

ENERGY LONG RACES

ENERGY BAR FOR ATHLETES WITH ALANINE, LEUCINE AND GLUTAMINE



HUNGER DURING TRAINING OR COMPETITION



FLAVOUR: HAZELNUT AND ALMOND

- SPECIFIC FOR LONG DISTANCES
- SUSTAINED AND DISTRIBUTED ENERGY
- HIGH ENERGY CONTENT (208 KCAL)
- WITH SLOW RELEASE CARBOHYDRATES
- WITH WHEY PROTEIN
- WITH ISOMALTULOSE
- EXCLUSIVE ETHICSPORT FORMULATION
- GREAT-TASTING AND HIGHLY DIGESTIBLE
- SOFT AND PALATABLE

INDICATIONS

ENERGY LONG RACES is a bar for athletes recommended to provide solid energy before and during training. This product has been developed to provide a significant energy intake from several nutrients. It contains Alanine, Leucine and Glutamine, therefore is suitable for longer races and for the most demanding endurance activities. It provides rapid and sustained energy.

ENERGY LONG RACES bar is easily digestible, great-tasting, easy to chew and keeps its features unaltered even in critical situations.

HOW TO USE AND RECOMMENDED DAILY DOSE

BEFORE

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

DURING

Long races: take it every 1.5 - 2 hrs with a little water. Medium-length races: take it at half of the race with a little water.

INGREDIENTS

Glucose syrup, **almonds** 12.9%, **Hazelnuts** 11.3%, Honey, raisins, protein flakes **milk (whey** protein, rice flour, emulsifier (sunflower lecithin)), palm fat, **oat** flakes 6.5%, Sugar, **wheat** flakes, rice crisps (flour rice, **wheat gluten**, sugar, **wheat** malt, glucose, salt), *isomaltulose, L-glutamine 0.9%, Emulsifier (**soy** lecithin) *isomaltulose is a source of glucose and fructose. Contains dairy products, gluten, soy and nuts. May contain traces of peanuts. *Isomaltulose is a source of glucose and fructose.

ADVICE

Each person have their own different absorption times and energy needs, according to their metabolism and level of training. Therefore, for optimal effectiveness during competitions, it is recommended to take ENERGY LONG RACES first during training sessions.

RECOMMENDED FOR

SUITABLE FOR ALL SPORTS

- Hunger during training or competition
- Pre-race energy store



PACKAGING: 30 BARS, 45 g EACH

WHEN TO USE ENERGY LONG RACES



Warnings: store in a cool and dry place. The expiration date applies to the product in its intact container when stored as directed.

NUTRITIONAL INFORMATION

	Per 100 g	Per bar (45 g)
Energy		
kcal	462	208
kJ	1933	870
Typical Values		
Fat	23.1 g	10.4 g
of which saturates	5.2 g	2.3 g
Carbohydrate	49.9 g	22.5 g
of which sugars	26.8 g	12.1 g
Fiber	4.3 g	1.9 g
Protein	11.6 g	5.2 g
Salt (Nax2.5)	0,10 g	0,04 g
Alanine	217 mg	98 mg
Leucine	461 mg	207 mg
Glutamine	896 mg	403 mg