

# ISO ENERGY

## Energy + Hydration

Advanced formula to increase stamina when exercising

Rapid energy and hydration

A revolutionary formula combining simple and complex carbohydrates, amino acids, antioxidants and electrolytes. Specially designed to rehydrate the body, optimise and increase stamina during training. If you play or practice an endurance sport, **ISO-ENERGY** is definitely the product for you.

Its amazing combination of ingredients includes:

- **Carbo Optimum Complex:** A complex matrix of simple and complex carbohydrates that improve the absorption and use of energy by the body's cells, as well as providing rapid hydration.
- **L-Glutamine:** Is an essential amino acid for repairing muscle tissue and aiding the body's recovery. It also improves the functioning of the immune system and reduces Over-Training Syndrome (OTS).
- **Electrolytes:** during prolonged periods of exercise, the body loses a great number of electrolytes through sweat and urine. The most important are:
  - **Calcium:** This plays a vital role in muscle contraction and relaxation, nerve conduction and the secretion of hormones, amongst other roles.
  - **Potassium:** Important in transporting glucose to muscle cells.
  - **Magnesium:** Forms part of over 300 enzymes, is related to the transmission of nerve impulses, muscle contraction and the production of ATP (energy molecule).
  - **Sodium and Chloride:** These are vital in the proper regulation of the body's hydration balance.
- **Vitamin C:** Plays an important role in endurance sports, owing to its antioxidant capabilities in eliminating free radicals, as well as a regulator in collagen synthesis and protecting the immune system.



Nutritional Information	per Portion (30g)
Energy	395 Kj/93 Kcal
Fat	0 g
- of which sat. fatty Acids	0 g
Carbohydrates	23 g
- of which Sugars	14 g
Protein	0 g
Salt	0,88 g
Ascorbic Acid	80 mg (100%*)
Potassium	313 mg (39%*)
Chloride	313 mg (39%*)
Magnesium	165 mg (44%*)
Sodium	347 mg
L-Glutamine	1500 mg

\* %NRV = Reference Intake of an average Adult

Thanks to its composition, **ISO-ENERGY** is an ideal product in resistance training, as it increases the body's hydration, reduces muscle cramping, and improves water gastric emptying, which in turn prevents problems caused when consuming liquids during exercise. It also provides quick, sustained energy as well as immediately replacing electrolytes lost during training.

**Ingredients Cola Flavour:** Dextrose, Maltodextrin, Fructose, L-Glutamine (Kyowa®), Natural Flavouring, Acid: Citric Acid; Colour: sulphite ammonia caramel; Calcium Carbonate, Sodium Citrate, Sodium Chloride, Magnesium oxide, Ascorbic Acid (Vitamin C), Anti-Caking: Silicon Dioxide, Sweetener: Sucralose.

**DIRECTIONS FOR USE:** Mix 30 g powder (1/2 measuring scoops) with 420 ml water. With this solution we obtain an isotonic drink with an osmolality of 310 mOs/Kg.

**PRESENTATION:** Tin 900g (30 servings) and sachettes 30g.

**FLAVOURS:** - **900g:** Mandarin-Orange, Fresh Lemon, Ice Blue and Cola

- **Sachettes 30g:** Mandari-Orange.