

Long Energy

+ glutamine + taurine + BCAA

Product description

LONG ENERGY is a high quality energy drink for competition and regeneration containing 75% of carbohydrates and 12.5% of proteins from whey protein isolate.

The combination of various kinds of sugar increases the energy utilisation of 20-50% and improves the digestibility. The high quality proteins portion ensures efficient glycogen storage and at the same time brings the conditions for quick muscles regeneration.

Vitargo™, as main carbohydrates source has a molecular weight about 100 times greater than the traditional maltodextrin, which allows an about 70% faster glycogen formation in the muscles compared with other kinds of sugar.

Sodium and potassium are important for the carbohydrates absorption and utilisation.

Chromium, zinc and magnesium are essential for the insulin effect, as to say for the glycogen storage and the muscles constitution.

Glutamine functions as energy source for the immune system, but is also important for the muscle constitution. Taurine passes for being a semi essential amino acid similar to insulin and has a detoxicating effect towards free radicals.



Advantages

- High tech competition and regeneration product for long lasting endurance events.
- 58 g carbohydrates, 8 g proteins per litre.
- High proportion of glutamine and BCAA



Utilisation

Sport beverage for long-lasting endurance efforts. Appropriate for sportsmen willing to support at the most their performances and regeneration through nutrition and aiming the fastest possible recovery.



Ingredients

Barley starch hydrolysate 21% (VITARGO™), sucrose, fructose, , protein hydrolysates (whey protein, casein), maltodextrin, glucose, trehalose, minerals, citric and malic acid, flavours, taurine, red beet juice, vitamins.

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Flavours / packaging / nutrition facts

Berry. Box of 1200 g (= 15 litres)

nutrition facts	per 100 g of powder		per 80 g (1000 ml)	
energy kJ (kcal)	1455 (342)		1165 (274)	
proteins	10 g		8 g	
carbohydrates	72 g		58 g	
fat	< 0.5 g		< 0.5 g	
vitamins		%ETD*		%ETD*
E	5 mg	50%	4 mg	40%
C	30 mg	50%	24 mg	40%
B1	0.7 mg	50%	0.56 mg	40%
B2	0.8 mg	50%	0.64 mg	40%
niacin	9 mg	50%	7.2 mg	40%
B6	1 mg	50%	0.8 mg	40%
folic acid	100 µg	50%	80 µg	40%
B12	0.5 µg	50%	0.4 µg	40%
biotin	75 µg	50%	60 µg	40%
pantothenic acid	3 mg	50%	2.4 mg	40%
minerals		%ETD*		%ETD*
magnesium	60 mg	20%	48 mg	15%
zinc	3 mg	20%	2.4 mg	30%
sodium	580 mg		464 mg	
potassium	450 mg		360 mg	
chromium	40 µg		32 µg	
amino acids	per 100 g		per 80 g	
BCAA**:	2390 mg		1910 mg	
L-valine	690 mg		550 mg	
L-leucine	1115 mg		890 mg	
L-isoleucine	585 mg		470 mg	
taurine	540 mg		430 mg	
glutamic acid of that glutamine peptide	1980 mg		1585 mg	

E

TD = recommended dietary allowance

**BCAA = branched chain amino acids