

THE PERFECT ALL IN ONE

HERO★
TECH NUTRITION

- 58G 2-STAGE HIGH QUALITY PROTEINS
- 3-CARBS TYPES INCLUDING CLUSTER DEXTRIN™
- 3G PUREST CREATINE MONOHYDRATE (Creapure®)
- AMINO-MATRIX
- BETA-ALANINE
- AVENA SATIVA
- AAKG
- HMB
- MULTIVITAMIN AND MINERAL COMPLEX
- DigeZyme®
- BioPerine®

VANILLA

CHOCOLATE



ROCK ELITE



BIOPERINE



DESCRIPTION

ROCK ELITE is the PERFECT ALL-IN-ONE and total innovation in carbohydrates (C) and proteins (P) formulas with a 55C/45P ratio.

ROCK ELITE is intended for those people who by their specific physical constitution are looking for a product that •contributes to a growth in muscle mass due to its high protein content and at the same time it is supported by a considerable amount of carbohydrates "clean" that do not cause fat accumulation. It can also be used as "Recovery" for endurance sports such as cycling, athletics, functional training, swimming etc ... taking a half dose (75g) just after a long-term and/or anaerobic training.

This product is a high protein drink with up to 58 grams of protein concentrate+casein high biological value (BV) per serving and with a matrix of 3-types of including Cluster Dextrin™ which is a highly branched cyclic dextrin of waxy corn starch. Cluster Dextrin™ is a state-of-the-art carbohydrate with high solubility and easy digestion. It is also highly usable without the negative digestive effects of

other carbohydrates providing prolonged and sustained energy.

In addition **ROCK ELITE** is complemented with a complete formula of vitamins and minerals such as vitamin D, calcium and magnesium that contributes to normal muscle function, • with zinc to the maintenance of normal testosterone levels in the blood, • with pantothenic acid, folic acid, iron, niacin (vitamin B3), B2, B6, B12 and vitamin C that contributes to the reduction of tiredness and fatigue.

• *These statements have been scientifically proven by the European Food Safety Authority (EFSA) and authorized by the European Commission (EC).*

Finally it has been added an amino-acid matrix [BCAA + Glutamine (Kyowa Quality®), glycine, taurine], HMB, 3 grams of the purest creatine monohydrate (Creapure®) per dose, L-arginine alpha-ketoglutarate (AAKG), beta-alanine, avena sativa L., DigeZyme® Multi-enzymatic complex and BioPerine® Black pepper extract.

****NUTRITIONAL INFORMATION

*** A portion: 150 g (4 scoops). Portions per container: 12

	***150 g	*%RI	100 g	*%RI
Energy	2361,95 KJ 565,06 Kcal	28,12%	1574,52 KJ 376,68 Kcal	18,74%
Fat	2,70 g	3,86%	1,80 g	2,57%
- Of which saturates	0 g	0%	0 g	0%
Carbohydrates	76,67 g	29,49%	51,11 g	19,66%
- Of which sugars/Dos quais açúcares	0,53 g	0,59%	0,35 g	0,39%
Proteins	58,52 g	117%	39,01 g	78,03%
Salt	0,215 g	3,58%	0,143 g	2,38%
MULTIVIT + MINERAL FORMULA	***150 g	**%NRV	100 g	**%NRV
Vitamin A	240 µg	30%	160 µg	20%
Vitamin C	60 mg	75%	40 mg	50%
Vitamin D	1,25 µg	25%	0,83 µg	16,67%
Vitamin E	4,2 mg	35%	2,8 mg	23,33%
Thiamin	1,10 mg	100%	0,73 mg	66,67%
Riboflavin	1,40 mg	100%	0,93 mg	66,67%
Niacin	16 mg	100%	10,67 mg	66,67%
Pantothenic acid	3 mg	50%	2 mg	33,33%
Vitamin B6	1,40 mg	100%	0,93 mg	66,67%
Biotin	11 µg	22%	7,33 µg	14,67%
Folic acid	150 µg	75%	100 µg	50%
Vitamin B12	2,50 µg	100%	1,67 µg	66,67%
Calcium	335 mg	41,88%	223 mg	27,88%
Magnesium	150 mg	40%	100 mg	26,67%
Zinc	5 mg	50%	3,33 mg	33,33%
Manganese	1 mg	50%	0,67 mg	33,33%
Chromium	25 µg	62,50%	16,67 µg	41,67%

*%RI Reference intake of an average adult (8400 kJ/2000 kcal).

**%NRV (Nutrient reference values).

**** These nutritional values are average values. Between each flavor there are small differences.

MATRIZ ROCK ELITE

***150 g

Creatine monohydrate (Creapure®)	3000 mg
- Of which creatine	2640 mg
HMB-Ca	1000 mg
- Of which HMB	865 mg
Glycine	1000 mg
Beta-alanine	1000 mg
Taurine	1000 mg
L-Glutamine (Kyowa Quality®)	500 mg
L-Arginine AKG	500 mg
L-Leucine	250 mg
L-Isoleucine	125 mg
L-Valine	125 mg
Avena sativa L. extract	100 mg
DigeZyme® MultiEnzyme Complex	50 mg
BioPerine® Black pepper extract	5 mg



Creapure® is a registered trademark of AlzChem Trostberg GmbH.



BioPerine® and the logo are registered trademarks of Sabinsa Europe.



DigeZyme® and the logo are registered trademarks of Sabinsa Europe.



Cluster Dextrin®
New Energy Source for Athletes

Cluster Dextrin™ and the logo are registered trademarks of Glico Nutrition Co., Ltd.

INGREDIENTS

CHOCOLATE: Whey protein concentrate (from **milk**, emulsifier: **Soy** Lecithin), maltodextrin, waxy maize starch, Highly branched cyclic dextrin of waxy corn starch (Cluster Dextrin™), **milk** protein concentrate [80% micellar casein (**milk**), 20% Whey Protein (**milk**)], cocoa powder, creatine monohydrate (Creapure®), flavor, calcium hydroxymethylbutyrate (HMB-Ca), glycine, beta-alanine, taurine, L-glutamine (Kyowa Quality®), L-arginine alpha ketoglutarate, calcium carbonate, L-leucine, magnesium oxide, sodium chloride, sweeteners (sucralose, acesulfame K), L-isoleucine, L-valine, avena sativa L. extract (seed), L-ascorbic acid (Vitamin C), DigeZyme® multienzyme complex (maltodextrin, alpha-amylase, neutral protease, cellulase, lactase, lipase), nicotinamide (niacin), zinc sulphate, DL-alpha-tocopheryl acetate (Vitamin E), manganese gluconate, BioPerine® black pepper extract (Piper nigrum L.) 95% piperine (fruit), D-pantothenate calcium (pantothenic acid), pyridoxine hydrochloride (Vitamin B6), retinyl acetate (Vitamin A), riboflavin (Vitamin B2), thiamine hydrochloride (Vitamin B1), cholecalciferol (Vitamin D), cyanocobalamin (Vitamin B12), chromium picolinate, pteroylmonoglutamic acid (folic acid), D-biotin (Biotin). **ALLERGEN INFORMATION:** May contain traces of **gluten, egg, fish, sulphur dioxide and sulphites, molluscs and crustaceans**.

VANILLA: Whey protein concentrate (from **milk**, emulsifier: **Soy** Lecithin), maltodextrin, waxy maize starch, Highly branched cyclic dextrin of waxy corn starch (Cluster Dextrin™), **milk** protein concentrate [80% micellar casein (**milk**), 20% Whey Protein (**milk**)], flavors, creatine monohydrate (Creapure®), calcium hydroxymethylbutyrate (HMB-Ca), glycine, beta-alanine, taurine, L-glutamine (Kyowa Quality®), L-arginine alpha ketoglutarate, calcium carbonate, L-leucine, magnesium oxide, sodium chloride, sweeteners (sucralose, acesulfame K), L-isoleucine, L-valine, avena sativa L. extract (seed), L-ascorbic acid (Vitamin C), DigeZyme® multienzyme complex (maltodextrin, alpha-amylase, neutral protease, cellulase, lactase, lipase), nicotinamide (niacin), zinc sulphate, DL-alpha-tocopheryl acetate (Vitamin E), manganese gluconate, BioPerine® black pepper extract (Piper nigrum L.) 95% piperine (fruit), D-pantothenate calcium (pantothenic acid), pyridoxine hydrochloride (Vitamin B6), retinyl acetate (Vitamin A), riboflavin (Vitamin B2), thiamine hydrochloride (Vitamin B1), cholecalciferol (Vitamin D), cyanocobalamin (Vitamin B12), chromium picolinate, pteroylmonoglutamic acid (folic acid), D-biotin (Biotin). **ALLERGEN INFORMATION:** May contain traces of **gluten, egg, fish, sulphur dioxide and sulphites, molluscs and crustaceans**.

WARNINGS: Store in a cool, dry place. Heat and sunlight may damage the bottle. It is important to maintain a varied and balanced diet and a healthy lifestyle. It should not be consumed by pregnant women or children under 12 years of age.

DIRECTIONS

Mix a portion (150 g = 4 scoops) in 500 ml of water or skimmed milk. Use a blender or hand held shaker for about 30 seconds. Take it daily preferably after physical exercise.

PRESENTATION

1800G . **FLAVORS:** Chocolate, Vanilla