

Nocté™

protein kinetics system



The Night-time drink for athletes

Nocté™ (PATENT PENDING) is the Trade Mark of SIS (Science in Sport) Limited, leaders in sports nutrition

Vanilla Flavour

Chocolate Flavoured

INGREDIENTS	
Night-time Protein Complex (62%) [Magnesium Caseinate, High Tryptophan Whey Protein Isolate, High Glutamine Wheat Protein Hydrolysate], Cocoa Powder, Active Pre-biotic Release Controller [Fructo-Oligosaccharides (soluble dietary fibres), Guar Gum, Xanthan Gum], Sweeteners (Fructose, Sucralose), Athlete Mineral Support Formula [Magnesium Lactate, Zinc Lactate, Vitamin B6], Vanilla Flavouring, Emulsifier (Soya Lecithin), Vanilla, Salt.	
Suitable for Vegetarians	

INGREDIENTS	
Night-time Protein Complex (73%) [Magnesium Caseinate, High Tryptophan Whey Protein Isolate, High Glutamine Wheat Protein Hydrolysate], Active Pre-biotic Release Controller [Fructo-Oligosaccharides (soluble dietary fibres), Guar Gum, Xanthan Gum], Sweeteners (Fructose, Sucralose), Athlete Mineral Support Formula [Magnesium Lactate, Zinc Lactate, Vitamin B6], Vanilla Flavouring, Emulsifier (Soya Lecithin), Vanilla, Salt.	
Suitable for Vegetarians	

NUTRITIONAL INFORMATION			
Serving Size 40g, 1 serving makes 300ml.			
Typical Values,	100 g	40 g	13 g
	(300 ml)	(100 ml)	(100 ml)
Energy	1473kJ/347kcal	589kJ/139kcal	197kJ/46kcal
Protein	68 g	27 g	9.0 g
of which: Tryptophan	1445 mg	578 mg	193 mg
Carbohydrate	12 g	5 g	1.6 g
of which: sugars	7 g	3 g	1.0 g
Fat	1.2 g	0.5 g	0.2 g
of which saturates	0.7 g	0.3 g	0.1 g
Fibre	10.0 g	4.0 g	1.3 g
Sodium	290 mg	116 mg	37 mg
Vitamins	%RDA	%RDA	%RDA
Vitamin B6	100 mg	500%	4 mg
Minerals			
Magnesium		200%	1.3 µg
Zinc		100%	5 mg

NUTRITIONAL INFORMATION			
Typical Values,	100 g	45 g	15 g
	(300 ml)	(100 ml)	(100 ml)
Energy	1405kJ/331kcal	633kJ/149kcal	211kJ/50kcal
Protein	61 g	27 g	9.0 g
of which: Tryptophan	1229 mg	549 mg	183 mg
Carbohydrate	15 g	7 g	2.2 g
of which: sugars	6 g	2.6 g	0.9 g
Fat	1.8 g	0.8 g	0.3 g
of which saturates	1.0 g	0.4 g	0.1 g
Fibre	13.1 g	5.6 g	1.9 g
Sodium	278 mg	125 mg	42 mg
Vitamins	%RDA	%RDA	%RDA
Vitamin B6	8.9 mg	444%	4 mg
Minerals			
Magnesium	667 mg	222%	300 mg
Zinc	33 mg	222%	15 mg



Nocté



"If you go to multi-day races or training holidays, you'll notice your body start to flag as the week goes by. This night time protein drink seems to make a difference, by slowly releasing nutrients into the body from the stomach.

If it means you can race harder and assimilate your training better it's worth considering" - *Runners World February 2002*



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the night time drink for athletes



Nocté

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Science in Sport where the first to harness the Protein Kinetics System to utilize different protein absorption rates to create a range of protein products. REGO Nocté the Night Time Recovery Drink for Athletes was given the Runners World Nutrition Product of the year for its innovation. Now Science in Sport have taken Nocté to a whole new level combining the Protein Kinetics System with the latest scientific research linking nutrition and sleep. By harnessing the latest ingredient technologies it has been possible to create the right metabolic and hormonal environment to improve the quality of sleep and work with the body to optimize the adaptation to exercise

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Improves Performance by Improving Quality of Sleep

Nocté contains β -lactalbumin the highest naturally occurring tryptophan content of any protein. Evening intake of β -lactalbumin has been shown to improve sleep and morning alertness. Nocté's unique formulation also contains Magnesium shown to help reduce muscle twitching and restless leg syndrome. Typical milky drinks are relatively low in tryptophan and contain high levels of Calcium that can reduce Magnesium and exacerbate poor sleep.



Accelerates Overnight Recovery

Nocté contains 27g of a special protein complex that delivers amino acids into the blood stream through the night to maintain the bodies protein pool so maintaining substrate availability. Muscle repair can continue without further feeding or stripping out vital proteins from other areas.



Boosts Adaptation to Exercise While You Sleep

Nocté contains a synergistic mineral blend to help support testosterone and insulin growth factor, two major hormones involved in adaptation to exercise, to help create the optimal hormonal environment. Pre biotic fibres help support mineral absorption and improve gut health.



Sleep Maybe Athletes Best Performance Booster

Sleep is a common problem in the general population, and more so in athletes because of their training intensity. Poor quality sleep has serious implications for general health as well as athletic performance. Lack of sleep or poor quality sleep can reduce cardio-vascular performance by 11% and slow glucose metabolism by 30-40%, and increase appetite. Induced cravings for inappropriate foods causes weight gain and other wide ranging implications for athletes. Your body will naturally adapt and recover from exercise and the rigours of the day when you sleep. Good quality sleep is essential for good quality adaptation and recovery. Science in Sport, leaders in sports nutrition, and winners of the Queens Award for Innovation, has produced Nocté, to ensure that adaptation and recovery are optimized. Extensive research and analysis of recent scientific findings concerning "lack of sleep" and "poor quality sleep", and taking advantage of the latest breaks-through in food technology led to the development of Nocté. Nocté will aid "good quality sleep" and optimize the metabolic and hormonal environment to improve the adaptation to exercise during good quality sleep.

Don't Just Sleep - Sleep Strong!

www.sleepstrong.com