

isostar go far.

ENERGIE

HYDRATE & PERFORM

Hydrate & Perform powder makes up an isotonic drink that **hydrates and provides energy and micro nutrients to sportsmen and women.**

The drink is high in carbohydrates and sodium to provide:

- Good **hydration**: the isotonic formula rapidly hydrates the body and enables optimal gastric emptying, thus helping to improve performance and stamina and to prevent muscular injury.
- An excellent source of **energy**: scientific research has proven that Hydrate & Perform **improves performance by 19%** (compared with a placebo).

+ 19%
Performance!

When and how to drink Isostar Hydrate & Perform?

It is recommended that you drink Hydrate & Perform during warm-up (150 to 300 ml) and regularly during and after physical activity (150 ml every 1/4 hour).

Perfect for intense or prolonged physical activity and recommended when practising sports in a hot climate.

Available in orange, fresh and green apple flavours.

To prepare one serving: dilute 3 dosage spoons of powder in 500ml of water.

AVERAGE NUTRITIONAL VALUES:

1 serving = 40g/500ml of made-up drink.
Flavour: orange.

	Unit	Content per 100 g	% R.D.A.* per 100 g	Content per serving	% R.D.A.* per serving
Caloric value	kCal	370		148	
Caloric value	kJ	1573		631	
Proteins	g	0		0	
Carbohydrates	g	87		35	
- of which sugars	g	70		28	
Fat	g	0		0	
Fibre	g	0		0	
Sodium	g	0,86		0,34	
Calcium	mg	400	50 %	160	20 %
Magnesium	mg	150	50 %	60	20 %
Phosphorus	mg	206	26 %	82	10 %
Potassium	mg	225		90	
Vitamin B1	mg	0,53	38 %	0,21	15 %

* R.D.A.: Recommended Daily Allowance

LIST OF INGREDIENTS:

Product made up: water, carbohydrates (sucrose, dried glucose syrup, maltodextrin), acidifier: citric acid, sodium citrate, natural flavouring, calcium phosphate, magnesium carbonate, sodium chloride, potassium chloride, antioxidant: ascorbic acid, stabilizer: acacia gum, soya hydrogenated vegetable oil, colouring: beta-carotene, vitamin B1.

EXPIRY DATE: 18 months after product manufacture.

NET WEIGHT: 400g e (makes up 5 litres of drink).

PACKAGING: instant powder box. Contains a measuring spoon.

Discover the rest of the Energie range

