

isostar go far.

PRO

Long Energy Drink

This isotonic drink powder is high in energy and has been specially formulated to meet the needs of endurance sportsmen and women. It is made from an optimum blend of simple and complex carbohydrates (different glycemic index levels) **to provide slow release and prolonged energy.**

The addition of vitamin B1 helps the body **to turn carbohydrates into energy** and **antioxidants (vitamins C and E) reduce oxidative stress** caused by prolonged physical activity.

Its sodium content effectively **prevents the onset of cramp.**

This drink is a favourite among top-level sportsmen and women, in particular cyclists, because it is effective and easy to digest.



When and how to drink Isostar Long Energy?

This drink is recommended for long periods of physical activity (more than 2 hours) and/or for competitions. Specially designed for endurance sports, this drink is ideal for sports such as the marathon, cycling, triathlon, football, hand-ball, basketball, rugby, hockey and water-polo.

For best results, drink 150 to 250ml before beginning, then every twenty minutes throughout the period of activity.

Continue to drink regularly when activity is finished.

Preparation: dilute 6 measures in 500ml of water.

This orange-flavoured drink rehydrates the body and quenches thirst.

AVERAGE NUTRITIONAL VALUES:

Serving = 79 g (makes up 500ml of drink).

Flavour: orange.

	Unit	Content per 100g	% R.D.A.* per 100g	Content per serving	% R.D.A.* per serving
Caloric value	kCal	385		304	
Caloric value	kJ	1638		1294	
Carbohydrates	g	95,5		75,4	
- of which Sugars	g	30		23,7	
- of which Organic acids	g	1,1		0,9	
Sodium	g	0,25		0,2	
Vitamin E	mg	8,4	84 %	6,6	66 %
Vitamin C	mg	48	80 %	38	63 %
Vitamin B1	mg	0,95	68 %	0,75	54 %

* R.D.A.: Recommended Daily Allowance

LIST OF INGREDIENTS:

Drink made up: water, maltodextrin, sugar, starch, colourings: beet red and beta-carotene, acidifier: citric acid, flavouring, sodium citrate, sodium chloride, vitamins C, E and B1, hydrogenated soya oil, arabic gum, modified starch.

EXPIRY DATE: 18 months after product manufacture.

NET WEIGHT: 790g - (makes up 5 litres of drink).

PACKAGING: instant powder box.

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