

ENERGY

SALT CAPS

**QUICK INFO**

- X LACTOSE FREE
- X GLUTEN FREE
- X ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES

**PRODUCT DESCRIPTION**

Electrolytes blend to use during prolonged endurance and multi-day performances in the heat.

2 Salt Caps in combination with water work well as an energy-free electrolyt drink. Appropriate to promote the fat metabolism during low glycogene training. In combination with carbohydrates you can create your own "self-made" sports drink.

Carbohydrate-electrolyt solutions enhance the absorption of water during physical exercise and contribute to the maintenance of endurance performance during longlasting endurance exertions. Furthermore, Zinc contributes to a normal fatty acid metabolism.

ADVANTAGES

- **2 capsules with 400 mg sodium, correspond to 750-1000 ml sport drink**
- **Practical intake thanks capsules**
- **Prior or during competitions in hot climate**
- **Appropriate for an individualised electrolyt intake**

UTILISATION

Intake of the capsules with sufficient water or open the capsules and add the powder to water or other solutions.

Adding the content of 2 capsules in a 500 ml drink containing carbohydrates creates a suitable carbohydrate-electrolyt solution for sport (sport drink).

INGREDIENTS

sodium chloride, sodium citrate, potassium citrate, vegetable capsule (E464), calcium citrate, magnesium citrate, zinc gluconate, antiagglomerant magnesium stearate. 1 capsule = 1096 mg

ENERGY

SALT CAPS

PAGE 2

PACKAGING

120 capsules per can

NUTRITION FACTS

NUTRITION FACTS	PER PORTION 2 capsules	
energy kJ (kcal)	11 (3)	
fat	0 g	
of which fatty acids		
- saturated	0 g	
carbohydrates	0 g	
of which sugars	0 g	
fibres	0 g	
protein	0 g	
salt**	1.0 g	
MINERALS		%NRV*
sodium	400 mg	--
magnesium	20 mg	5%
calcium	40 mg	5%
chloride	200 mg	25%
potassium	100 mg	5%
zinc	3.0 mg	30%

*nutrient reference values

**calculated of total sodium content by factor 2.5