



EFFORT DRINK

Effort Drink is a formulation specially adapted to maintain fluid balance and energy supply during exercise.

Effort Drink is well tolerated by athletes even at exhaustion. Only ingredients that have proven helpful during exercise were used to formulate Effort Drink. Carbohydrates

contains in

Effort Drink

have high glycemic index to support blood glucose during exercise.

Effort Drink

also contains sodium chloride which is necessary for effort whose duration is 2 hours or more.

Contents

Maltodextrin, glucose, aroma, sodium chloride, citric acid (E330), beta-carotene (E160a),

sweeteners: cyclamate and sodium saccharin, potassium chloride, ascorbic acid (vitamin C).

Available in 3 delicious aromas

Orange, lemon, lemon tea.

Price : 24,90 Frs per unit of 500 g [Analyse quantitative](#)

Indications

Use for effort whose duration is one hour and more. Reduce the prescribed dosage in hot and humid weather. To ensure optimum gastrointestinal tolerability, do not increase the prescribed dosage.

Ingredients

Maltodextrin, calcium caseinate , whey protein (Whey protein) , medium chain triglycerides, , flavors , calcium carbonate , sodium chloride , magnesium oxide , potassium chloride , sweeteners: cyclamate and sodium saccharin , ascorbic acid, alpha

tocopherol, niacinamide , ferrous fumarate , beta- carotene , zinc oxide , calcium pantothenate , pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, cholecalciferol , folic acid , biotin, cyanocobalamin (vitamin B12) .

Use

Dilute 2 level scoops of powder (approximately 25 g) in 500 ml of water using a mixer or shaker. A package is sufficient for 10 liters of beverage.