

2198275 - PowerBar Caffeine Boost Liquid drinking ampoule 25ml

Sales description

Food supplement. Caffeinated drinking ampoule with guarana and yerba mate extract, with sweeteners.

Ingredients

Water, white grape juice (from concentrate), orange juice (from concentrate), yerba mate extract (1,5 %), guarana extract (1,5 %), caffeine (0,5%), acidifier (citric acid), preservative (potassium sorbate), natural flavouring, sweeteners (cyclamate, acesulfame K, sucralose, saccharin).

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	104	24	26	6
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	4,7		1,2	
of which sugars [g]	2,5		0,6	
Protein [g]	1,1		0,3	
Salt [g]	0,03		<0,01	
Caffeine [mg]	800		200	

Suggested usage

- ▶ One ampoule approx. half an hour before or during sports. Another ampoule can be consumed in endurance sports three hours later.
- ▶ Pro athletes use PowerBar CAFFEINE BOOST for intensive training units, training with low carbohydrate consumption such as fat metabolism training and competitions.
- ▶ The effect of caffeine may vary individually and is not suitable for every athlete. It should therefore be tried out if and in which amount caffeine can be tolerated.
- ▶ Suggested usage: max. 2 ampoules (400mg caffeine) per day. Per portion: max. 200mg caffeine.
- ▶ Your caffeine intake from all sources throughout the day should not exceed 400 mg per day.
- ▶ General recommendation (approx. 3 mg caffeine/kg body weight)

More Info at [rosebikes.com](https://www.rosebikes.com)

Body weight	No. of ampoules
<70kg	1
70-100kg	1 – 1 ½
>100kg	1 ½ - 2

Food supplements are not intended to replace a varied and balanced diet and a healthy way of living. Do not exceed the recommended intake. Keep out of reach of young children. Contains caffeine (200 mg/ampoule). Not recommended for children and pregnant women. Not recommended for breastfeeding women.

Storage advice: Store in a cool, dry place.

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