

# Sports Drink Gold

DIETARY SUPPLEMENT



Sports Drink Gold is an isotonic sports drink for replenishing fluids and carbohydrates during exercise. With 30 g of carbohydrates per serving, in a 2:1 ratio, and electrolytes.

## USP's

- 30 g of carbohydrates per serving
- 2:1 glucose-fructose ratio
- Contributes to the improvement of physical performance during prolonged exercise\*

*\*Carbohydrate solutions contribute to the improvement of physical performance during high-intensity and prolonged exercise in trained adults.*

## Why use a sports drink during exercise?

A sports drink is an easy way to combine fluids and carbohydrates during exercise. Drinking enough is important, but when exercise lasts longer than 60 minutes, it is beneficial to replenish carbohydrates in addition to water. By filling your bottle with a sports drink, you take in carbohydrates with every drinking moment.

Carbohydrate solutions contribute to the improvement of physical performance during high-intensity exercise lasting longer than 60 minutes in trained adults. The recommended carbohydrate intake during exercise is between 30 and 90 grams per hour.

Sports Drink Gold can easily be combined with Energy Gel Gold. By using sports drinks and gels together, you can easily adjust your carbohydrate intake to the duration and intensity of your exercise.

## What is a sports drink?

A sports drink is a drink that contains carbohydrates and is used during or around exercise. Many sports drinks also contain electrolytes. The purpose of a sports drink is to replenish fluids during exercise while also providing carbohydrates.

Sports Drink Gold is an isotonic sports drink and contains 30 grams of carbohydrates per serving. The carbohydrates come from a combination of glucose and fructose in a 2:1 ratio. This combination allows the carbohydrates to be absorbed more easily during exercise. In addition, the sports drink contains electrolytes in the form of sodium.

## What is an isotonic sports drink?

An isotonic sports drink is a type of sports drink in which the total concentration of dissolved substances, such as carbohydrates and electrolytes, is similar to that of the body. This allows the drink to be absorbed efficiently during exercise.

## When to use an isotonic sports drink?

An isotonic sports drink is mainly used during or around exercise that lasts longer or involves a lot of sweating. For short training sessions or competitions, water is often sufficient. When exercise lasts 60 minutes or longer, it is beneficial to consume carbohydrates in addition to water.

An isotonic sports drink is particularly suitable for:

- Endurance sports such as running, cycling and triathlon
- Team sports with high intensity
- Warm conditions or training sessions with heavy sweating

## How much sports drink should you drink during exercise?

The amount of isotonic sports drink you drink per hour depends on the duration and intensity of your exercise, as well as how much you sweat. This varies from person to person and is strongly influenced by temperature. A practical guideline is to drink one bottle (500 ml) of isotonic sports drink per hour.

The recommended carbohydrate intake during exercise ranges from 30 to 90 grams per hour, depending on the duration and intensity of the activity. A sports drink can serve as a good base for fluid and carbohydrate intake.

If you want to consume higher amounts of carbohydrates, you can easily combine a sports drink with an energy gel [Link naar productpagina Energy Gel Gold].

Below is an overview of general guidelines for carbohydrate intake during exercise.

## Guideline for carbohydrate intake during exercise

Duration of exercise	Carbohydrate intake
<1 hour	0-30 g per hour
1-2 hours	30-60 g per hour
2-3 hours	60-90 g per hour
>3 hours	90 g per hour



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DIETARY SUPPLEMENT



## For which sports is a sports drink suitable?

A sports drink is mainly suitable for sports where you are active for an hour or longer. Especially at higher intensity or in warm conditions, a sports drink is a practical way to replenish fluids and carbohydrates during exercise.

Examples of sports where a sports drink can be used effectively:

### Endurance sports

- Running
- Cycling
- Triathlon
- Speed skating
- Rowing
- Winter sports such as skiing and snowboarding

### Team and interval-based sports

- Football
- Basketball
- Handball
- Volleyball
- Hockey
- Tennis
- Padel
- HYROX

### Walking

- Long walks, such as hikes

## NZVT-certified

Sports Drink Gold is produced according to the (doping) standards of the NZVT system and therefore carries the NZVT logo. This means that elite athletes can use Sports Drink Gold with confidence. This allows them to focus fully on achieving peak performance.

## Recommended use

Mix two scoops (32 g) with 500 ml of water and shake well. Use the sports drink before, during or after exercise, depending on your personal needs.

A practical guideline is one bottle (500 ml) per hour during exercise. This can be adjusted based on the duration and intensity of the activity and the temperature.

## In same field of vision

300 gram e | 9 servings of 32 grams

## Storage

Store in a cool, dry place.



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## Nutritional information Lemon-lime flavour

Typical values	per 100 g	per serving (32 g)
Energy	1569 kJ (369 kcal)	502 kJ (118 kcal)
Fat		
- of which saturates	0 g	0 g
Carbohydrates	92 g	30 g
- of which sugars	46 g	15 g
Protein	0 g	0 g
Salt	2.3 g	0.75 g
Sodium	920 mg	300 mg

## Nutritional information Berry flavour

Typical values	per 100 g	per serving (32 g)
Energy	1567 kJ (369 kcal)	501 kJ (118 kcal)
Fat		
- of which saturates	0 g	0 g
Carbohydrates	92 g	30 g
- of which sugars	46 g	15 g
Protein	0 g	0 g
Salt	2.3 g	0.75 g
Sodium	920 mg	300 mg

## Ingrediënts

Ingredients: Maltodextrin, fructose, dextrose, salt, natural flavourings, acid (citric acid).

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