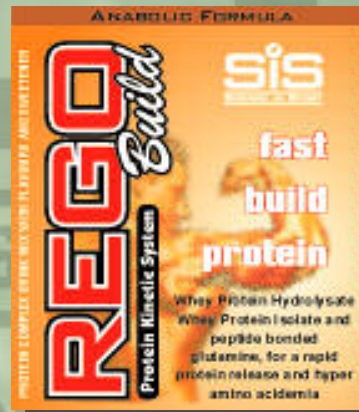


Protein Kinetics System

building performance



BEFORE BED

REGO Nocté

Sleep should be a time for rest and recovery. However, hard training and insufficient or incorrect protein intake can lead to a catabolic effect i.e. muscle break down rather than muscle build, as well as a breakdown of other proteins such as regulatory proteins and rate limiting enzymes – breakdown of these proteins is likely to have major detrimental effects in endurance athletes.

Rego Nocté has been designed to drip feed amino acids during sleep providing an anti catabolic effect.

Rego Nocté combines a special mineral support formula. Research shows that hard training can reduce the body's zinc and magnesium stores which in turn can lead to lower testosterone and insulin growth factor levels. Supplementation with zinc and magnesium has been shown to help maintain higher levels of zinc and magnesium, and thus support higher levels of testosterone and insulin growth factor.

Rego Nocté contains fructo-oligosaccharides that have been shown to improve mineral absorption. Fructo-oligosaccharides also promote the growth of beneficial bacteria in the gut that results in improved gastrointestinal health.

features	benefit	advantage
A blend of magnesium caseinate, whey protein concentrate and peptide bonded glutamine	Slow release protein Anti catabolic	Better nitrogen balance Improved training response Improved immune function
Anabolic Mineral Support Formula	Maintains magnesium and zinc levels Helps maintain Insulin Growth Factor and testosterone levels.	Helps maintain Insulin Growth Factor Improved training response
Synergistic Fructo-oligosaccharides	A prebiotic to promote positive gut flora. Regulates gastric emptying	Promotes gastro-intestinal health. Increases zinc and magnesium levels
Low in Calcium	Does not compete for absorption	Better zinc and magnesium absorption
Combination Formula "Joined-Up nutrition"	Cost Effective	Good Value for Money

Pack Size: 1.1Kg giving 21 servings



available in Devon Toffee and Strawberry flavours

don't go hungry – adapt while you sleep

BETWEEN MEALS

REGO Rapid Recovery

Rego Rapid is an adaptation of **Rego Total Recovery** (also available as part of the Science in Sport range of protein products).

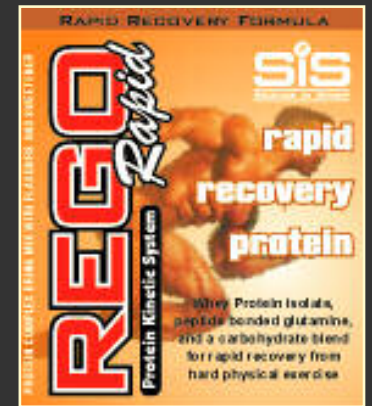
Rego Rapid has a thinner consistency and uses pre-digested hydrolysed proteins, whey protein isolates, peptide bonded glutamine, creatine and much more to accelerate your recovery from and adaptation to exercise.

Vitamins & Minerals (typical values)

Calcium 879mg/128g (110% RDA) 681mg/100g (85% RDA), Phosphorus 98mg/128g (12% RDA) 76mg/100g (9% RDA), Iron 17mg/128g (122% RDA) 13mg/100g (95% RDA), Magnesium 404mg/128g (135% RDA) 313mg/100g (104% RDA), Zinc 20mg/128g (133% RDA) 15mg/100g (103% RDA), Iodine 0.05mg/128g (33% RDA) 0.04mg/100g (26% RDA), Sodium 569mg/128g 441mg/100g, Chloride 655mg/128g 508mg/100g, Potassium 382mg/128g 296mg/100g, Chromium 0.20mg/128g 0.15mg/100g, Selenium 0.02mg/128g 0.02mg/100g, Molybdenum 0.03mg/128g 0.02mg/100g, Manganese 3.00mg/128g 2.32mg/100g, Copper 0.50mg/128g 0.39mg/100g, Flouride 0.50mg/128g 0.39mg/100g, Vitamin A 0.30mg/128g (38% RDA) 0.2 mg/100g (29% RDA), Vitamin D 0.003mg/128g (60% RDA), 0.002mg/100g (47% RDA), Vitamin E 7mg/128g (70% RDA) 5.5mg/100g (55% RDA), Vitamin C 60mg/128g (100% RDA) 47.2mg/100g (79% RDA), Thiamin Vitamin B1 1.5mg/128g (107% RDA) 1.2mg/100g (84% RDA), Riboflavin Vitamin B2 1.8mg/128g (113% RDA) 1.4mg/100g (88% RDA), Niacin Vitamin B3 20mg/128g (111% RDA) 15.7mg/100g (87% RDA), Vitamin B6 2mg/128g (100% RDA) 1.6mg (79% RDA), Folic acid 0.3mg/128g (150% RDA) 0.24mg/100g (118% RDA), Vitamin B12 0.002mg/128g (200% RDA) 0.002mg/100g (157% RDA), Biotin 0.15mg/128g (100% RDA) 0.12mg/100g (79% RDA), Pantothenic Acid Vitamin B5 7mg/128g (117% RDA) 5.5mg/100g (92% RDA), Vitamin K 0.03mg/128g 0.02mg/100g, Bioflavonoids 6mg/128g 4.7mg/100g)

features	benefit	advantage
Rapid Carbohydrate/ Protein Complex	Quickly absorbed protein	Accelerated recovery
Hydrolysed Proteins	Thinner consistency	Quick and easy to drink
Added Creatine	Can speed up glycogen synthesis	Accelerated recovery
Electrolytes	Better post exercise rehydration	Better Recovery
Alpha lipoic acid	Antioxidant Recycles vitamins C & E	Protects against free radicals increased glucose uptake
Fortified with vitamins and minerals	Puts back in what you take out	Faster adaptation
Part of Protein Kinetics System	Joined up nutrition Cost effective	Better gains through a cohesive nutritional strategy Good Value for money.

Pack Size: 1.6Kg giving 12.5 servings



available in Devon Toffee and Strawberry flavours

recover – adapt – improve

FAST PROTEIN FOR BIGGER GAINS

REGO Fast Build

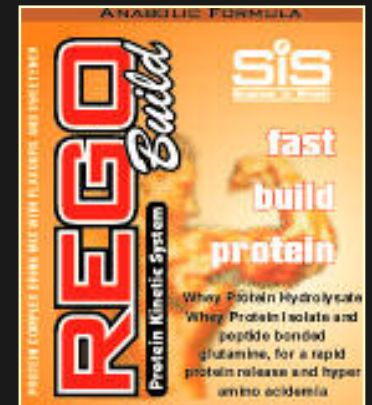
A blend of rapidly absorbed protein designed to be taken between meals to increase protein deposition and protein turnover.

Vitamins & Minerals (typical values)

Calcium 94mg/40g (12% RDA), 242mg/100g (30% RDA), Phosphorus 82mg/40g (10% RDA) 212mg/100g (27% RDA), Iron 3mg/40g (18% RDA) 6mg/100g (46% RDA), Magnesium 60mg/40g (20% RDA) 155mg/100g (52% RDA) Sodium 146mg/40g 377mg/100g Potassium 284mg/40g 734mg/100g Chloride 46mg/40g 118mg/100g Vitamin B6 3mg/40g (149% RDA) 8mg/100g (386% RDA)

features	benefit	advantage
Blend of whey protein isolate and hydrolysate	Rapid absorption	Maximise training gains
Fast Protein	Promotes Hyper Aminoacidemia	Anabolic Signal
90% Protein	high in protein	you get what you pay for
Peptide Bonded Glutamine	Rapidly absorbed glutamine	Improved immune function
Part of the Protein Kinetics System	"Joined-Up" Nutrition Cost Effective	Better gains through a cohesive nutritional strategy Good Value for Money
Graduated bottles	Easy Mix System	Easy to Use

Pack Size: 1.2Kg giving 50 servings



available in Devon Toffee and Strawberry flavours

Fast Protein For Bigger Gains

REGO Fast Build Protein Devon Toffee

Ingredients

Fast Protein Complex (90%) [Whey Protein Isolate, Whey Protein Hydrolysate, Glutamine Peptide (Wheat Protein Hydrolysate)], Fructose, Lecithin, Devon Toffee Flavour, Xanthan Gum, Vanilla, Magnesium Oxide, Sweetener (Acesulfame K), Vitamin B6.

REGO Rapid Recovery Protein Strawberry

Ingredients

Rapid Protein Complex (35%) [Glutamine Peptide (Wheat Protein Hydrolysate), Whey Protein Hydrolysate, Whey Protein Isolate, Creatine Monohydrate, Alpha Lipoic Acid], Maltodextrin, Glucose, Fructose, Vitamin and Mineral mix, Xanthan Gum, Natural Strawberry Flavour and Colour, Vanilla Flavour, Sweetener (Acesulfame K).

REGO Nocté Devon Toffee

Ingredients

Magnesium Caseinate 31%, Whey Protein Concentrate, Fructo-Oligosaccharides, Fructose, Wheat Protein Hydrolysate (Glutamine Peptide) 6%, Lecithin, Natural Strawberry Flavour and Colour, Anabolic Mineral Support Formula (Magnesium Oxide, Zinc Monomethionine, Vitamin B6) 1%, Xanthan Gum, Sweetner (Acesulfame K).

Example Nutritional Information : REGO Nocté Devon Toffee

Typical Values	Energy	Protein	Carbohydrate	of which sugars	Fat
Per 52g Serving	676 kJ / 160 kcal	30g	5g	4g	2g
Per 100g	1313 kJ / 310 kcal	58g	10g	9g	4g

Calcium 68 mg/52g (9% RDA) 133 mg/100g (17% RDA), Phosphorus 155 mg/52g (19% RDA) 301 mg/100g (38% RDA) Iron 1 mg/52g (6% RDA) 2 mg/100g (12% RDA), Magnesium 439 mg/52g (146% RDA) 853 mg/100g (284% RDA) Zinc 25 mg/52g (168% RDA) 49 mg/100g (326% RDA), Sodium 74 mg/52g 144 mg/100g, Potassium 136 mg/52g, 263 mg/100g Chloride 30 mg/52g 58 mg/100g, Vitamin B6 10 mg/52g (486% RDA) 19 mg/100g (944% RDA)

Science in Sport has built a reputation for providing products that optimise energy delivery and hydration for both athletes and people with active lifestyles. SiS products are known to work and are developed using the latest research available. In fact, current research developments are now allowing the team at SiS to look into other areas of performance nutrition.

Protein Kinetics System

Over many years there has been anecdotal evidence relating protein supplementation to muscle development and increased performance but very little scientific research. Until now that is! Modern techniques have enabled researchers to look at the protein requirements of athletes in greater depth. From this research it has become apparent that the protein requirement for athletes is greater than was previously thought¹. It is now believed that an athlete should consume between 1.5g & 2.5g of protein/Kg of body weight/day, and increasingly researchers are questioning whether the 0.8g/Kg/day traditionally recommended for general populations is adequate.

There is now a strong theoretical basis for expecting a beneficial effect from protein supplementation in active people² and protein consumption of the order of 4g of protein/kg of body weight/day is not uncommon in strength athletes.

One of the most exciting research developments is that it is not just the quality of protein that matters but more importantly the speed of absorption (kinetics) of the protein^{3,4,5}. These factors have led SiS to develop a new range of protein supplements

The Science in Sport Protein Kinetics System

Protein Kinetics is the study of the relationship between the speed of absorption of dietary proteins and the effect on protein turnover and retention. The SiS Protein Kinetics System links the varying protein requirements of the body throughout the training day with the absorption characteristics of different proteins.

There are three SiS products designed to help give you the best training response from protein supplementation. Take **Rego Rapid Recovery** after each workout, take **Rego Fast Build** between meals take **Rego Nocte** last thing at night.

References:

- (1) Lemon et al., Moderate physical activity can increase dietary protein needs, *Can J Appl Physiol*, 22:494-503,1997
- (2) Wolf R.R., Protein supplements and exercise, *Am J Clin Nutr* 72 (suppl): S515-75, 2000
- (3) Boirie et al., Slow and fast proteins differentially modulate postprandial accretion, *Proc Natl Acad Sci, USA* 94: 489-495 1997
- (4) Dangin et al., The digestion rate of protein is an independent regulating factor of postprandial protein retention, *Am J Physiol Endocrinol Metab* 280:E340-E348 2001
- (5) Fruhbeck., Slow and fast dietary proteins, *Nature*, vol. 391 26 Feb 1998



Ashwood Laboratories, Brockhall Village, near Blackburn, BB6 8BB

tel 01254 246060

fax 01254 246061

www.scienceinsport.com