



Sports Nutrition

ISO DRINK

Item No.: 5449144

The refreshing isotonic drink supplies the body with additional calcium, magnesium and vitamin C during exercise. The vitamin C in the drink protects cells from oxidative stress while magnesium contributes to healthy muscles. The ISO drink also reliably compensates for the loss of water, minerals and vitamins, thereby preventing any drop in performance. The ingredients are easily absorbed by the body and do not impact the stomach.



Benefits

- Compensates for the loss of water, vitamins and minerals during prolonged physical exercise
- Refreshing isotonic drink
- Only 73 calories per 500 ml
- Contains calcium and magnesium
- Contains vitamin C
- Six fruity flavours
- No fat (< 0.5 g fat in 100 ml product)
- Handy single-portion packs
- Easy preparation

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Isotonics

- Prolonged performance requires optimum access to micronutrients and fluid, which the body loses through sweating.
- Isotonic drinks have the same number of dissolved particles as the blood; they effectively compensate for lost minerals and water.



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Description

Flavoured beverage powder with vitamins, minerals, sugar and sweetener

Dosage per serving and use

Quickly stir 24 g of the powder into 500 ml water or use a shaker.

Before During After

Technical data

Flavours: Lemon
 Shelf life: 18 – 24 months, depending on the packaging format
 Storage: Store in a cool, dry and dark place.
 Packaging:

Allergy information

No allergens

Ingredients

Dextrose, acid: citric acid, potassium citrate, magnesium salts of citric acid, calcium carbonate, maltodextrin, flavouring, sodium bicarbonate, L-ascorbic acid, sweetener: sucralose, riboflavin

Nutrition Information	per 100 g	per serving (24 g)	% NRV *
Energy value	1275 kJ	306 kJ	
Energy value	305 kcal	73 kcal	
Fat	< 0.5 g	< 0.5 g	
-of which saturates	< 0.1 g	< 0.1 g	
Carbohydrates	62 g	15 g	
-of which sugars	58 g	14 g	
Fibre	< 0.5 g	< 0.5 g	
Protein	< 0.5 g	< 0.5 g	
Salt	0.81 g	0.19 g	
Vitamin B2	2.9 mg	0.7 mg	50
Vitamin C	166 mg	40 mg	50
Calcium	1668 mg	400 mg	50
Potassium	2500 mg	600 mg	30
Magnesium	782 mg	187.6 mg	50

All data are subject to usual variations in natural products.
 * Percent of nutrient reference values (NRV) according to Regulation (EU) No. 1169/2011 | ** No NRV available

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