

ENERGY &amp; ENDURANCE

# ACTIVATOR

200 MG CAFFEINE FOR BETTER ENDURANCE PERFORMANCE  
COLA-LEMON

PREPARE	BEFORE	DURING	AFTER
<b>QUICK INFO</b>			
<input checked="" type="checkbox"/> LACTOSE FREE			
<input checked="" type="checkbox"/> GLUTEN FREE			
<input type="checkbox"/> ACID FREE			
<input type="checkbox"/> NO SWEETENERS			
<input checked="" type="checkbox"/> NO ARTIFICIAL COLOURS			
<input type="checkbox"/> NO PRESERVATIVES			



## PRODUCT DESCRIPTION

Caffeine in free form and out of extracts for training and competition. Caffeine contributes to better endurance performances and concentration and helps to increase the attention.

Caffeine is used in sports for over 100 years. It is only in the 70's that targeted studies to examine the performance-enhancing effects in sports were carried out. Recent studies demonstrate the effectiveness of caffeine as a supplement promoting the performance (source: [www.ssns.ch](http://www.ssns.ch)).

Activator contains 200 mg of caffeine from natural caffeine as well as from plant extracts and combines caffeine in free and bound form. Suitable for sports which require increased attention and concentration, for example ball sports and martial arts. But Activator is also successfully used by endurance athletes. Runners, cyclists and triathletes also use Activator as a caffeine booster on the last stages of endurance competitions.

## ADVANTAGES

- **200 mg caffeine**
- **Efficient spectrum of effects thanks to high caffeine content**
- **Easy to take**
- **Tastes good**

## UTILISATION

Take 1 flask approx.30-60 min before sports activity referring to recommended intake.

For an optimal effect of the Activator flasks, we recommend a previous renouncement of drinks and food containing caffeine for about 5 days (wash out).

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### RECOMMENDATION

body weight	flask
50 kg	¾-1
60 kg	1
70-80 kg	1 ¼-1 ½
90 kg	1 ½
100 kg	1 ½-2

Contains caffeine. Not recommended for children and pregnant women. Do not exceed recommended daily intake of 1 flask\* or max. 3 mg per kg body weight according to Swiss legislation. This dosage is also scientifically recommended for optimal efficacy.

### INGREDIENTS

Water, sucrose, plant extracts 2% (guarana, green coffee), lemon juice concentrate, flavour caffeine, preservative potassium sorbate, acidulant citric acid, sweeteners (acesulfame K, sucralose, sodium saccharin), flavour.

### FLAVOURS

Fruit Boost  
Cola-Lemon

### PACKAGING

Drinking flask 25 ml  
Display 30 x 25 ml

### NUTRITION FACTS

NUTRITION FACTS	PER 100 ML	FLASK (25 ML)
energy kJ (kcal)	210 (50)	53 (12)
fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
carbohydrates	11 g	2.8 g
of which sugars	8.2 g	2.0 g
protein	0.7 g	0.2 g
salt	< 0.01 g	0.00 g

**Per 100 ml:** caffeine content 800 mg

**Per flask (25 ml):** caffeine content 200 mg

Ready-to-drink flasks with caffeine, extracts of guarana, mate and green tea, cola-lemon flavoured. With sucrose and sweeteners. Food supplement.

Carefully produced in Germany for Sponser Sport Food:

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CH-8832 Wollerau  
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Sponser Europe GmbH  
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