

Liquid Energy

+ sodium + potassium

Product description

SPONSER Liquid Energy is a highly concentrated neutral-tasting provider of energy in liquid form. A tube of 70 g contains 210 kcal of pure energy and is very easily digestible. Therefore Liquid Energy is appropriate for endurance sport people who are dependant on a constant energy supply. However, it is also ideal for power sports and games as an easily digestible source of energy.

The short and long availability of a balanced combination of sugar provides a gradual release of energy. Sodium accelerates the sugar absorption by the body, whilst potassium is needed for the carbohydrate metabolism.



Advantages

- Handy tube: easy dosage and no mess.
- Extended energy release through a balanced combination of sugar.
- The quick availability helps also during efficiency lowering.
- Best digestibility ever.
- Temperature stable. Appropriate for all weather conditions.
- Pleasant honey-like taste.

Utilisation

Take half a tube just before the performance and then 1 tube (approx. 50g carbohydrates) per hour. Drink sufficiently in addition. During efforts lasting more than 3 hours the dosage should be increased according to individual needs.



Ingredients

Glucose syrup, fructose, water, sodium chloride, potassium citrate, ascorbic acid.

Flavours / packaging / nutrition facts

Neutral. Display with 18 tubes of 70 g.

Analysis				
for 100 g:	per tube (70 g):			
energy kJ (kcal)	1275 (300)		900 (210)	
proteins	0 g		0 g	
carbohydrates	75 g		53 g	
fat	0 g		0 g	
vitamin C	43 mg	71%*	30 mg	50%*
carbohydrates quickly available				37%
medium and long-term availability carbohydrates				63%

* of the recommended daily intake