

FIT&amp;WELL

# ELECTROLYTES

LOW CALORY SPORTS DRINK

Fruit Mix

**QUICK INFO** LACTOSE FREE GLUTEN FREE ACID FREE NO SWEETENERS NO ARTIFICIAL COLOURS NO PRESERVATIVES**PRODUCT DESCRIPTION**

SPONSER® ELECTROLYTES compensates your body with the minerals sodium, magnesium, calcium, chloride and potassium, which it is normally losing through sweat. The low calorie drink contains less than 10 calories per drink. Additionally enriched with zinc, which contributes to a normal fatty acid metabolism.

Intense activities demand for an adequate carbohydrate intake. Therefore, conventional sport drinks with moderate carbo-content of 60-80 g/1000 ml are still recommended. If you are exercising for endurance capacity or in matters of weight control a low carbohydrate intake could be effective. Therefore, Sponser developed a low calorie sport drink with focus on electrolytes.

Small tube with 10 tabs.

**ADVANTAGES**

- **With the electrolytes sodium, magnesium, calcium, chloride and potassium**
- **zinc contributes to a normal fatty acid metabolism**
- **less than 0.1 g sugar per portion**
- **negligible energy content**
- **free from gluten and lactose**

**USE INSTRUCTION**

Add 1 tablet to 500-750 ml of water per hour of activity.

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

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PAGE 2

## INGREDIENTS

Acidulant citric acid, sodium chloride, sodium bicarbonate, humectant sorbitol, potassium citrate, inulin, calcium carbonate, magnesium carbonate, flavours, sweetener sucralose, colouring beetroot juice powder, zinc citrate, colour riboflavin.

## FLAVOURING / PACKAGING

FruitMix 45 g 10 Tabl. à 4.5 g  
Lemon 45 g 10 Tabl. à 4.5 g

## NUTRITION FACTS

TYPISCHE NÄHRWERTE/ NUTRITION FACTS	100 G	1 PORTION = 4.5 g (1 TABL.)		
Energie/energy kJ (kcal)	816 (195)	37 (9)		
Fett/fat	0 g	0 g		
davon gesättigte Fettsäuren/of which saturated fatty acids	0 g	0 g		
Kohlenhydrate/carbohydrates	13.4 g	0.6 g		
davon Zuckerarten/of which sugars	1.0 g	< 0.1 g		
Eiweiss/protein	0 g	0 g		
Salz/salt**	22.23 g	1.0 g		
MINERALSTOFFE/MINERALS	%NRV*	%NRV*		
Natrium/sodium	8890 mg	--	400 mg	--
Magnesium	440 mg	117%	20 mg	5%
Calcium	890 mg	111%	40 mg	5%
Chlorid(e)	8890 mg	1111%	400 mg	50%
Kalium/potassium	2220 mg	111%	100 mg	5%
Zink/zinc	67 mg	670%	3.0 mg	30%

\*nutrient reference values

100 ml of the preparation contains (1 Tab in 750 ml) 5 kJ (1 kcal).

Low-calorie effervescent electrolyte drink tablets for sportsmen. Fruit Mix flavoured, with sweetener.

Carefully developed in Switzerland. Produced in Germany

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

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