

# ENERGY LONG RACES SWEET-SALTY

## ENERGY BAR FOR ATHLETES WITH GLUTAMINE



HUNGER DURING TRAINING OR COMPETITION



FLAVOUR: PEANUT AND HAZELNUT

- GLUTEN FREE
- NO ADDED FATS
- WITH 100% ITALIAN HAZELNUT
- WITH SLOW RELEASE CARBOHYDRATES
- HIGH ENERGY CONTENT (204 KCAL)
- WITH NATURAL PROTEINS
- EXCLUSIVE ETHICSPORT FORMULATION
- SPECIFIC FOR LONG DISTANCES
- SUSTAINED AND DISTRIBUTED ENERGY
- GREAT-TASTING AND HIGHLY DIGESTIBLE
- SOFT AND PALATABLE

### FEATURES

ENERGY LONG RACES SWEET-SALTY is a bar for athletes recommended to provide solid energy before and during training. ENERGY LONG RACES SWEET-SALTY has been developed to provide a significant energy intake from several nutrients.

It contains Glutamine, therefore is suitable for longer races and for the most demanding endurance activities. It provides rapid and sustained energy. ENERGY LONG RACES SWEET-SALTY bar is easily digestible, great-tasting, easy to chew, no added fats and keeps its features unaltered even in critical situations. ENERGY LONG RACES SWEET-SALTY does not contain gluten (Gluten Free), therefore it is suitable also for people suffering from celiac disease or gluten intolerance.

### 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

Hazelnuts [24%], peanuts [15%], sweetener: maltitol, honey, sugar, egg white, sweetener: isomalt, apricots [4%] (dehydrated apricots, rice flour, antioxidant: sulfur dioxide), maltodextrin, sesame, L-glutamine, soy flour, corn starch, antioxidant: rosemary extract, emulsifier: E471. May contain traces of: other nuts, milk.

### 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 SWEET-SALTY first during training sessions.

### RECOMMENDED FOR

#### SUITABLE FOR ALL SPORTS

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



PACKAGING: 30 BARS, 42 g EACH

### WHEN TO USE ENERGY LONG RACES SWEET - SALTY



Warnings: this product is intended to be used as part of a varied, balanced diet and a healthy lifestyle. Store in a cool dry place away from sunlight and other direct sources of heat. The expiration date applies to the product in its intact container when stored as directed. This product contains maltitol, an excessive consumption can have laxative effect.

### NUTRITIONAL INFORMATION

	Per 100 g	Per bar (42 g)
<b>Energy</b>		
kcal	486	204
kJ	2027	851
<b>Typical Values</b>		
Fat	27,8 g	11,68 g
of which saturates	3,4 g	1,43 g
Carbohydrate	49,7 g	20,87 g
of which sugars	34,7 g	14,57 g
Fiber	5,1 g	2,14 g
Protein	15,2 g	6,38 g
Salt (Nax2.5)	0,04 g	0,02 g
Glutamine	1250 mg	525 mg