

FIGURE & SHAPE

LOW CARB BURNER

FATTY ACID METABOLISM

PREPARE BEFORE DURING AFTER

QUICK INFO

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



PRODUCT DESCRIPTION

Low Carb Burner is a low-calorie electrolytes drink powder, based on green tea and green coffee extract with L-carnitine, choline and minerals.

The standardised green tea extract and the caffeine-free green coffee extract contain natural polyphenols, for example catechins like EGCG. Choline contributes to a normal lipid metabolism and zinc to a normal fatty acid metabolism.

Low Carb Burner is recommended as a low-calorie sports drink, everytime where no additional energy is desired.

ADVANTAGES

- **soluble fibres, green tea and green coffee extract**
- **minerals for rehydration after sports**
- **only 2 kcal per portion**

INSTRUCTIONS

2 x 1 sachet with 500-750 ml of water daily. Suitable for cold & hot preparation. Low-calorie electrolytes drink for calorie-conscious people.

Do not exceed the stated recommended daily dose. Should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of children's reach.

INGREDIENTS

Soluble fibres (acacia), minerals (sodium citrate, magnesium lactate, potassium citrate, calcium carbonate, zinc lactate), flavours, colouring hibiscus extract, L-carnitine tartrate, green tea extract and decaffeinated coffee extract 3.4%, choline bitartrate, sweetener sucralose.

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FLAVOURS/PACKAGING

Wild Berries Box 20 x 6 g

NUTRITION FACTS

	2 sachets (12 g) = 1 daily ration		1 sachet (6 g)	
Sodium	470 mg	--	235 mg	--
Calcium	200 mg	25%*	100 mg	13%*
Magnesium	60 mg	16%*	30 mg	8%*
Zinc	6.0 mg	30%*	3.0 mg	15%*

*NRV, nutrient reference values

100 ml of prepared drink (6 g + 500 ml water) contain 8 kJ (2 kcal).

per 12 g (6 g): L-carnitine 480 mg (240 mg), choline 180 mg (90 mg), catechins 90 mg (45 mg)

LITERATURE ON GREEN TEA / GREEN COFFEE EXTRACT (CHLOROGENIC ACID)

- Vasquez C et al. (2017): Effects of green tea and its epigallocatechin (EGCG) content on body weight and fatt mass in humans: a systematic review. *Nutr Hosp*, 34(3):731-737.
- Narotzki B et al (2013): Green Tea and vitamin E enhance exercise-induced benefits in body composition, glucose homeostasis and antioxidant status in elderly men and woman. *J Am coll Nutr*, 32(1):31-40.
- Kapoor MP et al. (2017): Physiological effects of epigallocatechin-3-gallate (EGCG) on energy expenditure for prospective fat oxidation in humans: A systematic review and meta-analysis.
- Kumar R et al. (2019): Therapeutic promises of chlorogenic acid with special emphasis on its anti-obesity property. *Curr Mol Pharmacol*. 2019 Jul 16
- Naveed M et al. (2018): chlorogenic acid (CGA): A pharmacological review an call for further research. *Biomed Pharmacol* 2018 Jan; 97(67-74)

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