

PRO ENERGY & ENDURANCE

CARBO LOADER

PREPARE BEFORE DURING AFTER

QUICK INFO

- X LAKTOSE FREE
- X GLUTEN FREE
- ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES



PRODUCT DESCRIPTION

Highly energetic carbohydrate-electrolytes solution, especially developed to fill up the carbohydrates reserves.

New studies (*Bussau et al., Eur J Appl Physiol 87, 2002: 290-295*) show that glycogen reserves can be completely filled up with a one day carboloading. This means a very high supply of carbohydrates, which is easily doable with CARBO LOADER without any additional consumption of huge portions of pasta or potatoes.

CARBO LOADER contains different kinds of sugars, as well as the special VITARGO™, a certified carbohydrate made out of barley starch with a molecular weight about 100 times greater than maltodextrin. This induces a very low osmolality.

CARBO LOADER is used with success in high performance sports.

ADVANTAGES

- **Very wide sugar spectrum**
- **Very high carbohydrate content of 250 g/litre**
- **Easy dosage and intake**
- **Established product in top-class sports**

UTILISATION

Take during energy shortage, the day before competitions and for intensive training camps (day before, days 3, 6, 9, etc. and 1st day after).

4 x 1 portion per day: after breakfast, lunch and dinner as well as before bed time.

RECOMMENDATION			
BODY WEIGHT	1 PORTION		+ WATER
45-55 kg	50 g	(2 ML*)	200 ml
55-65 kg	62.5 g	(2.5 ML*)	250 ml
65-75 kg	75 g	(3 ML*)	300 ml
75-85 kg	87.5 g	(3.5 ML*)	350 ml
85-95 kg	100 g	(4 ML*)	400 ml

ML = bulged-up scoops

Preparation: First, fill up the bottle/shaker with water, then add the powder and shake well. Depending upon taste use more water.

PRO ENERGY & ENDURANCE

CARBO LOADER

PAGE 2

INGREDIENTS

Maltodextrin, sucrose, barley starch hydrolysate [free from gluten], trehalose, minerals, acidifiers, flavours.

FLAVOURS/PACKAGING

Citrus-Orange 1200 g can
Display 15 x 75 g

NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER		PER 100 ML of prepared drink (25 G POWDER)	
energy kJ (kcal)	1660 (390)		410 (96)	
fat	0 g		0 g	
of which saturated fatty acids	0 g		0 g	
carbohydrates	97 g		24 g	
of which sugars	56 g		14 g	
fibres	0 g		0 g	
protein	0 g		0 g	
salt **	0.53 g		0.13 g	
MINERALS	PER 100 G	%NRV*	PER 100 ML	%NRV*
calcium	35 mg	4%	9.0 mg	1%
magnesium	25 mg	7%	7.0 mg	2%
potassium	55 mg	3%	14 mg	1%
chloride	140 mg	18%	35 mg	4%

* recommended dietary allowance

**calculated with factor 2.5. Sodium content (210 mg/100 g)

As part of a varied and balanced diet and a healthy lifestyle.

Energy sports drink powder high in carbohydrates content and with electrolytes, citrus-orange flavoured.

Carefully produced in Switzerland

Sponser Sport Food AG
CH-8832 Wollerau
www.sponser.ch

Sponser Europe GmbH
D-88131 Lindau
www.sponser.de