

ENERGY & ENDURANCE

ACTIVATOR

200 MG CAFFEINE FOR BETTER ENDURANCE PERFORMANCE

PREPARE BEFORE DURING AFTER

QUICK INFO

- LACTOSE FREE
- GLUTEN FREE
- ACID FREE
- NO SWEETENERS
- NO ARTIFICIAL COLOURS
- NO PRESERVATIVES



PRODUCT DESCRIPTION

Caffeine in free form and out of extracts for training and competition. Caffeine contributes to better endurance performances and concentration and helps to increase the attention.

Caffeine is used in sports for over 100 years. It is only in the 70's that targeted studies to examine the performance-enhancing effects in sports were carried out. Recent studies demonstrate the effectiveness of caffeine as a supplement promoting the performance (source: www.ssns.ch).

Activator contains 200 mg of caffeine from natural caffeine as well as from plant extracts and combines caffeine in free and bound form. Suitable for sports which require increased attention and concentration, for example ball sports and martial arts. But Activator is also successfully used by endurance athletes. Runners, cyclists and triathletes also use Activator as a caffeine booster on the last stages of endurance competitions.

ADVANTAGES

- **200 mg caffeine**
- **Efficient spectrum of effects thanks to high caffeine content**
- **Easy to take**
- **Tastes good**

UTILISATION

Take 1 flask approx. 1 h before sports activity referring to recommended intake.

For an optimal effect of the Activator flasks, we recommend a previous renouncement of drinks and food containing caffeine for about 5 days (wash out).

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RECOMMENDATION

body weight	flask
50 kg	¾-1
60 kg	1
70-80 kg	1 ¼-1 ½
90 kg	1 ½
100 kg	1 ½-2

Increased caffeine content. Not suitable for caffeine sensitive persons, children, pregnant and lactating women. Does not substitute for a varied and balanced diet. Do not exceed recommended daily intake, keep out of reach of small children.

INGREDIENTS

Water, fructose, plant extracts 2% (guarana, mate, green tea), acidulant citric acid, flavour caffeine, preservative potassium sorbate, sweeteners (acesulfame K, sucralose, sodium saccharin), flavour.

FLAVOURS

Fruit Mix

PACKAGING

Drinking flask 25 ml 1 serving
 Display 25 x 30 ml

NUTRITION FACTS

NUTRITION FACTS	PER 100 ML	FLASK (25 ML)
energy kJ (kcal)	420 (100)	105 (25)
fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
carbohydrates	23 g	5.8 g
of which sugars	19 g	4.7 g
fibres	0 g	0 g
protein	1.1 g	0.3 g
salt	0.02 g	< 0.01 g

Per 100 ml: caffeine content 800 mg

Per flask (25 ml): caffeine content 200 mg

Ready-to-drink flasks with caffeine, extracts of guarana, mate and green tea, fruit flavoured. With fructose and sweeteners. Sports food supplement.

Carefully produced in Germany for Sponser Sport Food:

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