## Preserve the structure of the **protein component** of muscles

When intense physical effort is required, our body activates an adaptive response to stress leading the muscle to repair its damaged structure (*anti-catabolic phase*) and to increase its volume (*anabolic phase*).

To increase muscle mass we need to increase protein synthesis. This means that all the **8 essential amino acids** must be available at the same time in an **optimal and well-balanced ratio, in terms of quantity and quality.**



## Keep **oxidative stress** under control

Intense and prolonged sport performance causes a substantial increase in oxidative stress, leading to the hyperoxidation of cell structures. This may result in *muscle injuries, cramps, fatigue* and *slower resilience*.

The balance between **oxidative stress** and **antioxidant systems** needs to be restored through adequate dietary supplementation.



In cases of intense physical activity, an appropriate **amino acid supplementation** and a **daily consumption of antioxidants** are absolutely crucial.



# Unique and innovative synergistic ingredients

## Optimal and well-balanced ratio of the 8 essential amino acids

- **Plastic function**
  - stimulate muscle anabolism
  - counteract muscle catabolism
- **Energetic function**
  - support the energetic function of muscles

NOVEL

**powergrape®**

(extracted from grape)  
Standardized to 90% polyphenols

- **Antioxidant protection**
  - improves athletic performance
  - reduces the risk of muscle injuries
  - improves cell oxygenation



## B Group Vitamins

- Support **energetic metabolism**

## Magnesium

- Supports **muscle function**
- Minimizes the onset of **muscle cramps**



Thanks to a special **balance** between  
the **8 essential amino acids** Gunamino Formula SPORT:

- ensures a **minimum nitrogen utilization**
- is **absorbed in few minutes**
- does not overload the **renal** and **hepatic function**
- provides the **highest protein value compared to any other food**, in a lower weight and volume

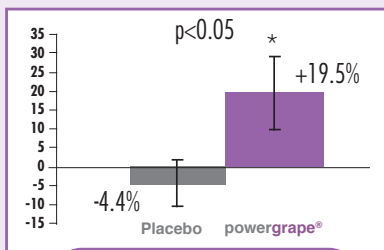
A great news about Gunamino Formula SPORT is **powergrape®**,  
i.e., a plant extract from grapes that  
has a **strong antioxidant activity** (ORAC and FRAP test)\*  
thanks its special composition:

- **protects the body against oxidative stress**  
induced by sports
- **prevents damage caused by free radicals**  
produced in muscles during exercise.

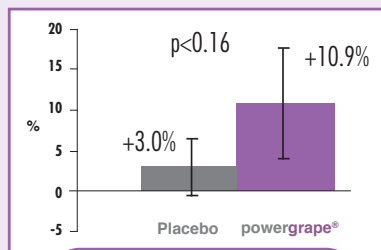
All this implies:

### ● Improved athletic performance

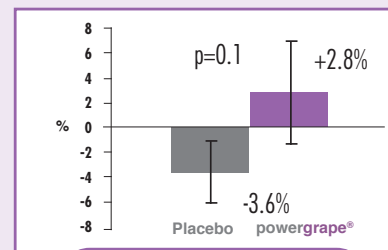
The activity of **powergrape®** on athletic performance and resilience (controlled, randomized, crossover double-blind study on **powergrape®** vs placebo) was evaluated by submitting athletes to the OPTOJUMP testing system.



Improved performance



Improved resilience



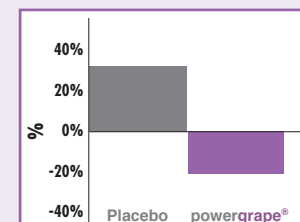
Improved explosive muscle strength

### ● Reduced risk of muscle injury

The protective activity of **powergrape®** on muscle cells was assayed by creatine phosphokinase (CPK), an important serum index of muscle injury or cramp. The group treated with **powergrape®** showed a lower risk of muscle injury than the placebo group<sup>1</sup>.

### ● Improved cell oxygenation

**powergrape®** increases hemoglobin concentration<sup>1</sup>. This value justifies the results relating to an improved muscle performance and of a reduced cell damage.



Reduced risk of muscle injury

\* The ORAC (Oxygen Radical Absorbance Capacity) and the FRAP (Ferric Reducing Ability of Plasma) methods are tests that allow to measure the antioxidant capacity of a certain substance.



**Key words:**  
**Ideal and well-balanced**  
 food supplement  
 for **athletes**

### ■ Indications

Food supplement for athletes with essential Amino acids, Magnesium, B group Vitamins and **powergrape®**, helpful in cases of intense physical activity.

### ■ How to use

We recommend taking 2 sachets daily before and after physical activity.

Dissolve the content of 1 sachet into about 500 ml of water.

### ■ Ingredients

Mix of essential amino acids (L-Leucine, L-Valine, L-Isoleucine, L-Lysine hydrochloride, L-Phenylalanine, L-Threonine, L-Methionine, L-Tryptophan), maltodextrins, acidity regulator: citric acid; magnesium oxide, **powergrape®** (*Vitis vinifera fruit*, dry extract), flavoring, emulsifier: sucrose esters of fatty acid, sweetener: sucralose, cyanocobalamin (vitamin B12), Riboflavin-5-phosphate sodium (vitamin B2), pyridoxine hydrochloride (vitamin B6), thiaminehydrochloride (vitamin B1).

### ■ Warnings

Keep the product in a cool and dry place, and away from direct sunlight. The product should not be used as a substitute for a varied diet and a healthy life style. Do not exceed the recommended daily dosage. Do not take during pregnancy. Not suitable for children. Do not take for long periods of time, and, in any case, without consulting your doctor.

#### References:

1: Lafay S, Jan C, Nardon K, Lemaire B, Ibarra A, Roller M, Houvenaeghel M, Juhel C, Cara L. - **Grape extract improves antioxidant status and physical performance in elite male athletes.** - Journal of Sports Science and Medicine (2009) 8, 468-480.

### ■ Packs

- 24 x 7.5 g sachets
- 42 x 7.5 g sachets

#### NUTRITION FACTS

	per 100 g	per sachet	%NRV* per sachet
Energy	362 kcal 1540 kJ	27 kcal 116 kJ	
Fat	0.15 g	0.01 g	
of which saturates	-	-	
Carbohydrate	17.48 g	1.31 g	
of which sugars	1.28 g	0.10 g	
Proteins	-	-	
Salt	0.02	-	
L-Leucine	13.33 g	1000 mg	
L-Valine	10.67 g	800 mg	
L-Isoleucine	10.00 g	750 mg	
L-Lysine hydrochloride	9.33 g	700 mg	
L-Phenylalanine	8.67 g	650 mg	
L-Threonine	7.33 g	550 mg	
L-Methionine	4.67 g	350 mg	
L-Tryptophan	2.67 g	200 mg	
Magnesium	2000 mg	150 mg	40
Vitamin B2	18.67 mg	1.4 mg	100
Vitamin B6	18.67 mg	1.4 mg	100
Vitamin B1	14.67 mg	1.1 mg	100
Vitamin B12	33.33 mg	2.5 mcg	100
<b>powergrape®</b>	2.67 g	200 mg	

\* NRV: Nutrient Reference Values

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