

2201366 – Vitargo Drink Powder + Electrolytes, Flavour: Grapefruit

Sales description

Dietary food supplement with sweeteners

Ingredients

Amylopectin **BARLEY STARCH (contains gluten)** 87,0%, acid (citric acid), potassium gluconate, sodium citrate, calcium gluconate, magnesium gluconate, flavouring, sweeteners (aspartame**, acesulfame K), colouring agent (beta carotene).
** contains a source of phenylalanine

Nutritional information

Nutritional information	per 100 g		per serving or portion 45g	
Energy	kJ	kcal	kJ	kcal
	1550	370	1085	259
Fat [g]	< 0,5		<0,5	
of which saturates [g]	0		0	
Carbohydrates [g]	92		64,4	
of which sugars [g]	<0,5		<0,5	
Protein [g]	<0,5		<0,5	
Salt [mg]	360		252	
Vitamins/Minerals	per 100 g	%1	per portion (70g)	%1
Potassium [mg]	429	21,5	300	15
Calcium [mg]	172	21,5	120	15
Magnesium [mg]	86	23	60	16
Vitamins/Minerals	per 100 g		per portion (70g)	
Amylopectin barley starch [g]	90,5		63,4	

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

Suggested usage

Suggested usage as a carboloader for physical activities: Stir 1 portion (70 g) Vitargo® + Electrolytes powder into 600 ml of water. Long training sessions or competition: Start to load up carbohydrates 2-3 days before a competition. Drink 2 portions of Vitargo® + Electrolytes every day between meals. Do not change your eating habits. Increasing your standard food intake is not required and may cause an unpleasant feeling of fullness. Team sport (football, handball, ice hockey etc.): Drink 1-2 portions of Vitargo® + Electrolytes a day before a match.

Suggested usage as a sports drink during long-lasting physical activities: Drink 1 portion of Vitargo® + Electrolytes per 1 hour of training. Team sport (football, handball, ice hockey etc.): Drink 1 portion during the match.

Preparation: Vitargo® + Electrolytes consists of long-chain carbohydrates with is why it has to be intensively mixed with water to dissolve. Please follow the mixing instructions: Fill approx. 200 ml of water into a mixer or shaker and add the powder. Mix or shake it heavily for 1-2 minutes. Add water until the total amount is reached (600 ml). Then mix it once again. Of course, you can also stir the recommended dosage of 70 g powder into more or less than 600 ml of water. The consistency will then vary accordingly.

Store in a cool, dry place!

2201375 – Vitargo Drink Powder + Electrolytes, Flavour: Lemon

Sales description

Dietary food supplement with sweeteners

Ingredients

Amylopectin **BARLEY STARCH (contains gluten)** 87,0%, acid (citric acid), potassium gluconate, sodium citrate, calcium gluconate, magnesium gluconate, flavouring, sweeteners (aspartame**, acesulfame K), colouring agent (beta carotene).
** contains a source of phenylalanine

Nutritional information

Nutritional information	per 100 g		per serving or portion 45g	
Energy	kJ	kcal	kJ	kcal
	1550	370	1085	259
Fat [g]	< 0,5		<0,5	
of which saturates [g]	0		0	
Carbohydrates [g]	92		64,4	
of which sugars [g]	<0,5		<0,5	
Protein [g]	<0,5		<0,5	
Salt [mg]	360		252	
Vitamins/Minerals	per 100 g	%1	per portion (70g)	%1
Potassium [mg]	429	21,5	300	15
Calcium [mg]	172	21,5	120	15
Magnesium [mg]	86	23	60	16
Vitamins/Minerals	per 100 g		per portion (70g)	
Amylopectin barley starch [g]	87		60,9	

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

Suggested usage

Suggested usage as a carboloader for physical activities: Stir 1 portion (70 g) Vitargo® + Electrolytes powder into 600 ml of water. Long training sessions or competition: Start to load up carbohydrates 2-3 days before a competition. Drink 2 portions of Vitargo® + Electrolytes every day between meals. Do not change your eating habits. Increasing your standard food intake is not required and may cause an unpleasant feeling of fullness. Team sport (football, handball, ice hockey etc.): Drink 1-2 portions of Vitargo® + Electrolytes a day before a match.

Suggested usage as a sports drink during long-lasting physical activities: Drink 1 portion of Vitargo® + Electrolytes per 1 hour of training. Team sport (football, handball, ice hockey etc.): Drink 1 portion during the match.

Preparation: Vitargo® + Electrolytes consists of long-chain carbohydrates with is why it has to be intensively mixed with water to dissolve. Please follow the mixing instructions: Fill approx. 200 ml of water into a mixer or shaker and add the powder. Mix or shake it heavily for 1-2 minutes. Add water until the total amount is reached (600 ml). Then mix it once again. Of course, you can also stir the recommended dosage of 70 g powder into more or less than 600 ml of water. The consistency will then vary accordingly.

Store in a cool, dry place!