

Isotonic

Sportdrink

Product description

With SPONSER Isotonic, a professional isotonic thirst-quencher, the body absorbs liquid, minerals and vitamins in the fastest possible way. It is very easily digested, has a good fruity flavour and has the addition of important electrolytic vitamins and minerals. The combination of various kinds of sugar like glucose, sucrose, fructose, maltodextrin, isomaltulose and trehalose, improves the energetic value by 20-50% as compared to sport drinks containing only one kind of sugar (*Jentjens et al, Med Sci Sports Exerc, 2004*). SPONSER Isotonic may be taken before, during and after sports activities.



Sugar spectrum	
polysaccharide + fructose	60%
disaccharide	10%
monosaccharide	30%

Advantages

- Very high digestibility.
- A broad spectrum of sugar allows a balanced and constant energy supply.
(Multi Carb Formula for slow release effect)
- Enriched with vitamins and minerals.
- No artificial colourings and sweeteners.



Utilisation

Ideal sports drink, can be diluted during high intensity performances. SPONSER Isotonic may also be taken as part of a carbo-loading for quick glycogen storage after physical activities.



Ingredients

Glucose, sucrose, fructose, maltodextrin, isomaltulose, trehalose, acacia gum, acidulants, flavours, minerals, vitamins, natural colorants, antioxidant ascorbic acid.



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Flavours / packaging / nutrition facts

Box 10 x 39 g/0.5 l	Fruit Mix
	Red Orange
Bag 780 g/10 l	Fruit Mix
	Red Orange
	Pink Grapefruit
	Peach
	Citrus
Box 900 g/12 l	Fruit Mix
	Red Orange
	Pink Grapefruit
	Peach
	Citrus

Nutrition facts for the flavour citrus

nutrition facts	per 100 g powder		per 78 g (1 litre)	
energy kJ (kcal)	1580 (370)		1230 (290)	
proteins	0 g		0 g	
carbohydrates	90 g		70 g	
fat	0 g		0 g	
vitamins	per 100 g	%ETD*	per 78 g	%ETD*
E	10 mg	100%	7.8 mg	78%
C	60 mg	100%	46.8 mg	78%
B1	1.4 mg	100%	1.1 mg	78%
B2	1.6 mg	100%	1.2 mg	78%
B6	2 mg	100%	1.6 mg	78%
B12	1 µg	100%	0.8 µg	78%
niacin	18 mg	100%	14 mg	78%
folic acid	200 µg	100%	156 µg	78%
biotin	150 µg	100%	117 µg	78%
pantothenic acid	6 mg	100%	4.7 mg	78%
minerals	per 100 g	%ETD*	per 78 g	%ETD*
calcium	130 mg	16%	100 mg	12%
magnesium	95 mg	32%	75 mg	25%
sodium	445 mg	--	347 mg	--
potassium	195 mg	--	146 mg	--
chloride	495 mg	--	386 mg	--

* recommended daily intake