

## 2274808 - ultraSPORTS ultraPERFORM Beetster drink powder, red fruit , 80g sachet (2 portions)

### Sales description

Powder with plant extracts to produce a carbohydrate electrolyte drink

### Ingredients

Dextrose, beetroot powder, hibiscus extract, melissa extract, taurine, lemon extract, salt, ginger extract, red grape skin extract, green tea extract.

Nutritional information	per 100 g		per portion 40 g	
	kJ	kcal	kJ	kcal
Energy	1380	333	552	133
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	80		32	
of which sugars[g]	73		29	
Protein [g]	1,2		0,5	
Salt [g]	1,13		0,45	

Other ingredients	per 100 g		per portion 40 g	
Beetroot powder [mg]	6500		2600	
of which betanin [mg]	20		8	
Hibiscus extract [mg]	5100		2040	
of which anthocyanins [mg]	18		7	
Melissa extract [mg]	3000		1200	
of which polyphenols [mg]	389		156	
Ginger extract [mg]	1000		400	
of which gingerols and shogaols [mg]	3,2		1,3	
Red grape skin extract [mg]	500		200	
of which OPC [mg]	200		80	
Green tea extract [mg]	250		100	
of which green tea polyphenols [mg]	125		50	
of which natural green tea caffeine [mg]	20		8	
Taurine [mg]	1250		500	
Sodium [mg]	452		181	

<sup>1</sup>per cent of the reference quantity (according to EG-VO 1169/2011)

### Suggested usage

Before intense training and before competitions: Stir 2 portions (80 g = 1 double portion sachet) Beetster powder in 600 ml of water and drink it within the last 60 minutes before the training or competition. During training and competition: 2 portions per hour. During Train-Low training: every 2 hours 1 portion Beetster (40 g) in 600 ml water.

Beetster unfolds its full effect as part of a varied, balanced diet and a healthy lifestyle.

**Note:** Store in a dry and cool place.

Characteristics: gluten-free, lactose-free, fructose-free, vegan