

## 2102870 - Isostar Powertabs 10 Tabs Lemon 120g

### Ingredients

Glucose, citric acid, sodium hydrogen carbonate, starch, maltodextrin, natural lemon flavouring and other natural flavourings, potassium carbonate, magnesium carbonate, calcium carbonate, sodium chloride, calcium phosphate, sweetener aspartame, vitamin C, vitamin E, vitamin B1, colouring agent beta carotene. Contains a source of phenylalanine.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1525	358	367	86
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	79		19	
of which sugars [g]	75		18	
Fibre [g]				
Protein [g]	0		0	
Salt [g]	3,4		0,83	
Vitamin E [mg]	per 100 g	%1	per serving or portion	%1
Vitamin E [mg]	14	117	3,4	28
Vitamin C [mg]	78	98	19	24
Thiamin (vitamin B1) [mg]	1,1	100	0,26	24
Calcium [mg]	340	43	82,0	10
Magnesium [mg]	156	42	37,0	10
Sodium [g]	1,4		0,33	

<sup>1</sup>Percentage of recommended daily allowance

Energy per 100 ml of the finished product : 74 kJ / 17,4 kca

### Suggested usage

Drink 150 ml every 15 minutes during warm-up and during as well as after exercise (up to 2 hours). Dissolve 2 tablets in 500 ml of water. Energy can be used for "carbo loading" before competitions.