

# Long Energy

Competition Formula

5%  
Protein

## 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.



## 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



## 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).



## Ingredients

Dextrose, maltodextrin, barley starch hydrolysate (VITARGO™), rice starch hydrolysate, saccharose, fructose, isomaltulose, trehalose, protein hydrolysates (whey, casein), minerals, flavours, vitamins.

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## Flavours / packaging / nutrition facts

Citrus. Jar of 1200 g (= 15-20 litres)

nutrition facts	per 100 g of powder		per 80 g (1000 ml)	
energy kJ (kcal)	1615 (380)		1285 (302)	
proteins	5 g		4 g	
carbohydrates	90 g		71.5 g	
fat	0 g		0 g	
<b>vitamins</b>		<b>%RDA*</b>		<b>%RDA*</b>
E	5 mg	50%	4 mg	40%
C	30 mg	50%	24 mg	40%
B1	0.7 mg	50%	0.56 mg	40%
B2	0.8 mg	50%	0.64 mg	40%
niacin	9 mg	50%	7.2 mg	40%
B6	1 mg	50%	0.8 mg	40%
folic acid	100 µg	50%	80 µg	40%
B12	0.5 µg	50%	0.4 µg	40%
biotin	75 µg	50%	60 µg	40%
pantothenic acid	3 mg	50%	2.4 mg	40%
<b>minerals</b>		<b>%RDA*</b>		<b>%RDA*</b>
magnesium	38 mg	20%	48 mg	15%
sodium	600 mg		480 mg	
potassium	75 mg		60 mg	
calcium	50 mg	6%	40 mg	5%
chloride	200 mg		160 mg	
<b>amino acids</b>	<b>per 100 g</b>		<b>per 80 g</b>	
BCAA**:	1250 mg		1000 mg	
L-valine	363 mg		290 mg	
L-leucine	581 mg		465 mg	
L-isoleucine	306 mg		245 mg	
glutamic acid with glutamin peptide	1038 mg		830 mg	

RDA = recommended dietary allowance

\*\*BCAA = branched chain amino acids