

Long Energy

Competition Formula



Product description

LONG ENERGY – COMPETITION FORMULA is a high tech competition drink free of acid with a 5 % proportion of precious protein in peptide form. This allows quicker glycogen storage and brings the condition for accelerated muscles regeneration. The body uses the 1038 mg of glutamine (per 100 g) as energy source for the immune system and the 1250 mg of BCAA to delay the tiredness. Besides, the amino acids glutamine and BCAA support the protein synthesis.

Long Energy is mildly flavoured, practically pH neutral and is thereby especially digestible. Ideal to take during activities lasting several hours or in case of tolerance problems.

Analogously to the Competition line, the new Long Energy contains eight different sources of carbohydrates. The combination of different kinds of sugar raises the energy utilisation by 20-50 % and improves its digestibility.

Vitargo™, as main carbohydrates source has a molecular weight about 100 times greater than the traditional maltodextrine and thus allows an about 70 % quicker glycogen formation in the muscles.

Caffeine is taken in combination with various sugar kinds to maintain the endurance efficiency. Scientific studies [1, 2] show that caffeine promotes the exogenous oxidation of glucose, this also supposes an increased resorption ability of the glucose in the case of a simultaneous intake of caffeine.



Advantages

- High tech competitions drink for highly intensive endurance events
- Very digestible, as totally free of acid
- 90% of carbohydrates, 5 % of proteins
- Multi Carb formula for a slow release effect
- High BCAA and glutamine proportion
- Cola : NEW with 70 mg of caffeine per 100g of powder



Utilisation

To take as sport and competition drink, especially during activities lasting longer than two hours. Advice: in case of very high energy needs, the concentration can be raised up to 120 g of powder per litre (isotonic preparation).

Thanks to the caffeine proportion of 70 mg / 100 g of powder, the coke variation suits very well for the last stage of exhausting endurance performances.



Ingredients

Dextrose, maltodextrin, barley starch hydrolysate (VITARGO™), rice starch hydrolysate, saccharose, fructose, isomaltulose, trehalose, protein hydrolysates (whey, casein), minerals, flavours, vitamins. Coke variation : + natural caffeine.

