

ENERGY

MUSCLE RELAX

SOUR SHOT



QUICK INFO

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



PRODUCT DESCRIPTION

Uncontrolled muscle contractions are a common phenomenon in endurance and game sports. It often leads to a drop in performance and forces the athletes to give up the race or stop playing. Typical reasons are in many cases mechanical stress/overload, cold temperatures, dehydration as well as loss of energy and electrolytes.

Scientific studies practised for many years confirm the usage of Mixed Pickle Juice. Sponser® MUSCLE RELAX is an adapted Mixed Pickle Juice solution based on scientific criteria with acetic acid, the bitter substance quinine and magnesium.

Magnesium contributes to the electrolyte balance and normal muscle function.

ADVANTAGES

- **Innovative formula with acetic acid, quinine and magnesium**
- **Magnesium to support electrolyte balance and normal muscle function**
- **Preventive or during acute contraction phase**

UTILISATION

According to your needs, 1-2 shots before or during exercise. Ideally with short mouth rinsing during approx. 10 seconds before swallowing. If taken prior to high-intensity physical performance consider a sufficient time-lag, depending on individual digestibility.

A varied and balanced diet and a healthy lifestyle are important for our health.

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INGREDIENTS

Water, sucrose, vinegar 2.5% (with 25% acetic acid), pickle juice concentrate 2%, lemon juice concentrate, magnesium citrate, acidulant citric acid, preservative potassium sorbate, salt, quinine hydrochloride. Contains quinine (3.3 mg/100 ml).

PACKAGING

Box 4 x 30 ml

NUTRITION FACTS

NUTRITION FACTS	PER 100 ML	2 SHOTS (60 ML = 1 DAILY RATION)	
Energy kJ (kcal)	192 (45)	115 (27)	
Fat	< 0.1 g	0 g	
of which saturated fatty acids	< 0.1 g	0 g	
Carbohydrates	10 g	6.0 g	
of which sugars	10 g	6.0 g	
Protein	< 0.1 g	< 0.1 g	
Salt	0.16 g	0.10 g	
Magnesium		15%NRV*	56 mg

*nutrient reference values

Ready-to-drink concentrate with pickle juice, vinegar, and magnesium prior to and during exercise. Contains quinine.

Following studies discuss the influence of acid and bitter substances associated with muscle function:

- Allen S. et al.: Ad libitum fluid intake and plasma responses after pickle juice, hypertonic saline, or deionized water ingestion. *J Athl Train*, 2013;48(6):734-740
- Gam S. et al.: Mouth rising and ingestion of a bitter solution improves sprint cycling performance. *Med Sci Sports Exerc*, 2014;46(8):1648-1657.
- Miller K.C., et al.: Gastric emptying after pickle juice ingestion in rested, euhydrated humans. *J Athl Train*, 2010a;45(6):601-608.
- Miller K.C. et al.: Reflex inhibition of electrically induced muscle cramps in hypohydrated humans. *Med Sci Sports Exerc*. 2010b;42(5):953-961.
- Miller K.C., et al.: Electrolyte and plasma responses after pickle juice, mustard, and deionized water ingestion in dehydrated humans. *J Athl Train*, 2014;49(3):360-367.

Developed in Switzerland. Carefully produced in Germany.

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