

Competition

Multi Carb Formula

Product description

COMPETITION is a light flavoured sports drink powder with important electrolytes. Thanks to its special composition and its neutral properties (taste and pH), it is also extremely digestible even in high concentrations.

COMPETITION focuses on the essential role of a sports drink – an optimal liquid replacement with a maximum energy density! This is possible by the exceptionally deep osmolarity and simultaneous by the clearly higher carbohydrates content than in usual sports drinks.

The 8 different carbohydrates allow the absorption through different transport systems. In this way, the body can clearly obtain a higher energy proportion from the supplied carbohydrates and preserve its own glycogen reserves (see graphic 1).

Moreover, the combination of various kinds of sugar helps for a slower and longer lasting energy supply and, besides, improves the energy utilisation of 20-50% compared to only one kind of sugar (see graphic 2).



Advantages

- Competition drink practically neutral in pH, as it contains no acidulants and is very light flavoured.
- High molecular starch hydrolysates with a very low osmolarity
- Isomaltulose (glucose + fructose) and trehalose (glucose + glucose) ensure a clearly slower glycemic and insulin increase compared to other kinds of sugar.
- Up to 100 g of power per 1000 ml and still hypotonic (240 mOsm)



Utilisation

Sports drink for the highest energy needs and with an extreme digestibility. Also suitable for the carboloading. Up to 100g /liter is the drink hypotonic (240 mOsm), in case of very high energy need, the concentration can be increased to max. 120 g /liter (isotonic).



Ingredients

Dextrose, maltodextrin, starch hydrolysate 27% (barley, rice), sucrose, fructose, isomaltulose, trehalose, minerals (sodium citrate, calcium lactate, magnesium citrate, sodium chloride, potassium citrate), flavours.

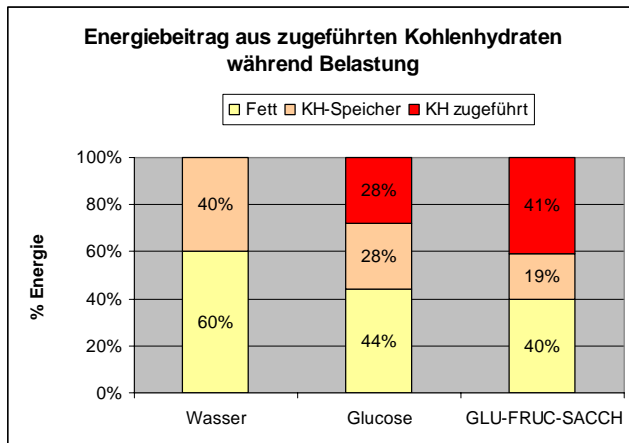
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Flavour / packaging / nutrition facts

Neutral, orange, banana, citrus. Box of 1000 g (= 10-17 litres). Bag of 800 g (=10-13 litres)

nutrition facts	per 100 g powder	per 60 g (1000 ml)
energy kJ (kcal)	1650 (390)	986 (232)
proteins	0 g	0 g
carbohydrates	97 g	58 g
fat	0 g	0 g
minerals		
sodium	500 mg	300 mg
potassium	80 mg	48 mg
calcium	55 mg	33 mg
magnesium	40 mg	24 mg
chloride	210 mg	126 mg

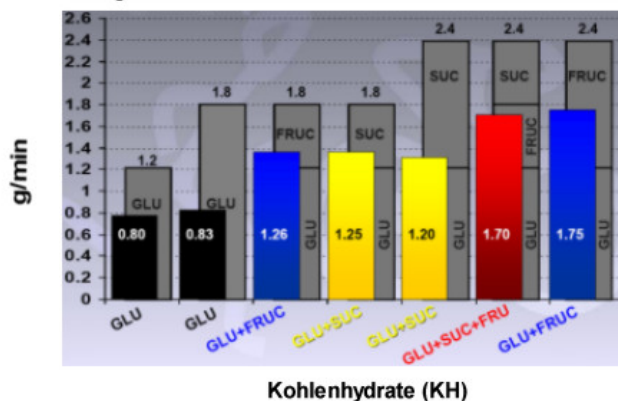


Graphic 1: A combination of glucose (GLU), fructose (FRUC), and sucrose (SACCH) allows an energy use a third higher (41% instead of 28%) compared with only glucose. That way, the body's own carbohydrates reserves are being preserved longer.

(Source: Jentjens et al, Medicine & Science in Sports & Exercise, 36(9):1551-1558, 2004).

Unterschiedliche KH-Nutzung während Belastung

Graue Balken: KH-Zufuhr (Typ und Menge)
Farbige Balken: Maximale Oxidationsrate



Graphic 2: A combination of glucose (GLU), fructose (FRUC) and sucrose (SACCH) allows a doubling of the carbohydrates supply and can increase the energy use (oxidation rate) of 20-50%.

(Source: Jentjens et al, Medicine & Science in Sports & Exercise, 36(9):1551-1558, 2004).