

2226338 - Isostar drink powder Malto Carbo Loading neutral 450 g

Ingredients

Maltodextrin, vitamin C, E and B1.

Nutritional information	per 100 g		per portion (50 g)*	
Energy	kJ	kcal	kJ	kcal
	1649	388	833	196
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	97		49,0	
of which sugars [g]	5,9		3,0	
Protein [g]	0		0	
Salt [g]	0		0	

Vitamins/minerals	per 100 g	% ¹	per portion (50 g)*	% ¹
Vitamin E [mg]	17	142	8,5	71
Vitamin C [mg]	112	140	56	70
Thiamin (vitamin B1) [mg]	0,38	35	0,19	17
Sodium [g]	0		0	

¹ Percentage of recommended daily allowance

* Per 250 ml prepared drink (with 50 g powder)

Suggested usage

The product is consumed on three days before the competition. Every day 3 sachets (à 50 g) are dissolved in min. 250 - 500 ml water and drunk. The taste is neutral. In this way, the athlete will consume a lot of liquid with carbohydrates for an optimum carbohydrate upload during the preparation period ahead of a competition.

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