

ENERGY & ENDURANCE

LONG ENERGY

COMPETITION® FORMULA

CITRUS

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® FORMULA is an acid free sports drink with 5% of protein in peptide form. Peptide form means that the product is already pre-digested and in comparison with traditional protein, it is absorbed considerably quicker.

In an analog way to the Competition line, Long Energy is based on 8 different sources of carbohydrates with different glycemic index among others also on Vitargo™, a patented barley starch hydrolysate with a molecular weight about 100x higher than traditional cereal starches. This causes a low osmolality and contributes to fill up the empty glycogen reserves. Enriched with Peptopro (www.peptopro.com), glutamine and BCAA, the branched chain amino acids valine, leucine and isoleucine.

ADVANTAGES

- **High tech competition drink for highly intensive endurance events**
- **Acid free and hence pH neutral**
- **90% of carbohydrates, 5% of proteins**
- **Multi Carb formula**
- **Enriched with BCAA and glutamine**

UTILISATION

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

Dissolve 60-80 g of powder (approx. 3-4 measuring spoons) in 750-1000 ml of water per hour to cover the energetic costs. In case of very high energetic needs, the concentration can be raised up to 120 g/liter. 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%, rice starch hydrolysate, isomaltulose*, trehalose**, protein hydrolysates 6.3% (**whey, casein**), minerals (sodium citrate, sodium chloride, magnesium citrate, potassium citrate, calcium lactate), flavours, 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

Citrus, Fruit Mix

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

Citrus

Display 20 x 60 g

NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts	100 g		60 g (750 ml)	
Energie/energy kJ (kcal)	1580 (370)		950 (225)	
Fett/lipides/fat	0 g		0 g	
davon gesättigte Fettsäuren/of which saturated fatty acids	0 g		0 g	
Kohlenhydrate/glucides/carbohydrates	88 g		53 g	
davon Zuckerarten/of which sugars	51 g		31 g	
Eiweiss/protéines/protein	5.0 g		3.0 g	
Salz/sel/salt	1.50 g		0.90 g	
Vitamine/vitamin(e)s		%NRV*		%NRV*
E	6.0 mg	50%	3.6 mg	30%
C	40 mg	50%	24 mg	30%
B1	0.6 mg	50%	0.4 mg	30%
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	30%
Biotin(e)	25 µg	50%	15 µg	30%
Pantothensäure/pantothenic acid	3.0 mg	50%	1.8 mg	30%
Mineralstoffe/sels minéraux/minerals		%NRV*		%NRV*
Natrium/sodium	600 mg	--	360 mg	--
Calcium	50 mg	6%	30 mg	4%
Magnesium/magnésium	38 mg	10%	23 mg	6%
Kalium/potassium	150 mg	8%	90 mg	5%
Chlorid(e)/chlorure	200 mg	25%	120 mg	17%
Aminosäuren/acides aminés/amino acids	100 g		60 g	
BCAA:	1120 mg		670 mg	
L-Valin(e)	310 mg		185 mg	
L-Leucin(e)	530 mg		320 mg	
L-Isoleucin(e)	280 mg		170 mg	
Glutaminsäure + Glutamin/ glutamic acid + glutamine	1000 mg		600 mg	

*NRV, nutrient reference values

100 ml fertige Zubereitung enthalten 126 kJ (30 kcal)

Carbohydrate-electrolyte drink powder for sportsmen, lemon flavoured. With protein hydrolysates and vitamins.

Carefully produced in Switzerland

Sponser Sport Food AG

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www.sponser.ch

04701/07

Sponser Europe GmbH

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