

ENERGY & ENDURANCE

MALTODEXTRIN

FOR ADDITIONAL ENERGY

PREPARE

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

SPONSER Maltodextrin 100 delivers complex carbohydrates with a very low DE value of 14 (dextrose equivalent). Carbohydrates promote the endurance performance capacity. The neutral tasting powder is made out of corn starch. The sugar spectrum of this pure carbohydrate powder (95% of dry substance) consists polysaccharides as well as maltose and dextrose.

Maltodextrin is ideal as energy enrichment of food and beverages, such as muesli, shakes, etc...

Carbohydrates profile

polysaccharides	96%
maltose	3%
dextrose	1%
total	100%

ADVANTAGES

- **100% pure carbohydrate powder**
- **Very low DE value of 14 (dextrose equivalent)**
- **Neutral taste and good solubility**

UTILISATION

For additional energy, according to personal needs.

RECOMMENDATION

To prepare an energy-rich drink use 40-80 g of powder per litre. For a carboloading add 3-4 portions daily according to recommendations to foods or drinks 1-2 days prior to competition. During intensive training phases or camps use in same quantity every 2-3 days. 1 scoop = approx. 12 g.

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BODY WEIGHT	1 PORTION	
45-55 kg	50 g	(4 ML*)
55-65 kg	60 g	(5 ML*)
65-75 kg	70 g	(6 ML*)
75-85 kg	80 g	(6.5 ML*)
85-95 kg	90 g	(7.5 ML*)

INGREDIENTS

Corn starch (enzyme hydrolysis).

FLAVOUR/PACKAGING

Neutral 900 g can (10-18 servings)

NUTRITION FACTS

NUTRITION FACTS	PER 100 G	PER 100 ML (6 G POWDER)
energy kJ (kcal)	1615 (380)	99 (23)
fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
carbohydrates	95 g	5.8 g
of which sugars	3.8 g	0.3 g
fibres	0 g	0 g
protein	0 g	0 g
salt	0 g	0 g

Carbohydrates powder from hydrolysed corn starch.

Powder produced in France, carefully bottled in Switzerland

Sponser Sport Food AG
CH-8832 Wollerau

Sponser Europe GmbH
D-88131 Lindau