

Lactat Puffer

delays the muscles over-acidification

Product description

Sport beverage containing carbohydrates and sodium to delay the muscles over-acidification during intensive physical effort and as complement to a carboloading.

Sponser Lactat Puffer contains sodium citrate and bicarbonate to prevent from an excessive formation of lactic acid (lactate), which is developed during high intensive anaerobic performances. The longer this performance limiting accumulation can be delayed, the longer and better an anaerobic performance can be maintained.

A soda-loading with Lactat Puffer offers a very effective competitive assistance for sporting activities with high intensity or interval loading with recurring anaerobic performance peaks; everywhere where the over-acidification of muscle becomes a performance-limiting factor.

Due to its high content in carbohydrates, sodium and liquid, the Lactat Puffer allows a simultaneous soda and carbohydrates loading before competitions.



Advantages

- Delay of the muscles over-acidification.
- Good tolerance to the sodium bicarbonate and citrate due to a several days intake before the competition day.
- Light flavoured.

Use

For a maximal anaerobic endurance, take daily 1000 ml of Lactat Puffer divided into 2-3 portions during 5-6 days. On the competition day itself, take 500-1000 ml up to 90 minutes before the effort.



Ingredients

Maltodextrin, sucrose, minerals (sodium citrate, sodium bicarbonate), fructose, flavourings, red beetroots powder.

Flavours / packaging / nutrition facts

Orange/peach. Box of 1000 g (12.5 l)

nutrition facts	100 g	80 g (1 litre)
energy kJ (kcal)	1520 (360)	1224 (288)
proteins	0 g	0 g
carbohydrates	90 g	72 g
fat	0 g	0 g