

# CARBO BOOSTER

Neutral Flavour

**Carbohydrate powder with vitamins for enrichment of beverages and food.**

**Ingredients:** Maltodextrin (60 %), dextrose (30 %), highly branched cyclic dextrin (10 %), vitamin E, niacin, pantothenic acid, vitamin B6, vitamin B2, vitamin B1, folic acid, biotin, vitamin B12.

Average nutritional values	per 100 g	% NRV* per 100 g	per serving [30 g]	% NRV * per serving [30 g]
Energy	1665 kJ 392 kcal		500 kJ 118 kcal	
Fat of which saturates	< 0,5 g < 0,1 g		< 0,5 g < 0,1 g	
Carbohydrates of which sugars	98 g 35 g		29 g 11 g	
Protein	< 0,5 g		< 0,5 g	
Salt	0,07 g		0,02 g	
<b>Vitamins</b>				
Vitamin E	40 mg	333 %	12 mg	100 %
Thiamine (= Vitamin B1)	3,7 mg	333 %	1,1 mg	100 %
Riboflavin (=Vitamin B2)	4,7 mg	333 %	1,4 mg	100 %
Niacin	53 mg	333 %	16 mg	100 %
Vitamin B6	4,7 mg	333 %	1,4 mg	100 %
Folic acid	666 µg	333 %	200 µg	100 %
Vitamin B12	8,3 µg	333 %	2,5 µg	100 %
Biotin	167 µg	333 %	50 µg	100 %
Pantothenic acid	20 mg	333 %	6,0 mg	100 %

\* Percent of Nutrient Reference Values

**Use:** For one serving stir 30 g of Carbo Booster (= 2 measuring spoons) into 500-700 ml of Refresh Drink, water or other liquids or foods. Take 1-2 servings per day. The use of Carbo Booster is recommended before, during and after your training.

**Important Information:** This product does not substitute a balanced and varied diet and a healthy lifestyle.

Store in a cool and dry place.

**Contents: 1500 g (= 50 servings)**