

Drink powder with carbohydrates, minerals and vitamins.

**Recommended usage:** Stir the content of 2 scoops (35g) in 500ml water. To be used every 15 minutes during exercise. 5 portions (5x35g) per day.

**Ingredients:** maltodextrin (28,61%), dextrose (27%), fructose (26%), isomaltulose\* (9,5%), acidifier: citric acid, sodium citrate, flavor (1%), L-carnitine tartrate, potassium chloride, L-leucine, magnesium carbonate, L-isoleucine, L-valine, ascorbic acid, DL-alpha-tocopheryl acetate, nicotinamide, calcium-D-pantothenate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, color beta-carotin, folic acid, chromium-III-chloride, biotin, cyanocobalamin.

\*Isomaltulose is a source of glucose and fructose.

|                             | per 100 g       | %NRV        | per 35g        | %NRV        |
|-----------------------------|-----------------|-------------|----------------|-------------|
| Energy:                     | 1644 kJ         |             | 575 kJ         |             |
|                             | 387 kcal        |             | 135 kcal       |             |
| Fat:                        | 0 g             |             | 0 g            |             |
| of which saturated:         | 0 g             |             | 0 g            |             |
| Carbohydrates:              | 91,925 g        |             | 32,174 g       |             |
| of which sugars:            | 62,5 g          |             | 21,875 g       |             |
| Protein:                    | 0,60 g          |             | 0,21 g         |             |
| Salt:                       | 1,75 g          |             | 0,613 g        |             |
| <b>Vitamins</b>             | <b>per 100g</b> | <b>%NRV</b> | <b>per 35g</b> | <b>%NRV</b> |
| Vitamin C <sup>1</sup>      | 68,6 mg         | 85,7        | 24 mg          | 30          |
| B3 Niacine                  | 13,7 mg         | 85,7        | 4,8 mg         | 30          |
| Vitamin E                   | 10,3 mg         | 85,7        | 3,6 mg         | 30          |
| Pantothenic acid            | 5,1 mg          | 85,7        | 1,8 mg         | 30          |
| Vitamin B6 <sup>1</sup>     | 1,2 mg          | 85,7        | 0,42 mg        | 30          |
| B2 Riboflavine <sup>1</sup> | 1,2 mg          | 85,7        | 0,42 mg        | 30          |
| B1 Thiamine <sup>1</sup>    | 0,9 mg          | 85,7        | 0,33 mg        | 30          |
| Folic acid                  | 171 µg          | 85,7        | 60 µg          | 30          |
| Biotin                      | 43 µg           | 85,7        | 15 µg          | 30          |
| Vitamin B12 <sup>1</sup>    | 2,14 µg         | 85,7        | 0,75 µg        | 30          |
| <b>Minerals</b>             | <b>per 100g</b> | <b>%NRV</b> | <b>per 35g</b> | <b>%NRV</b> |
| Chrom                       | 30 µg           | 75          | 10,5 µg        | 26,3        |
| <b>Nutrients</b>            | <b>per 100g</b> | <b>%NRV</b> | <b>per 35g</b> | <b>%NRV</b> |
| L-Carnitine                 | 400 mg          |             | 140 mg         |             |

|              |        |         |
|--------------|--------|---------|
| L-Leucine    | 300 mg | 105 mg  |
| L-Isoleucine | 150 mg | 52,5 mg |
| L-Valine     | 150 mg | 52,5 mg |

**NRV - Nutrient Reference Values**

<sup>1</sup> contributes to normal energy-yielding metabolism

This product should not be used as a substitute for a varied diet.

Store cool and dry. Made in Germany.

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