

## ENERGY & ENDURANCE

# ULTRA COMPETITION

LOW DIGEST ENERGY COMPLEX - SPORTDRINK

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

ULTRA COMPETITION from SPONSER® is a complex nutrient solution, especially developed for ultra and long distance physical performances. Waxy maize starch and the starch hydrolysates from barley and corn ensure a long lasting energy availability with a characteristically low glycaemic index.

Waxy maize starch is a branched-chain glucose molecule with a very large molecular size. Compared to monosaccharides or disaccharides, in waxy maize starch 1000 or more molecules are present in branched form. The long-chained and complex structure of waxy maize starch is processed in the stomach very quickly, but on the other hand dismantled to glucose by enzymes only slowly and gradually. The insulin response of a drink mainly containing waxy maize starch is considerably lower compared to commercial carbohydrate mixes.

Free from gluten, lactose, isomaltulose as well as free from fructose – all nutrients which could be responsible for tolerance problems during ultra endurance activities.

Appropriate to support the physical performance during endurance exercise as well as for rehydration of the fluid losses after physical activities.

### ADVANTAGES

- **low glycaemic impact, especially suitable for long distance performances**
- **Individual dosage possible, used as highly concentrated solution (liquid gel) or as sports drink**
- **No added fructose, acid free**
- **easy handling**
- **No artificial colours and sweeteners**
- **gluten free and lactose free**
- **mild flavour, individual flavouring possible**

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## UTILISATION

Especially suitable for ultra-physical performances lasting 8-12 hours. Recommended as a sports drink with a dosage of 60-100 g / litre.

Depending on the energy need, it can also be used as a liquid gel. Dissolve up to 60 g in 300 ml water and drink it in sips every 10-15 minutes. If you are still feeling thirsty, it is recommended to drink water additionally.

Ultra Competition can be individually flavoured with syrup, fruit extracts, tea, etc.

## INGREDIENTS

Waxy maize starch 33%, maltodextrin, sucrose, starch hydrolysates (barley [free from gluten], rice), 5 minerals (sodium citrate, calcium lactate, magnesium citrate, sodium chloride, potassium citrate).

## FLAVOURS/PACKAGING

Neutral

1000 g

## NUTRITION FACTS

	PER 100 G POWDER		PER 80 G (1 LITRE)	
Energy kJ (kcal)	1618 (380)		1294 (304)	
Fat	0 g		0 g	
of which saturated fatty acids **	0 g		0 g	
Carbohydrates	95 g		76 g	
of which sugars	20 g		16 g	
Protein	0.2 g		0.1 g	
Salt***	1.44 g		1.15 g	
<b>MINERALS</b>	<b>PER 100 G</b>	<b>%NRV*</b>	<b>PER 80 G</b>	<b>%NRV*</b>
Sodium	615 mg	-	460 mg	-
Calcium	60 mg	8%	48 mg	6%
Magnesium	45 mg	12%	36 mg	10%
Potassium	90 mg	5%	72 mg	4%
Chloride	225 mg	28%	180 mg	23%

\* nutrient reference values

\*\*calculated with factor 2.5

100 ml of the preparation contains 129 kJ (30 kcal)

Sports drink powder with special carbohydrates and electrolytes. Unflavoured.

Carefully produced in Switzerland

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