

1947179 - Dextro Energy After Sports Drink 44,5g Tropical

Sales description

Carbohydrate-protein drink powder with magnesium and 10 vitamins (CH: food supplement). Tropical fruit flavour

Ingredients

Saccharose, **whey** protein, dextrose, acid (citric acid), flavouring, magnesium carbonate, colouring agent (beta carotene), vitamin B1, vitamin B2, vitamin B6, vitamin B12, vitamin C, vitamin E, niacin, biotin, folic acid, pantothenic acid.

Nutritional information	per 100 g		per serving or portion 44,5 g	
	kJ	kcal	kJ	kcal
Energy	1618	384	720	171
Fat [g]	1,2		0,5	
of which saturates [g]	1,2		0,5	
Carbohydrates [g]	68,8		30,6	
of which sugars [g]	68,1		30,3	
Fibre [g]				
Protein [g]	22,5		10	
Salt [g]	0,15		0,066	
Vitamins/minerals	per 100 g	% ¹	per serving or portion 44,5 g	% ¹
Vitamin E [mg]	4	33	1,8	15
Vitamin C [mg]	27	33	12	15
Thiamin (vitamin B1) [mg]	0,37	33	0,165	15
Riboflavin (vitamin B2) [mg]	0,47	33	0,21	15
Niacin [mg]	5,4	33	2,4	15
Vitamin B6 [mg]	0,47	33	0,21	15
Folic acid [µg]	67	33	30	15
Vitamin B12 [µg]	0,84	33	0,375	15
Biotin [µg]	16,9	33	7,5	15
Pantothenic acid [mg]	2	33	0,9	15
Magnesium [mg]	126,4	33	56,25	15

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

Suggested usage

- ▶ Pour contents of sachet (44,5 g powder) into 250 ml of water and stir to dissolve or prepare in a shaker/mixer.
- ▶ Recommended dose after sports: 1-2 sachets (250 ml each) during the first 60 minutes after sports, depending on the intensity and duration. A varied and balanced diet and a healthy lifestyle are important.

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