



# Gunaminoformula

FOOD SUPPLEMENT **sport**

**NUTRITIONAL SUPPORT  
FOR ATHLETES**

 **Guna**  
healthy lifestyle

# Gunaminoformula sport - Physical activity and sport

More or less intense levels of sporting activities may be a **stressful** event for our body that needs to be adequately managed. A correct food supplementation is useful for rebalancing a temporary metabolic homeostasis alteration due to intense physical activity.

## DURING INTENSE PHYSICAL EFFORT, IT IS VERY IMPORTANT TO:

### PRESERVE THE PROTEIN COMPONENT OF THE MUSCLE



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 a **well- balanced ratio, in terms of quantity and quality**.

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

### 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** can be restored through adequate food supplementation.



# Gunaminoformula sport

## The synergy of the ingredients:

### 8 essential amino acids in a well-balanced ratio

#### Plastic function

- contribute to the fulfillment of the protein / nitrogen requirement

#### Energetic function

- useful for the athletes diet

NEW

powergrape<sup>®</sup>

(extracted from grape)

Standardized to 90% polyphenols

#### Antioxidant protection

- support athletic performance
- reduces the risk of muscle injuries
- helps cell oxygenation



### Magnesium

- supports muscle function
- useful for reducing the onset of muscle cramps

### B Group Vitamins

- support energetic metabolism
- Vitamin B2: contributes to the protection of cells from oxidative stress
- Vitamine B6, B12: contribute to the reduction of fatigue



# Gunaminoformula sport

Thanks to a special balance between the 8 essential amino acids

## Gunaminoformula sport:

- Produces a **minimum nitrogen utilization**
- Is **quickly absorbed**
- Does not overload the **renal** and **hepatic function**
- Provides a **high protein value** with a **minimum caloric quota**.

The **AMINO ACIDS** of **Gunaminoformula sport** are obtained by the biofermentation on ultrapurified and crystallized vegetables (cereals).

## powergrape®

NEW

A great **Gunaminoformula sport** novelty is the **powergrape®**, a grapes extract with a strong antioxidant activity (ORAC and FRAP test).\* Thanks to its special composition it:

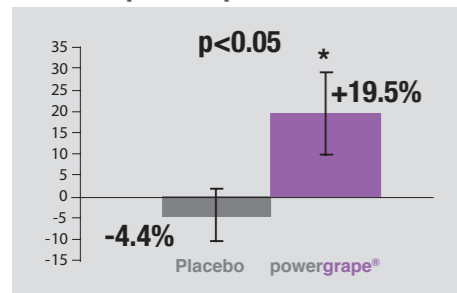
- **protects the body against oxidative stress induced by sports**
- **prevents muscle damage caused by free radicals produced during exercise.**

This implies:

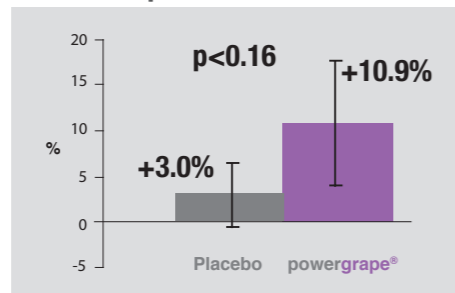
### Improved athletic performance

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

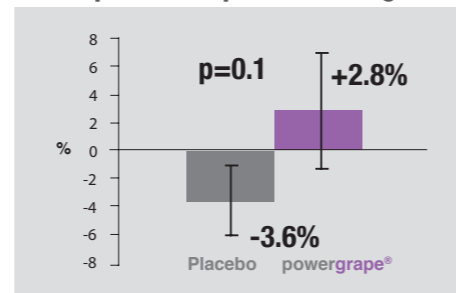
### Improved performance



### Improved resilience



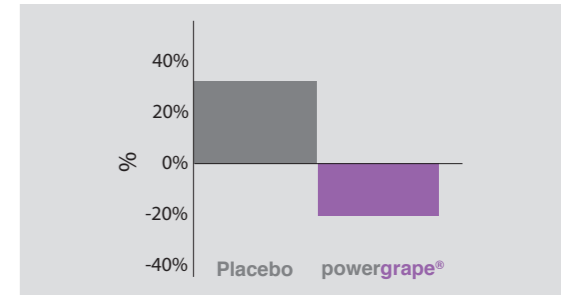
### Improved explosive strength



### Reduced risk of muscle injury

The protective activity of **powergrape®** on muscle cells was measured by creatine phosphokinase (CPK) dosage, 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>.

### Reduced risk of muscle injury



### Improved cell oxygenation

**powergrape®** increases haemoglobin concentration<sup>1</sup>.

This value justifies the results related to an improved muscle performance and to a reduced cell damage.



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



# Gunaminoformula sport

A new product formulated for amateur and professional athletes

A special, well-balanced combination of the 8 essential amino acids in synergy with the other ingredients, makes **Gunaminoformula sport** the appropriate food supplement for amateur and professional athletes.

**Gunaminoformula sport**, combined with an appropriate diet and an adequate physical training helps to improve:



- 1 strength, resistance and muscle mass
- 2 sport performance
- 3 recovery after intense sports training and competitions
- 4 body protection against oxidative stress



*Giulio Molinari*  
IL NOLA 88

**Giulio Molinari** Triathlete  
European and Italian Champion



# Gunaminoformula sport - Ingredients

**Gunaminoformula sport** is a food supplement with essential amino acids, Magnesium, B-group Vitamins and Powergrape®. Essential amino acids contribute to the fulfillment of the protein/nitrogen requirements and are useful for athletes diet. The formulation is enriched with Magnesium that contributes to normal muscle function and Vitamins B2, B6, B12 that contribute to normal energy-yielding metabolism.

## Ingredients

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

## Warnings

Store the product in a cool and dry place and protect from light. The expiry date refers to a product correctly stored in its original and undamaged packaging. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle. Do not exceed the stated recommended daily dose. Keep out of the reach of young children. Do not use in children and pregnant women, or for long-term use without consulting your doctor.

The information herein contained concern the ingredients of **Gunaminoformula sport** and should not be interpreted as medical advice, nor can they replace any medical prescription. Food supplements are not intended as means for treating, preventing, diagnosing or mitigating any disease or abnormal condition.

## Nutrition Facts

	per 100 g	per sachet	*%NRV sachet
Energy	1540 kJ 362 kcal	116 kJ 27 kcal	
Fat	0.15 g	0.01 g	
of which saturates	0 g	0 g	
Carbohydrate	17.48 g	1.31 g	
of which sugars	1.28 g	0.10 g	
Protein	0 g	0 g	
Salt	0.02 g	0 g	
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 µg	2.5 µg	100
PowerGrape®	2.67 g	200 mg	

\*NRV: Nutrient References Values

## Instruction for use

1 sachet daily is recommended. Dissolve the content of 1 sachet into 500 ml of water, fruit juice or soft drink, and stir well.

## Packaging

24 x 7.5 g sachets – Net weight 180 g

# Gunaminoformula sport

A SPECIAL, WELL-BALANCED COMBINATION  
OF THE 8 ESSENTIAL AMINO ACIDS,  
MAGNESIUM AND  
B-GROUP VITAMINS, WITH

powergrape®

Ideal and well-balanced food  
supplement for athletes



## Partnership



## 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.









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