

ENERGY

LACTAT BUFFER



QUICK INFO

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



PRODUCT DESCRIPTION

Lactat Buffer is a slightly flavoured beverage powder with sodium citrate and bicarbonate for young active and ambitious athletes who are practising for very high intense sports, so-called anaerobic lactic sports.

During high intensity performances, the accumulation of lactate is often limiting the performance. As a consequence, it comes to a short term drop of the pH value of the blood.

Lactat Buffer is a competition supplement for ambitious athletes of all disciplines in which lactate rises are performance-limiting such as rowing, sprint disciplines, skiing, swimming, etc.

Registered in Switzerland as a new type of dietary supplements for athletes: BAG N Nr. 100730.

ADVANTAGES

- **Delaying hyperacidity of muscles**
- **Well tolerated bicarbonates and sodium citrate due to intake over several days before the competition day**
- **Slightly flavoured**

UTILISATION

Suitable for swimmers, sprinters, for rowing, for martial arts like judo, for skiing, cross-country skiing, bobsleigh, speed climbing, etc...

As acute loading 2-1 hour before competition according to intake recommendations. For an appropriate soda loading prepare powder according to intake recommendations and drink within 2-1 h pre-race in small portions. Do not take together with milk. The intake should be restricted to only a few important competitions per year, since a long-term high sodium intake is discouraged by nutritional recommendations.

Scientific studies showed that a soda-loading over several days has the exact same efficiency. In this case the ingestion should start 5-6 days before the competition day according to intake recommendations. The positive effects in performance are proved until up to 24 hours after intake.

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Changes in urin pH can be expected due to the bicarbonate supplementation. If an athlete gets called up for a doping test, it can take several hours until the urine pH value raises up again to an acceptable value for the control board.

Lactat Buffer does not contain any active doping substances and can also be used by elite athletes.

Warnings according to the approval conditions of the Federal Office of Public Health

People with restricted kidney function or with a high blood pressure and who are salt-sensitive should not use Lactat Buffer. Sodium-bicarbonate and sodium-citrate should not be taken together with milk, it could cause a milk-alkali-syndrome with raised blood-calcium values and may lead to calcium deposits in kidneys.

RECOMMENDED INTAKE

BODY WEIGHT	1 DAILY RATION	+ WATER
45-55 kg	25 g = 3 ML*	ca. 700 ml
55-65 kg	30 g = 4 ML*	ca. 850 ml
65-75 kg	34 g = 4.5 ML*	ca. 1000 ml
75-85 kg	39 g = 5 ML*	ca. 1100 ml
85-95 kg	44 g = 5.5 ML*	ca. 1250 ml

INGREDIENTS

Sodium citrate 45%, hydrolysed maize starch, sodium bicarbonate 24%, sweetener stevia extract (rebaudioside A).

FLAVOUR/PACKAGING

Lemon 800 g can (18-32 portions)

NUTRITION FACTS

Nutrition facts	100 g
energy kJ (kcal)	510 (120)
protein	0 g
carbohydrates	30 g
- of which sugars	0 g
Fat	0 g
- of which saturated fatty acids	0 g
fibres	0 g
sodium	17.05 g

Carefully produced in Switzerland

Sponser Sport Food AG
CH-8832 Wollerau

Sponser Europe GmbH
D-88131 Lindau