

# CARBO BASIC

ENERGY

Sports drink powder with carbohydrates and electrolytes.



- supplies the body with more energy fast
- compensates depletion of minerals
- pH neutral and flavor-free

**Carbo Basic** is an acid-free sports drink powder containing carbohydrates and electrolytes. The combination of different carbohydrate sources and sugars enhances energy metabolism. Carbo Basic replenishes minerals and is both pH and flavor neutral. This beverage can be supplemented as desired with syrup, added sugar and/or salt, depending on digestibility, climate/temperature and competition/training intensity. Carbo Basic contains no additives such as acids, flavors, stabilizers, etc., and is therefore easily digestible.

### RECOMMENDATIONS FOR USE

Fill 1/3 of bottle (approx. 250ml) with water, add 2 level measuring spoons (40g) of powder and shake well for approx. 10 seconds. Top off with water.

During physical exertion, 1 serving (750ml) per hour is recommended.

Time in minutes ->

|               |    |    |    |   |               |    |    |              |    |    |    |    |
|---------------|----|----|----|---|---------------|----|----|--------------|----|----|----|----|
| 60            | 45 | 30 | 15 | 0 | 30            | 60 | 90 | 120          | 15 | 30 | 45 | 60 |
|               |    |    |    |   |               |    |    |              |    |    |    |    |
| <b>BEFORE</b> |    |    |    |   | <b>DURING</b> |    |    | <b>AFTER</b> |    |    |    |    |

= 1 Portion (40g powder/750ml water)

### FLAVOUR

Neutral

### PACKAGING

- 1500 g Container with measuring spoon

### INGREDIENTS

Maltodextrine, sucrose, fructose, salt, magnesium citrate

### NUTRITION FACTS

|                         | Per 100g         | Per 40g         |
|-------------------------|------------------|-----------------|
| Energy                  | 1589 kJ/380 kcal | 635 kJ/152 kcal |
| Proteins                | 0 g              | 0 g             |
| Carbohydrates           | 95 g             | 38 g            |
| - of which sugar        | 50.3 g           | 20.1 g          |
| Fat                     | 0 g              | 0 g             |
| - of which saturated FA | 0 g              | 0 g             |
| Fiber                   | 0 g              | 0 g             |
| Sodium                  | 0.74 g           | 0.29 g          |
| Magnesium               | 130 mg           | 52 mg           |