

#### **ENERGY**

## **POWER GUMS**

58 G OF CARBS PER 10 PIECES

#### **FRUIT MIX**





#### PRODUCT DESCRIPTION

Thanks to the caffeine they contain, the handy POWER GUMS by SPONSER® improve the endurance performance and the concentration. One bag of 10 gums contains 56 g of carbohydrates out of glucose. They are enriched with 150 mg of caffeine, which represents the caffeine content of 2-3 cups of coffee. They are suitable for intensive and long training units as a supplement or as alternative to conventional gels or bars.

Additionally enriched with vitamins of the B group:

- Vitamin B2 (43% of the NRV per bag) plays a role in the energy metabolism.
- Pantothenic acid (50% of the NRV) contributes to normal energy-yielding metabolic process.
- Niacin (63% of the NRV) serves the energy and vitality of the whole organism.
- Vitamin B6 (64% of the NRV) supports the protein and energy metabolism.
- Vitamin B12 supports the formation of red blood cells.

Further enriched with taurine and glucuronolactone.

Also available in the cola variant without caffeine and without vitamins, but with the electrolytes sodium, magnesium, potassium, calcium and chloride.

#### **ADVANTAGES**

- Quick and handy energy source
- Caffeine for a better performance
- Enriched with vitamins

#### **UTILISATION**

Appropriate as quickly available energy snack during sport.

#### **INGREDIENTS**

Glucose syrup, sucrose, gelling agent gelatine, humectant sorbitol, dextrose, acidulant citric acid, antioxidant ascorbic acid, flavour, taurine, glucuronolactone, maltodextrin, caffeine, inositol, vitamins (nicotinamide, pantothenic acid, riboflavin, pyridoxine hydrochloride, cyanocobalamin), glazing agent (medium chain triglycerides from palm kernel and coconut oil, bee wax), colouring carmine.



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56 G DE GLUCIDES POUR 10 GOMMES

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#### FLAVOUR/PACKAGING

Fruit Mix Display 20 x 75 g (1 portion= 75 g) Cola Display 20 x 75 g (1 portion = 75 g)

#### **NUTRITION FACTS**

AVERAGE NUTRITION FACTS	PER 100 G		DAILY RATION	
				(75 G = 10 PCS.)
energy kJ (kcal)	14	10 (331)		1057 (248)
fat		0.2 g		0.15 g
of which saturated fatty acids		< 0.2 g		< 0.15 g
carbohydrates		75 g		56 g
of which sugars		75 g		56 g
fibres	0 g		0 g	
protein		6.6 g		5.0 g
sodium***	0.30 g		0.23 g	
VITAMINS	%NRV*		%NRV*	
B2	0.8 mg	57%	0.6 mg	43%
niacin	10 mg	63%	7.5 mg	47%
pantothenic acid	4.0 mg	67%	3.0 mg	50%
B6	1.2 mg	86%	0.9 mg	64%
B12	0.8 µg	32%	0.6 µg	24%
OTHERS				
cafeine	200 mg		150 mg	
taurine	780 mg		500 mg	
inositol	40 mg		30 mg	
glucuronolactone	460 mg	·	345 mg	

<sup>\*</sup>nutrient reference values

Energy gums for sports people, with caffeine and fruit flavour.

Carefully produced in Switzerland

Sponser Sport Food AG CH-8832 Wollerau www.sponser.ch Sponser Europe GmbH D-88131 Lindau www.sponser.de

<sup>\*\*\*</sup>calculated according to the law with a factor of 2.5 (sodium content 0.12g/100 g)