

2092412 - Dextro Energy Tablets Sport Formula Stick, 2 x 47g

Sales description

Energy-supplying dextrose tablets with vitamins and magnesium for endurance athletes. Sports Formula

Ingredients

Dextose (87%), maltodextrin, magnesium carbonate, acid (citric acid), anticaking agent (magnesium salts of fatty acids), flavouring, vitamin C, vitamin B1, vitamin B6.

Nutritional information

Nutritional information	per 100 g		per serving or portion*	
	kJ	kcal	kJ	kcal
Energy	1545	364	1056	250
Fat [g]	2,9		5,7	
of which saturates [g]	2,3		3,4	
Carbohydrates [g]	3,8		15,5	
of which sugars [g]	2,6		15,2	
Fibre [g]				
Protein [g]	80,0		34,0	
Salt [g]	1,0		0,6	

Vitamins/minerals	per 100 g	% ¹	per serving or portion	% ¹
Vitamin C [mg]	80	13,6	13,6	17
Thiamin (vitamin B1) [mg]	1,1	0,187	0,187	17
Vitamin B6 [mg]	1,4	0,238	0,238	17
Magnesium [mg]	375	63,75	63,75	17

¹Percentage of reference quantity in accordance with EU reg. no. 1169/2011

Suggested usage

Recommended dose during sports: 1 tablet (à 3,4 g) every 15-20 minutes