

**ARTICLE NUMBER:** 22176

**CONTENT:** 16 SACHETS 12G EACH (192G)

## FOR OPTIMUM PERFORMANCE

During any kind of exercise, the body has an increased demand for fluids, vitamins and carbohydrates.

The most important function of sports drinks is to hydrate the body by replacing fluids lost through exercise. Additionally, through sweat, the body can lose a great deal of vitamins and fluids that are essential for proper functioning.

Carbohydrates are also essential to proper performance during exercise. The body digests carbohydrates very quickly, giving you the energy boost you need during exercise or sports activities.

After exercise, your body will need time to recover from the physical strains placed on muscles and joints. However, by speeding up your recovery time with proper hydration and nutrition, you can train harder and longer next time, allowing you to achieve the results in physical fitness, appearance, and sports performance more quickly.

Xtra LowOz™ is a sports drink with a combination of minerals, vitamins, and nutrients that support you during and after exercise – your ideal sports companion!

- ✓ Vitamin B (Riboflavin), Vitamin B12, Vitamin C and Niacin contribute to a normal, energy-yielding metabolism
- ✓ Vitamin B2 (Riboflavin), Vitamin B12 and Vitamin C can contribute to the reduction of tiredness and fatigue
- ✓ Vitamin B2 and Vitamin C contribute to the protection of cell constituents from oxidative damage
- ✓ Vitamin C contributes to normal functioning of the immune system during and after intense physical exercise

## RECOMMENDED USE

Mix the contents of one Xtra LowOz™ sachet with 500 ml of still water. Stir or shake well and sip as required during training. Shake or stir again if necessary.

## INGREDIENTS

Maltodextrin, fructose, glucose, acidulant (citric acid), potassium citrate, sodium chloride, release agent (silica), OPC-containing grape seed extract, magnesium chloride, orange flavouring, ascorbic acid, release agent (calcium silicate), OPC-containing pine bark extract, sweetener (sucralose), nicotinamide, calcium D-pantothenate, thiaminehydrochloride, riboflavin, colouring (beta carotene), and cyanocobalamin.

May contain traces of gluten.



## XXTRA LOWOZ

### MOST IMPORTANT NUTRITIONAL VALUES PER SERVING

ENERGIE	43 kJ / 184 kcal	RDA*
SODIUM	50 mg	2%
VITAMIN B1	1.5 mg	100%
VITAMIN B2	1.7 mg	100%
NIACIN	20 mg	100%
VITAMIN B12	3 µg	50%
VITAMIN C	70 mg	117%
PANTOTHENIC ACID	10 mg	100%
MAGNESIUM	22 mg	6%
POTASSIUM	95 mg	3%

\*% of the recommended daily amount