

BIOGENA SPORTS - Muscle Bundle



The **MUSCLE BUNDLE** combines 3 vegan power products for your fitness goals. With high-dose vegan protein for muscle building*, BCAA 500 in an optimal 2:1:1 ratio and Creapure creatine for more performance*. This combination provides you with nutritional support to take your training to the next level

Whether you want to build muscle or increase your performance, the MUSCLE BUNDLE is your perfect training buddy. This trio supplies your body with important nutrients: BCAA, creatine and protein. Our plant-based protein powder helps athletes to increase their muscle mass*, while creatine helps to improve performance in high-speed strength training*. Ideal for anyone who wants to follow a vegan diet and effectively pursue their fitness goals at the same time

BCAA 500:

- Branched-chain amino acids L-leucine, L-valine and L-isoleucine in an optimal ratio of 2:1:1
- Best taken 1 x 4 capsules 1 hour before intensive muscle exertion

Creatine Sticks (Creapure®):

- Pure creatine in premium quality
- *The daily intake of 3 g creatine increases physical performance during high-speed strength training in the context of short-term intensive physical exertion

Vegan Protein Sticks:

- *Protein contributes to the maintenance and increase of muscle mass

Bioavailable micronutrients in pure form

- Gluten free
- Lactose free
- Milk protein free
- Soy free
- 100% vegan
- Hypoallergenic
- Proven Quality

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WELCOME TO YOURSELF

INGREDIENTS per daily dose (BCAA 500)	4 capsules	% NRV*
Branched-chain amino acids (total)	2000 mg	-
L-leucine	1000 mg	-
L-valine	500 mg	-
L-isoleucine	500 mg	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

L-leucine, L-valine, L-isoleucine, hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose

INGREDIENTS per daily dose (Creatine Sticks)	1 stick	% NRV*
Creatine monohydrate	3.4 g	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Creatine monohydrate

INGREDIENTS per daily dose (Vegan Protein Sticks)	1 stick	% NRV*
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* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS


Pea protein isolate, Amino Acid Blend (L-Leucine, L-Lysine Hydrochloride, L-Valine, L-Isoleucine, L-Methionine, L-Threonine, L-Histidine, L-Tryptophan, L-Tyrosine, L-Phenylalanine) (15.8 %), rice protein, flavouring, carob seedling protein, sunflower protein, hemp protein, inulin, vanilla bean powder (0.5%), sweetener: sucralose, steviol glycosides from stevia, Emulsifier: lecithin.

NUTRITIONAL VALUE TABLE:	per 100 g	per serving (25 g powder in 250 ml water)	% RI*
Energy	1689 / 400 kcal	422 / 100 kcal	5 %
Total fat	6.8 g	1.7 g	2%
of which saturates	1.4 g	0.4 g	2%
Carbohydrate	2.8 g	0.7 g	<1%
of which sugar	<0.5 g	<0.5 g	<1%
protein	80 g	20 g	40%
salt	3 g	0.76 g	13%

RECOMMENDED DOSAGE

Vegan Protein Sticks: Prepare 1 stick (25 g) with approx. 250 ml water, milk or vegetable drink in a shaker or stir into a food of your choice (e.g. muesli, yoghurt or vegetable alternative). BCAA 500: Take 2 x 2 capsules daily with plenty of liquid with meals. Or 1 x 4 capsules 1 hour before intense muscular exercise. Creatine Sticks: Dissolve the contents of one stick (3.4 g) in plenty of water (approx. 250–300 ml) and drink daily, preferably immediately before or after training.

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NOTE

BCAA 500, Creatine Sticks: Food supplement in accordance with EU Directive 2002/46/EC

Vegan Protein Sticks: Vegetable protein powder with free amino acids and vanilla flavor. With sweeteners.

*Reference intake for an average adult (8400 kJ/2000 kcal). Pack contains 21 servings.

Vegan Protein Sticks: Amino acid profile (amino acids: per 100 g protein):

Alanine (3.7g), Arginine (7.1g), Aspartic Acid (9.0g), Cysteine (1.3g), Glutamic Acid (14.0g), Glycine (3.4g), Histidine (3.0 g), isoleucine** (5.9 g), leucine** (11.7 g), lysine** (8.9 g), methionine** (3.2 g), phenylalanine** (4.5 g), proline (3.6 g), serine (4.1 g), threonine** (4.6 g), tryptophan** (1.2 g), tyrosine (3.1 g), valine** (7.7 g); **essential amino acids (total): 47.6 g; Branched chain amino acids (BCAA): 25.3 g; Chemical Score (CS): 198 based on reference protein FAO/WHO 1985 (WHO Technical Report Series: 724, Energy and protein requirements, 1985)

PACKAGE SIZE AND CONTENT

Vegan Protein Sticks: 21 sticks (3-week supply), 525 g

BCAA 500: 120 capsules (1-month supply), 77 g

Creatine Sticks: 60 sticks (2-month supply), 204 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 14.05.2025.

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