

SPORT FRUIT®

FRUIT-BASED ENERGY FOOD SUPPLEMENT FOR ATHLETES
WITH POTASSIUM AND MAGNESIUM



HUNGER DURING THE RACE OR TRAINING SESSION



- ENERGIZED FRUIT SUITABLE FOR SPORT
- EASY TO CHEW AND DIGEST
- GRADUAL ENERGY RELEASE
- DELAYS THE DEPLETION OF ENERGY STORES

PACKAGE: 15 SACHETS, 42 g/each

Available flavours:

- Orange-Peach
- Cherry-Lemon

RECOMMENDED FOR

Nutrition for training and competitions
- Energy store before sport activities
- Suitable for people who train, even for young athletes



WHEN TO USE SPORT FRUIT®



BEFORE DURING AFTER

Warnings: this product is intended to be used as part of a varied, balanced diet and a healthy lifestyle. Store in a cool, dry place. The expiration date applies to the product in its intact container when stored as directed. This product is tested free from Nandrolone and Testosterone with their precursors, free from amphetamines and ephedrines.

INDICATIONS

SPORT FRUIT® is recommended to provide a ready for use, long-lasting energy supply.

FEATURES

SPORT FRUIT® is a fruit based energy food supplement, useful to provide energy to the body. This product contains carbohydrates with different times of assimilation, to guarantee a sustained energy supply. It also contains mineral salts (Mg, K,Ca), useful to optimize sports performances. SPORT FRUIT® is easy to chew and digest, its packaging is designed to preserve the product in optimal conditions, and can be used even in extreme conditions. This product does not contain gluten (Gluten Free), therefore is suitable also for people suffering from celiac disease or gluten intolerance.

HOW TO USE AND RECOMMENDED DAILY DOSE

BEFORE SPORT

At least 60-90 minutes before starting an intense physical activity, with a glass of water.

DURING SPORT

Long-distance races - Consume every 1.5-2 hours, with a little water.

Medium-distance races - Consume approximately halfway through, with a little water.

AS A SNACK

Consume at mid-morning or at mid-afternoon.

INGREDIENTS ORANGE-PEACH

Fruit juice from concentrate 71% (peach: 40%, orange: 31%, natural flavourings, stabilizer: pectin), fructose, dextrose, lemon juice from concentrate 6%, gelling agent: citrus pectin, acidifier: citric acid, citrus fiber, sodium bicarbonate, calcium citrate, potassium carbonate, magnesium carbonate, preservative: potassium sorbate, colouring: beta-carotene.

INGREDIENTS CHERRY-LEMON

Cherry pulp concentrate (82.5%), fructose, dextrose, lemon juice concentrate (10%) gelling agent: citrus pectin, acidifying agent: citric acid; citrus fiber, acidity regulator: sodium bicarbonate, calcium citrate, potassium carbonate, magnesium carbonate, flavourings; preservative: potassium sorbate.

NUTRITIONAL INFORMATION

	Per 100 ml	2 pack x 42g = 1 serving
Energy		
Kcal	232	195
KJ	983	826
Typical Values		
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	54 g	46 g
of which sugars	52 g	44 g
Fiber	4.9 g	4.1 g
Protein	<0.5 g	<0.5 g
Salt (Nax2.5)	0.24 g	0.2 g
Calcium	83 mg	69 mg (9% NRV)
Magnesium	58 mg	49 mg (13%NRV)
Potassium	341 mg	286 mg (14% NRV)

NUTRITIONAL INFORMATION

	Per 100 ml	2 pack x 42g = 1 serving
Energy		
Kcal	243	204
kJ	1017	854
Typical Values		
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	56 g	47 g
of which sugars	53 g	44 g
Fiber	3.4 g	2.8 g
Protein	<0.5 g	<0.5 g
Salt (Nax2.5)	0.28 g	0.23 g
Calcium	73 mg	61 mg (7% NRV)
Magnesium	63 mg	53 mg (14%NRV)
Potassium	337 mg	283 mg (14% NRV)

NRV: Nutrient Reference Values (adults) according to Reg. (EU) No 1169/2011