

2201384 – Vitargo Drink Powder Carboloader Pure

Sales description

Drink powder with amylopectin barley starch for the preparation of a carbohydrate drink.

Ingredients

Amylopectin **BARLEY STARCH (contains gluten)** 100,0%

Nutritional information

Nutritional information	per 100 g		per serving or portion 45g	
	kJ	kcal	kJ	kcal
Energy	1641	392	1149	274
Fat [g]	<0,5		<0,4	
of which saturates [g]	0		0	
Carbohydrates [g]	98		68,6	
of which sugars [g]	<0,5		<0,4	
Protein [g]	<0,5		<0,5	
Salt [g]	0		0	
Others	per 100 g		per portion (70g)	
Potassium [mg]	98		68,6	

Suggested usage

Suggested usage as a carboloader for physical activities: Stir 1 portion (70 g) Vitargo® Carboloader Pure 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® Carboloader Pure 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® Carboloader Pure a day before a match.

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

Preparation: Vitargo® Carboloader Pure 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!