

1737323 - PowerBar Magnesium Liquid 25ml drinking ampoule citrus

Sales description

Powder for the preparation of an isotonic drink for athletes with carbohydrates, 5 minerals, caffeine and L-arginine, blood orange flavour

Ingredients

Glucose, maltodextrin, fructose, minerals (sodium citrates, sodium chloride, calcium gluconate, potassium chloride, magnesium citrates, calcium lactate), acid (citric acid), L-arginine (0,8%), natural flavouring, safflower concentrate, beetroot juice powder, caffeine (0,15%), anticaking agent (silicon dioxide).

May contain traces of **gluten, egg, milk, soy and nuts**.

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1507	360	753	180
Fat [g]	< 0,5		< 0,5	
of which saturates [g]	< 0,5		< 0,5	
Carbohydrates [g]	88		44	
of which sugars [g]	66		33	
Fibre [g]			2	
Protein [g]	0,8		< 0,5	
Salt [g]	1,75		0,88	

Vitamine/Mineralstoffe	per 100 g	% ¹	per serving or portion	% ¹
Potassium [mg]	190	10	95,0	5
Calcium [mg]	110	14	55,0	7
Magnesium [mg]	45,0	12	22,5	6
Caffeine [mg]	150		75	
Suggested usage	800		400	
Sodium [mg]	700		350	
Chloride [mg]	650	81	325	41

¹ Percentage of recommended daily allowance

* 50 g powder mixed with 750 ml water

Suggested usage

- Preparation: Dissolve 50g (approx. 5 tablespoons) in 750 ml water for isotonic drink. Higher dosage for more energy, dissolve 50 g in 500 ml water (hypertonic drink).
- General hydration strategy for activities > 60 minutes:
- 200-300 ml one hour before sports
- Drink 150-200 ml every 15 minutes during exercise
- ISOMAX also contributes to your carbohydrate needs with 44g per bottle. During sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration.
- As part of a varied and balanced diet and a healthy lifestyle. Contains caffeine (10 mg/100 ml). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.