

ENERGY & ENDURANCE

# LONG ENERGY

COMPETITION® + REGENERATION

BERRY

REPAIR BEFORE DURING AFTER

## QUICK INFO

- X LACTOSE FREE
- X GLUTEN FREE
- X ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES



## PRODUCT DESCRIPTION

LONG ENERGY - COMPETITION® & REGENERATION FORMULA is a high quality sport drink with 79% of carbohydrates and 10% of protein in form of protein hydrolysates. The combination of various kinds of sugar with different glycemic index delivers energy for long endurance performances. Vitargo™, a patented carbohydrate with a molecular weight 100x higher than maltodextrin, induces low osmolarity.

Contains 1100 mg of glutamine (per 100 g) and 2140 mg of BCAA (per 100 g).

Additionally, enriched with the minerals sodium, potassium, chromium, zinc and magnesium. Potassium and magnesium contribute to normal muscle function. Moreover magnesium contributes to a reduction of tiredness and to electrolyte balance. Chromium contributes to the maintenance of normal blood glucose level.

## ADVANTAGES

- **High tech sport drink**
- **79% carbohydrates, 10% protein**
- **Multi carb formula**
- **High proportion of BCAA and glutamine**

## UTILISATION

To take as sport and/or recovery drink, especially during activities lasting longer than two hours.

Dissolve 60-80 g (≈ 4 scoops) in 750-1000 ml of water. Use 60-80 g in 500 ml for recovery. Shake bottle vigorously. As part of a varied and balanced diet and a healthy lifestyle.

## INGREDIENTS

Glucose, maltodextrin, sucrose, gluten-free barley starch hydrolysate (VITARGO®) 15%, protein hydrolysates 12% (**whey, casein**), isomaltulose\*, trehalose\*\*, minerals (sodium citrate, potassium citrate, magnesium lactate, chromium-containing nutritional yeast, zinc lactate), flavours, taurine 0.5%, colouring red beet juice, vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid, biotin, cyanocobalamin). \*source of glucose and fructose \*\*glucose source

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**FLAVOURS/PACKAGING**

Berry

1200 g can (= 15-20 Liter/portions)

**NUTRITION FACTS**

Nährwerte/valeurs nutritives/nutrition facts	100 g		60 g (750 ml)	
Energie/energy kJ (kcal)	1550 (365)		930 (219)	
Fett/lipides/fat	0 g		0 g	
davon gesättigte Fettsäuren/ of which saturated fatty acids	0 g		0 g	
Kohlenhydrate/glucides/carbohydrates	79 g		47 g	
davon Zuckerarten/of which sugars	49 g		29 g	
Eiweiss/protéines/protein	10 g		6.0 g	
Salz/sel/salt	1.50 g		0.90 g	
<b>Vitamine/vitamin(e)s</b>		<b>%NRV*</b>		<b>%NRV*</b>
E	6.0 mg	50%	3.6 mg	30%
C	40 mg	50%	24 mg	30%
B1	0.6 mg	50%	0.4 mg	33%
B2	0.7 mg	50%	0.4 mg	30%
Niacin(e)	8.0 mg	50%	4.8 mg	30%
B6	0.7 mg	50%	0.4 mg	30%
Folsäure/folic acid	100 µg	50%	60 µg	30%
B12	1.3 µg	50%	0.8 µg	31%
Biotin(e)	25 µg	50%	15 µg	30%
Pantothensäure/pantothenic acid	3.0 mg	50%	1.8 mg	30%
<b>Mineralstoffe/sels minéraux/minerals</b>		<b>%NRV*</b>		<b>%NRV*</b>
Natrium/sodium	600 mg	--	360 mg	--
Calcium	50 mg	6%	30 mg	4%
Magnesium/magnésium	70 mg	19%	42 mg	11%
Kalium/potassium	400 mg	20%	240 mg	12%
Zink/zinc	3.0 mg	30%	1.8 mg	18%
Chrom(e)/chromium	40 µg	100%	24 µg	60%
<b>Aminosäuren/acides aminés/amino acids</b>	<b>100 g</b>		<b>60 g</b>	
BCAA:	2140 mg		1284 mg	
L-Leucin(e)	1000 mg		600 mg	
L-Isoleucin(e)	540 mg		324 mg	
L-Valin(e)	600 mg		360 mg	
Glutaminsäure + Glutamin/ glutamic acid + glutamine	1100 mg		660 mg	

\*NRV, nutrient reference values

100 ml fertige Zubereitung enthalten 124 kJ (29 kcal)

Carbohydrate-electrolyte drink powder for Competition and Recovery, Berry flavoured, with protein hydrolysates, vitamins, taurine and minerals.<sup>04700/07</sup>

Carefully developed and produced in Switzerland

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