

2199760 – AMSport Competition amino acid mixture powder, 1100g, flavour: forest fruit

Sales description

Isotonic drink powder to produce a cold beverage with vitamins.

Ingredients

Protein hydrolysate (source: beef) (47,5%), glucose syrup (20,0%), maltodextrin (18,0%), dextrose (6,5%), trehalose (5,0%)*, flavouring (contain **lactose**), colouring food beetroot powder (betanin), acidifier (citric acid), colouring elder fruit powder (elder concentrate, caramel sugar syrup), nicotinamide, calcium-D-pantothenat, pyridoxine hydrochloride, thiamin monocitrate, riboflavin

*trehalose is a source of glucose

May contain traces of gluten, soy and egg white.

Nutritional information	per 100 g		per portion**	
Energy	kJ	kcal	kJ	kcal
	1657	390	487	117
Fat [g]	>0,1		>0,1	
of which saturates [g]	>0,1		>0,1	
Carbohydrates [g]	49,5		14,8	
of which sugars [g]	21,7		6,5	
Protein [g]	47,6		14,3	
Salt [g]	0,6		0,2	

Vitamins/Minerals	per 100 g	% ¹	per portion**	% ¹
BCAAs***[µg]	3,5	-	1,05	-
Niacin [g]	26,7	167	8,0	50
Pantothenic acid [mg]	8,4	140	2,52	42
Vitamin B6 [mg]	4,1	293	1,2	86
Riboflavin (Vitamin B2) [mg]	2,0	143	0,6	43
Thiamin (Vitamin B1) [mg]	1,8	164	0,55	50

¹ NRV = % of the nutrient reference values (according to VO (EG) No. 1169/2011)

** 1 portion: 30g (2 measuring spoons) + 150ml water

*** BCAAs = branched chain amino acids (L-Isoleucine, L-Leucine, L-Valine)

Suggested usage

Competition Endurance sports:

Drink 1 portion approx. every 30 minutes from 1 hour of performance. Short-term exercise / Sprint: Drink 1 portion optionally 20 minutes before exercise and 1-2 portions directly after exercise.

Training:

Drink 1-2 portions directly after training, depending on the training intensity and the level of exhaustion. During very hard or very long exercise 1 portion in between.

Contains no fructose.