

Maltodextrin 100

for additional energy

Product description

SPONSER Maltodextrin 100 ensures a long lasting energy supply. The neutral tasty powder is made out of corn starch. The sugar spectrum of this pure carbohydrates powder (95% of dry substance) consists of polysaccharides as well as maltose and dextrose. Maltodextrin 100 is easily digestible and suits very well for supplying additional energy during competitions/trainings (carboloading) as well as for the regeneration of the carbohydrates reserves (reloading). Ideal for carboloading and for energy enrichment of beverages, muesli, shakes, etc...



Carbohydrates profile	
Polysaccharides	96%
Maltose	3%
Dextrose	1%
Total	100%

Advantages

- 100% pure carbohydrates powder.
- Optimal digestibility.
- Neutral taste and good solubility.

Use

For additional energy, as it is needed. For carboloading, take approx. 3 g of Maltodextrin per kilo of body weight a couple days before or at least the day before long lasting competition. During intensive training phases and training camps, take every 3 days this same quantity.



Ingredients

Corn starch (enzyme hydrolysis).

Flavours / Packaging / Nutrition facts

Neutral. Boxes of 800 g.

Nutrition facts	100 g
energy kJ (kcal)	1615 (380)
protein	0 g
carbohydrates	95 g
fat	0 g