

## 2102870 - Isostar Effervescent Powertabs 10 Tabs Lemon, 120g

### Ingredients

Glucose, citric acid, sodium hydrogen carbonate, starch, maltodextrin, natural lemon flavour and other natural flavours, potassium carbonate, magnesium carbonate, calcium carbonate, sodium chloride, calcium phosphate, sweetener aspartame, vitamin C, vitamin E, vitamin B1, colouring agent beta carotene. Contains a source of phenylalanine.

Nutritional information	per 100 g		per portion (24g)	
	kJ	kcal	kJ	kcal
Energy	1525	358	367	86
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	79		19	
of which sugars [g]	75		18	
Protein [g]	0		0	
Salt [g]	3,4		0.83	
Vitamins/Minerals	per 100 g	% <sup>1</sup>	per portion (24g)	% <sup>1</sup>
Vitamin E [mg]	14	117	3,4	28
Vitamin C [mg]	78	98	19	24
Thiamine (Vitamin B1) [mg]	1,1	100	0.26	24
Calcium [mg]	340	43	82.0	10
Magnesium [mg]	156	42	37.0	10
Sodium [g]	1.4		0.33	

<sup>1</sup> Percentage of recommended daily allowance

Energy per 100 ml of prepared drink: 74 kJ / 17.4 kcal

### Suggested usage

Consume 150 ml every 15 minutes during warm-up as well as during and after training (up to 2 hours). Dissolve 2 tabs in 500 ml water.

## 228505801 - Isostar Effervescent Powertabs 10 Tabs Cranberry, 120g

### Ingredients

Dextrose, citric acid, sodium carbonate, starch, maltodextrin, natural flavours, potassium carbonate, magnesium carbonate, calcium carbonate, sodium chloride, calcium salts of orthophosphoric acid, sweetener aspartame, colouring agent: concentrated beetroot juice powder, vitamin C, vitamin E, thiamin, Contains a source of phenylalanine.

May contain traces of shellfish, milk, soy and gluten.

Nutritional information	per 100 g		per portion (24g)	
	kJ	kcal	kJ	kcal
Energy	1538	361	370	87
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	79		19	
of which sugars [g]	72		17	
Protein [g]	0		0	
Salt [g]	3		0.72	
Vitamins/Minerals	per 100 g	% <sup>1</sup>	per portion 24 g	% <sup>1</sup>
Vitamin E [mg]	20	167	1.8	40
Vitamin C [mg]	133	166	32	40
Thiamine (Vitamin B1) [mg]	1.8	164	0.43	39
Calcium [mg]	340	43	81.6	10
Magnesium [mg]	160	43	38.4	10
Potassium [mg]	390	20	93.6	5

<sup>1</sup> Percentage of recommended daily allowance

### Suggested usage

Consume 150 ml every 15 minutes during warm-up as well as during and after training (up to 2 hours). Dissolve 2 tabs in 500 ml water.

Please pay attention to a balanced, varied diet and a healthy lifestyle.

Store in a cool, dry place.

Made in Germany.