

PRO ENERGY & ENDURANCE

NITROFLOW PERFORMANCE²

PREPARE BEFORE DURING AFTER

QUICK INFO

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



PRODUCT DESCRIPTION

NITROFLOW PERFORMANCE² by SPONSER® is a scientifically conceived food supplement with high-polyphenol-content plant extracts. Fruitflow® tomato extract to sustain smooth blood platelets, avoid excessive formation of blood clots and to maintain normal blood flow. Montmorency sour cherry and New Zealand blackcurrant extracts are often used in elite sports. The scientific data attest an influence on the performance as well as on the recovery ability. L-citrulline is a non-proteinogenic amino acid and is metabolised into arginine in the body. Arginine is considered to be the precursor substance of nitric oxide (NO)

Various plant and fruit extracts provide the body with valuable polyphenols, which also activate the NO synthesis. NO is a naturally occurring gas in the body, with numerous effects on the human organism. Thus, it plays a role in the control of nerve stimulation, immune function, tissue reconstruction, as well as in expansion of the blood vessels. Thanks to the vessels dilatation, more blood can be pumped into the blood vessels, which results in better oxygen utilisation.

Enriched with selenium to protect the cells from oxydative stress. Vitamin C helps reduce exhaustion and fatigue.

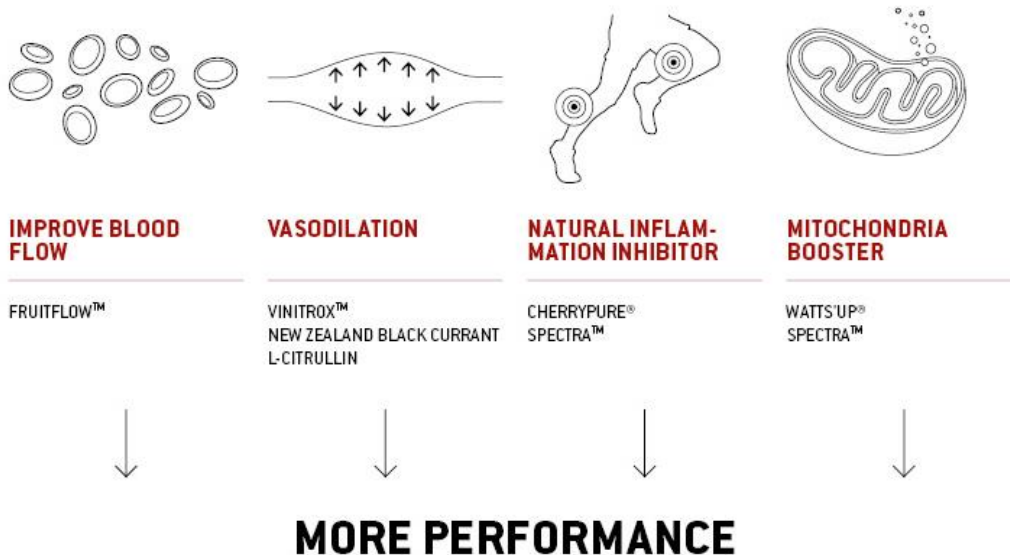
- **ViNitrox (250 mg/portion):** polyphenols from apple and grapes
- **CherryPure (250 mg/portion):** innovative plant extract based on the Montmorency Tart Cherry (sour cherry). Listed as type B supplement by the Australian Institute of Sport. For more information see literature [1-7].
- **FruitFlow (150 mg/portion):** tomato extract to maintain a healthy blood flow.
- **New Zealand Blackcurrant (150 mg/portion):** rich in anthocyanin, a secondary plant constituent, with a varied effect on the NO metabolism [8-10].
- **Watts'Up (250 mg/portion):** patented citrus extract as energy booster at the cellular level. Can be used as a triple-action partner in the fields of strength – interval – endurance.

ADVANTAGES

- **NO-boost effect spectrum, performance optimiser**
- **nutrient mix based on functional plant extracts**
- **for targeted nutrient optimisation in high-intensity phases**
- **established and tested in strength, high-intensity games and endurance**

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UTILISATION

Endurance Sports

Dissolve daily 1 sachet in approx. 150-200 ml of water. To be taken during approx. 5 days and approx. 3 hours before a competition, as well as 1-2 afterwards and/or during intensive training phases.

Power Sports

To take 1-2 hours prior to exercise or competition.

Do not exceed the recommended daily allowance. Food supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of reach of small children.

INGREDIENTS

Acacia fibres, L-citrulline malate, 15% plant extracts (citrus bioflavonoids, apple/grapes, sour cherries, tomatoes, blackcurrants, curcuma, coffee, green tea, onions, acerola, blueberries), thickeners (xanthan, sodium alginate), flavours, acidifiers citric acid, ascorbic acid, 0.5% fruits and vegetables concentrates (broccoli sprouts, camu camu, acacia, elderberry, carrot, mangosteen fruit, cherry, blackberry, raspberry, spinach, green cabbage, brussels sprouts), spices (black pepper extract, garlic, basil, oregano, cinnamon), selenium-containing nutritive yeast, sweetener steviol glycoside.

PACKAGING

Box 10 x 7 g sticks (= 10 daily portions)

100 ml Zubereitung enthalten 35 kJ (9 kcal)

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NUTRITION FACTS

per Sachet (7 g) = 1 Tagesration/daily ration		
Vitamin(e) C	80 mg	100%*
Selen/selenium	30 µg	55%*

*NRV, nutrient reference values

Per Sachet: L-Citrullin(e) 1000 mg, ¹Watts'Up™ 250 mg, ²ViNitrox™ 250 mg, ³CherryPURE® Montmorency Tart Cherry 250 mg, ⁴fruitflow™ 150 mg, ⁵New Zealand Blackcurrant 150 mg

LITERATURE

- [1] Levers K. et al.: Effects of powdered Montmorency tart cherry supplementation on acute endurance exercise performance in aerobically trained individuals. J Int Sports Nutr (2016) 13:22
- [2] Levers K. et al.: Effects of powdered Montmorency tart cherry supplementation on an acute bout of intense lower body strength exercise in resistance trained males. J Int Soc Sports Nutr. (2015) 12 :41
- [3] Bell PG. Et al.: The effects of Montmorency Tart Cherry Concentrate Supplementation on Recovery Following Prolonged Intermittent Exercise. Nutrients (2016); Jul 22;8(7).
- [4] Bell PG. et al.: Recovery facilitation with Montmorency cherries following high-intensity, metabolically challenging exercise. Appl Physiol Nutr Metab (2015) Apr; 40(4):414-23.
- [5] Bell PG. et al.: Montmorency cherries reduce the oxidative stress and inflammatory responses to repeated days high-intensity stochastic cycling. Nutrients (2014) Feb 21;6(2):829-43
- [6] Bell PG. et al.: The role of cherries in exercise and health. Scand J Med Sci Sports (2014) Jun; 24(3):477-90.
- [7] http://www.ausport.gov.au/ais/sports_nutrition/supplements/groupb. Zugriff vom 29.03.2017
- [8] Cook MD. et al.: New Zealand blackcurrant extract improves cycling performance and fat oxidation in cyclists. Eur J Appl Physiol (2015) Nov; 115(11):2357-65.
- [9] Perkins IC et al.: New Zealand Blackcurrant Extract Improves High-Intensity Intermittent Running. Int J Sport Nutr Exerc Metab 2015 Oct; 25 (5): 487-93.
- [10] Willems Me et al: Beneficial Physiological Effects With Blackcurrant Intake in Endurance Athletes. Int J Sport Nutr Exerc Metab (2015) Aug 25(4):367-74

Drink powder as a food supplement for the production of a low-energy drink containing extracts and concentrates of 29 fruits, vegetables and plants. With vitamin C, selenium, L-citrulline, sweetener and blackcurrant flavour.

Carefully developed and manufactured in Switzerland.

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