

## 2201393 – Vitargo Drink Powder Pro-Kick +BCAA, Flavour: Lemon with Caffeine

### Sales description

Dietary food supplement with sweeteners

### Ingredients

Amylopectin **BARLEY STARCH (contains gluten)** 81,0%, L-Leucine 2,8%, L-Isoleucine 1,4%, L-Valine 1,4%, citric acid, malic acid, sodium citrate, potassium gluconate, calcium gluconate, magnesium gluconate, flavouring, caffeine 0,2%, colouring agent (beta-carotene), sweetener (sucralose).

### Nutritional information

Nutritional information	per 100 g		per serving or portion 45g	
	kJ	kcal	kJ	kcal
Energy	1537	366	845	201
Fat [g]	<0,5		<0,5	
of which saturates [g]	0		0	
Carbohydrates [g]	86		47,3	
of which sugars [g]	<0,5		<0,5	
Protein [g]	5,6		3	
Salt [mg]	360		198	

Others	per 100 g	%1	per portion (55g)	%1
Potassium[mg]	545	27,3	300	15
Calcium [mg]	218	27,3	120	15
Magnesium [mg]	110	29,8	60	16

Others	per 100 g	per portion (55 g)
Amylopectin barley starch [g]	81	44,6
L-Leucine [g]	2,8	1,5
L-Isoleucine [g]	1,4	0,8
L-Valine [g]	1,4	0,8
Caffeine [mg]	218	120

### Suggested usage

**Suggested usage as a carboloader for physical activities:** Maximum 4 portions (2 for caffeine-sensitive people) Vitargo® Pro-Kick during a competition, ideally in the second half e.g. of a marathon, cycle race or triathlon. For best results, we recommend to use Vitargo® + Electrolytes before you start with Vitargo® Pro-Kick. For competitions and training units that don't last 2 hours, you can directly consume Vitargo® Pro-Kick. Attention: High caffeine content! Do not exceed the recommended daily intake.

One portion of Vitargo® Pro-Kick contains 120 mg of caffeine which corresponds to approx. 1-2 cups of coffee. Excessive intake of caffeine can cause nervousness, irritability, insomnia and a fast heartbeat. People who don't regularly drink caffeine should reduce the recommended dosage by a half. When taking Vitargo® Pro-Kick regularly or daily, the body quickly becomes accustomed to this regular dose. That's why Vitargo® Pro-Kick should only be used during tough training sessions or during a competition.

**Preparation:** Vitargo® Pro-Kick 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 (1 portion is 55 g). Mix or shake it heavily for 1-2 minutes. Add water until the total amount is reached (600 ml). Then mix it once again. Vitargo® Pro-Kick is not suitable for people under the age of 18!

Store in a cool and dry place.

Not recommended for children, pregnant or breastfeeding women and caffeine-sensitive people.