

ALPINA+SANA

PROTEIN+ENERGY MINI

PROTEIN+ENERGY MINI is an innovative, high-calorie, high-protein nutritional drink in a compact 100 ml format. It was developed to make the intake of additional nutrients simple, efficient and enjoyable. The focus is on high nutrient density, great taste and high acceptance.

With its fruity and refreshing, slightly acidic flavour profile, **PROTEIN+ENERGY MINI** deliberately offers something different: fresh, light and enjoyable to drink. At the same time, one bottle provides 20 g of protein and 180 kcal in just 100 ml.

The protein source is 100% beta-lactoglobulin derived from whey. Beta-lactoglobulin offers particularly high bioavailability and contains more than 50% more leucine than whey protein.^{1,2}

Natural flavours and extracts provide a well-balanced taste experience.

PROTEIN+ENERGY MINI was developed in close collaboration with more than 100 Swiss healthcare institutions and their healthcare professionals. Feedback from clinical practice has shaped a product that sets new standards in quality, efficacy and drinking enjoyment.

Available in four flavours:

Alpine Herbs, Apple, Lemon and Wild Berries.



+ INDICATION

For the dietary management of patients at risk of or suffering from malnutrition, particularly those with increased energy and protein requirements.

Suitable for patients with lactose intolerance, fat malabsorption or patients undergoing dialysis.

+ RECOMMENDED INTAKE

The recommended daily intake should be based on the individual's energy and nutrient requirements and nutritional therapy plan.

+ IMPORTANT INFORMATION

Should only be used under medical supervision. Not suitable as a sole source of nutrition. Suitable from 10 years of age.

IDDSI: Level 1.

Serving recommendation: Best served chilled.

Storage: Store unopened bottles in a cool, dark place.

Allergen information: Contains milk protein. Lactose-free.

+ SMALLER PORTIONS MAKE INTAKE EASIER:³
TWO 100 ML BOTTLES ARE OFTEN BETTER ACCEPTED THAN ONE 200 ML BOTTLE.



APPLE

Water, beta-lactoglobulin from milk, glucose syrup, dextrose, natural flavourings, acidifier (malic acid), preservatives (potassium sorbate, sodium benzoate), vitamins and minerals (vitamin E, beta-carotene, pantothenic acid, vitamin B6, vitamin B1, vitamin B2, folic acid, potassium iodide, vitamin K, biotin, vitamin D, vitamin B12).



ALPINE HERBS

Water, beta-lactoglobulin from milk, glucose syrup, dextrose, acidifier (phosphoric acid), herbal extracts (lemon balm, peppermint), preservatives (potassium sorbate, sodium benzoate), natural flavouring, vitamins and minerals (vitamin E, beta-carotene, pantothenic acid, vitamin B6, vitamin B1, vitamin B2, folic acid, potassium iodide, vitamin K, biotin, vitamin D, vitamin B12).



WILD BERRIES

Water, beta-lactoglobulin from milk, glucose syrup, dextrose, natural flavourings, acidifier (phosphoric acid), preservatives (potassium sorbate, sodium benzoate), colouring concentrate from black carrot, vitamins and minerals (vitamin E, beta-carotene, pantothenic acid, vitamin B6, vitamin B1, vitamin B2, folic acid, potassium iodide, vitamin K, biotin, vitamin D, vitamin B12).



LEMON

Water, beta-lactoglobulin from milk, glucose syrup, dextrose, natural flavourings, acidifier (citric acid), preservatives (potassium sorbate, sodium benzoate), vitamins and minerals (vitamin E, beta-carotene, pantothenic acid, vitamin B6, vitamin B1, vitamin B2, folic acid, potassium iodide, vitamin K, biotin, vitamin D, vitamin B12).

NUTRITIONAL VALUES

PER BOTTLE
(= 100 ML)

Energy	180 kcal / 753 KJ
Fat	0 g
of which saturated fatty acids	0 g
Carbohydrates	25 g
of which sugars	11 g
of which lactose	<0,1 g
Protein	20 g
of which leucine	3 g
Fibre	0 g
Salt	0,04 g

VITAMINS

Vitamin A	191 µg-RE
Vitamin D	2,4 µg
Vitamin E	2,8 mg α-TE
Vitamin K	7,8 µg
Thiamine (Vitamin B1)	0,3 mg
Riboflavin (Vitamin B2)	0,2 mg
Niacin (Vitamin PP)	5,4 mg-NE
Vitamin B6	0,4 mg
Folic acid	54 µg
Vitamin B12	0,6 µg
Biotin	6,6 µg
Pantothenic acid	1 mg

MINERALS

Sodium	15 mg
Potassium	25 mg
Phosphorus	6/45*/65** mg
Iodine	27 µg

RE = Retinol equivalent

NE = Niacin equivalent

α-TE = α-Tocopherol equivalent

Water content: 69 g / 100 ml

Osmolarity: 593 mOsmol/L

Lactose-free, vegetarian

Allergen: Milk

* for Alpine Herbs / ** for Wild Berries

References:

1. Ely, Isabel A., et al. "The Effect of Leucine-Enriched β-Lactoglobulin Versus an Isonitrogenous Whey Protein Isolate on Skeletal Muscle Protein Anabolism in Young Healthy Males." *Nutrients* 17.21 (2025): 3410.
2. Rogers, Lucy M., et al. "Postprandial bioavailability and efficacy of recombinant bovine β-lactoglobulin for resistance training-induced skeletal muscle adaptation in young adults." *Medicine and Science in Sports and Exercise* (2025).
3. Schläppi, K., et al. "Quantitative Patientenbefragung zum Einfluss des Volumens von Trinknahrungen auf die Akzeptanz." *Aktuelle Ernährungsmedizin* 40.03 (2015): P4/8.