

2252099 - ultraSPORTS ultraBASE Starter drink powder Berry

Sales description

Dietary food product. Powder to for the preparation of a carbohydrate-protein drink. Flavour: Yoghurt Berry

Ingredients

Oatmeal, maltodextrin, lactose-free **whey** protein (15%) from grass-fed cows, saccharose, skimmed **milk yoghurt** powder, beetroot powder (5,4%), freeze-dried strawberries, passion fruit powder, lemon extract, blackcurrant powder, vitamins (C, niacin, pantothenic acid, carrageen, B6, B2, B1, folic acid, biotin, B12), ginger extract (0,6%), mint powder, chromium (III) chloride, natural flavouring, sodium selenite.

Nutritional information	per 100 g		per portion 64g powder*	
	kJ	kcal	kJ	kcal
Energy	1510	355	1005	237
Fat [g]	3,0		1,9	
of which saturates [g]	0,8		0,5	
Carbohydrates [g]	67,4		43,1	
of which sugars [g]	22,1		14,1	
Protein [g]	18,5		11,8	
Salt [g]	0,2		0,1	

Vitamins/Minerals	per 100 g	% ¹	per portion 64g*	% ¹
Vitamin C [mg]	312,0		200,0	390
Niacin [mg]	11,3		7,2	70
Vitamin E [mg]	6,3		4,0	52
Pantothenic acid [mg]	3,8		2,4	36
Vitamin A [µg]	259		166	32
Vitamin B6 [mg]	1,3		0,8	89
Vitamin B2 [mg]	1,0		0,6	71
Thiamine (Vitamin B1) [mg]	0,9		0,6	80
Folic acid [µg]	125,0		80,0	63
Biotin [µg]	94,0		60,0	188
Vitamin B12 [µg]	0,6		0,4	25

Minerals, trace elements

Chrome [µg]	100		64	250
Selenium [µg]	63		40	114

Plant extracts

Ginger extract [mg]	581		372	
of which gingerol [mg]	2,9		1,9	

¹ = Percentage of recommended daily allowance, reference quantity (in accordance with EG-VO 1169/2011)

* 1 portion = 64g powder. Sufficient for 250 ml prepared drink.

Reference quantity for an average adult (8400 kJ / 2000 kcal).

Suggested usage

Dissolve 64g (3 heaped tablespoons/1 sachet) Starter in 250 ml water or still mineral water.

Storage instructions: Store in a cool and dry place. Seal box properly after every use.

Recommendation: Take 1 portion Starter (64g) and 1 ultraBar bar 1 – 2 hours before intensive training or competitions.