

2102861 - Isostar Long Distance Energy Drink Orange 790g

Ingredients

Maltodextrin, saccharose, colouring agents: beetroot and beta carotene, citric acid, flavouring, sodium citrate, sodium chloride, vitamin C, vitamin E, vitamin B1.

Nutritional information

| Nutritional information | per 100 g | | per serving or portion | |
|---------------------------|-----------|------|------------------------|------|
| | kJ | kcal | kJ | kcal |
| Energy | 1631 | 384 | 1287 | 303 |
| Fat [g] | 0 | | 0 | |
| of which saturates [g] | 0 | | 0 | |
| Carbohydrates [g] | 95 | | 75 | |
| of which sugars [g] | 28 | | 22 | |
| Fibre [g] | | | | |
| Protein [g] | 0 | | 0 | |
| Salt [g] | 0,47 | | 0,37 | |
| | | | | |
| Vitamin E [mg] | per 100 g | %1 | per serving or portion | %1 |
| Vitamin C [mg] | 12 | 100 | 9,5 | 79 |
| Thiamin (vitamin B1) [mg] | 76 | 95 | 60 | 75 |
| Sodium [g] | 0,54 | 49 | 0,43 | 39 |
| Sodium [g] | 0,19 | | 0,15 | |

¹Percentage of recommended daily allowance

Energy per 100 ml of finished product: 259 kJ / 61 kcal

Suggested usage

Long Energy is the ideal isotonic drink for endurance sports lasting at least 2 hours. It is recommended to consume Long Energy at regular intervals before and during sports. To achieve highest efficiency, you should drink 150 ml to 250 ml before sports and consume it every 20 minutes during exercise. After sports, a regular supply is recommended. Moreover, Long Energy can be used for "carbo loading" before competitions.