

Beetroot Shot Gold

DIETARY SUPPLEMENT



Shot containing 400 mg nitrate from beetroot. Easy to use before training and competitions.

USP's

- 400 mg nitrate per shot
- Convenient for training and competition
- Natural beetroot flavour

What is Beetroot Shot Gold?

Beetroot Shot Gold is concentrated beetroot juice in a convenient single-serving shot, specially developed for athletes. One shot provides 400 mg nitrate from beetroot, comparable to around 150–200 g of cooked beetroot.

The natural, slightly sweet beetroot flavour makes it easy to take, and the small bottles are ideal to use in the lead-up to demanding training sessions and competitions.

Why do athletes use beetroot juice?

Beetroot naturally contains nitrate. In the body, nitrate can be converted into nitric oxide (NO). Beetroot juice has been used in the sports world for many years, including within elite performance environments. Many athletes take it in preparation for high-intensity training and races.

Who is Beetroot Shot Gold for?

Beetroot Shot Gold can be used in a wide range of sports. It is especially popular in endurance sports such as running (also during marathon preparation), cycling and triathlon. It is also used in team sports such as football and hockey, as well as explosive sports like sprinting and crossfit.

Examples of sports where beetroot shots are commonly used:

- Running
- Cycling
- Triathlon
- Swimming
- Football
- Hockey
- Sprint disciplines
- Crossfit

When and how to use Beetroot Shot Gold?

There are two ways to use Beetroot Shot Gold. The best option depends on your training or competition and personal preference:

• **Single pre-exercise shot**

Convenient for training sessions and smaller competitions. Take 1 shot 2–3 hours before exercise.

• **Multi-day loading phase (3–7 days)**

For major competitions or events, you can follow a loading protocol. Take 1–2 shots per day for 3–7 days, with the final shot 2–3 hours before the start.

Oral bacteria play an important role in processing nitrate into nitrite. Toothpaste, antibacterial mouthwashes and some chewing gums can interfere with this natural process. Avoid brushing teeth, mouthwash and chewing gum for about 1 hour before and 1 hour after taking Beetroot Shot Gold.

Your urine or stool may temporarily appear red or pink after consuming beetroot juice. This is due to the natural colour pigment betanin. It is harmless and temporary.

If you are new to beetroot shots, try Beetroot Shot Gold first during training before using it for competition.

NZVT-certified

Beetroot Shot 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 Beetroot Shot Gold with confidence. This allows them to focus fully on achieving peak performance.

Recommended use

Take 1 shot 2–3 hours before training or competition. For a loading protocol: take 1–2 shots daily for 3–7 days. Shake well before use.

In same field of vision

16 bottles, 960 ml e (16 x 60 ml e)

Storage

Store in a cool, dry place, protected from light and out of reach of young children. Packed under protective atmosphere.



ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS



Beetroot Shot Gold

DIETARY SUPPLEMENT



Nutritional information

Typical values	Per 100 ml	Per shot (60 ml)
Energy	469	281 kJ (66 kcal)
Fat	0 g	0 g
- of which saturates		
Carbohydrates	24 g	15 g
- of which sugars	18 g	11 g
Protein	1.7 g	1.0 g
Salt	0.16 g	0.10 g
Nitrate	667 mg	400 mg

Ingredients

Water, concentrated beetroot juice (22%), beetroot extract (6%), concentrated apple juice, concentrated lime juice, tomato powder, preservatives (potassium sorbate, sodium benzoate).

May contain traces of crustaceans, fish, soy, milk and/or sulphur dioxide.



ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS

