ANABOLYS®

What is ANABOLYS?
ANABOLYS is a food supplement containing whey protein, calcium caseinate and L-leucine useful in case of an increased need of these nutrients. It helps to improve muscle protein synthesis and to promote the growth of lean muscle mass.

ANABOLYS acts thanks to the synergy of its active ingredients.
Hydrolyzed whey protein have the highest biological value thanks to the high contents of branched chain amino acids: highly and rapidly digested, they are able to sustain muscular and connective reconstruction.
Casein has a high biological value but its digestion is slower than the whey proteins'. This phenomenon allows the maintenance of high amino acid levels in the blood for several hours and it's responsible for its peculiar anticatabolic action.
Leucine is an essential branched chain amino acid capable of activating protein synthesis.

What does ANABOLYS contain?
Milk proteins (hydrolyzed **whey proteins**, calcium **caseinate**), L-leucine (17%), aroma, stabilizer: erythritol; anticaking agent: silicon dioxide; sodium chloride, acidifier: malic acid; thickener: xanthan gum; sweeteners: sucralose, acesulfame K.

When is ANABOLYS recommended?
ANABOLYS is recommended in case of:
- insufficient protein intake;
- perceivable muscle mass loss occurring:
  - gradually with bodily aging (senescence),
  - in case of a reduction of motor activities (bed rest after surgery or movement impairing pathology),
  - after serious traumas, extensive burns or when the body decays lots of proteins to support healing processes;
- intestinal diseases with malabsorption;
- particular nutritional needs during sport/athletic activities.

How should I take ANABOLYS?
Take one to two sachets per day. Dissolve the sachet's contents into a glass of water (or milk). To have an optimal dilution put water or milk in a large glass and than add the sachet's contents; stir well; alternatively, use a shaker.
In cases of muscle recovery we recommend taking the product long after or before meals (mid-morning and/or mid-afternoon). For athletes we recommend taking one sachet before or right after physical activity.

Take one sachet during a meal in cases of insufficient natural protein intake as a protein supplement.

Can ANABOLYS be taken in cases of gluten intolerance?
Yes. The product undergoes specific analisys to ensure the absence of gluten. Each ANABOLYS batch also undergoes standard controls performed to guarantee its quality.

Can ANABOLYS be taken in cases of lactose intolerance?
Since the product contains milk derivatives we cannot exclude the presence of a minimal amount of lactose. Usually this quantity is not able to generate symptoms but if you are allergic to lactose this amount could be enough to cause an allergic reaction. **Therefore, its use is not advised.**

Are there any contraindications to ANABOLYS consumption?
No. Considering the product's protein-based nature, diet must be balanced according to the number of sachets taken. Do not use as a sole source of nourishment. Do not take if you need a low-protein diet. Do not administer to children and do not take the product during pregnancy or for long term periods without your physician's advice.

Can I take ANABOLYS with other drugs?
No interactions between ANABOLYS and other drugs have been reported. The product is generally well tolerated and did not show undesired side effects even after long term administration. Consult your doctor if side effects occur.

How should ANABOLYS be stored?
Store in a cool (below 25°C) and dry place protected from humidity, heat sources and direct sunlight. The best before date refers to perfectly preserved and undamaged packages.

Where can I buy ANABOLYS and in what kind of packages is it available?
ANABOLYS can be bought in pharmacies without any medical prescription. The box contains 30 sachets.

Who sells ANABOLYS?
Inpha Duemila S.r.l. - via Cardinal Ferrari, 6 - 22066 Mariano Comense (CO) – ITALY - www.inpha2000.com

Who can I refer to if I want to receive further information?
For further information write to info@inpha2000.it

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