

# Carbo Energizer

**Carbo Energizer... the "yellow jersey" of the energy drinks !**

### Carbohydrates, ... a source of energy !

Carbo Energizer contains 3 different kinds of carbohydrates together ensuring a permanent supply of energy in the short and long term and for a medium long period.

With its perfect combination of 75% of complex and 25% of simple carbohydrates, it is the perfect supplement for the **endurance athlete** !

Carbohydrates are one of the 6 essential nutrients that the body needs to function. Their first function is to provide the body with energy. Therefore carbohydrates are the principal source of energy to athletes. There are two types of carbohydrates, the simple and the complex ones.

The simple carbohydrates give energy on a short term, the complex ones on a long term. In the body, both are stored as glycogen in the liver and muscles, where they are used as an easy approachable supply of energy. Scientific research has demonstrated that nutrition rich in carbohydrates can enhance the glycogen supply in the liver and muscles. In this way, the performance and the duration of the physical exertion can be improved.

Carbo Energizer is a combination of dextrose, fructose and maltodextrine.

**Dextrose and fructose** are simple carbohydrates that are **quickly** absorbed by the body (fructose a bit slower than dextrose) and deliver **energy on a short term**.

**Maltodextrine** belongs to the group of complex carbohydrates, but is decomposed quicker in the digestive canal than the complex carbohydrates from our food (starch such as rice, pasta and potatoes) and is therefore an ideal source of energy for athletes on a **medium and long term**.

### Vitamins and minerals

Carbo Energizer contains the right combination of these energy sources and is quickly absorbed thanks to an additional vitamin and mineral mix. It is easy to digest and mixes smoothly with water.

In other words, Carbo Energizer is the ideal energy drink for the athlete who wants to reach a maximal performance !

### Tastes:

Orange, lemon, berry blast and bloodorange.

### Suggested use:

Mix 75 g of powder with 500 ml water or orange juice. Recommended daily portion: 150 g. To use before, during and after training.

### Packaging:

Available in a pot of 750 g and 1500 g.

### Important:

With sugar and sweeteners.



## Advantages

- Contains 3 different kinds of carbohydrates
- Supplies 100% of energy on short and long term
- Smooth to mix
- No stomach irritations

**WITH VITAMINS  
& MINERALS !**

QUALITY IS OUR PRIORITY

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### Ingredients:

**Bloodorange:** maltodextrine, fructose, dextrose, food acids (citric acid/ascorbic acid) vitamin and mineral mix, flavour, sweetener: aspartame, colouring agent (Ponceau 4R). Contains a source of phenylalanine.

**Lemon:** maltodextrine, fructose, dextrose, food acids (citric acid/ascorbic acid) vitamin and mineral mix, flavour, sweetener: aspartame, colouring agent (β-carotene). Contains a source of phenylalanine.

**Orange:** maltodextrine, fructose, dextrose, vitamin and mineral mix, flavour, food acids (ascorbic acid/citric acid), colouring agent (β-carotene), sweetener: aspartame. Contains a source of phenylalanine.

**Berry blast:** maltodextrine, fructose, dextrose, flavour, vitamin and mineral mix, food acids (ascorbic acid/citric acid), colouring agent (beetroot red), sweetener: aspartame. Contains a source of phenylalanine.

### Nutritional values:

BLOOD ORANGE	/100 g	/150 g	RDA
Energy	383 kcal / 1601 kJ	574 kcal / 2399 kJ	
Carbohydrates	95,9 g	143,8 g	
Proteins	0 g	0 g	
Fat	0 g	0 g	
Mg (magnesium oxide)	50 mg	75 mg	25%
Vit C (ascorbic acid)	20 mg	30 mg	50%
Vit B3 (nicotinamide)	6 mg	9 mg	50%
Zn (zinc gluconate)	5 mg	7,4 mg	50%
Fe (iron gluconate)	4,7 mg	7 mg	50%
Vit E (DL-alpha tocopherol acetate)	3,3 mg	5 mg	50%
Cu (copper gluconate)	0,8 mg	1,2 mg	110%
Vit B2 (riboflavin)	0,5 mg	0,8 mg	50%
Vit B1 (thiamine HCl)	0,47 mg	0,7 mg	50%
Vit B5 (calcium-pantothenat)	2 mg	3 mg	50%
Vit B6 (pyridoxine HCl)	0,7 mg	1 mg	50%
Vit B12 (cyanocobalamin)	0,3 µg	0,5 µg	50%
Vit M (folic acid) (pteroylmonoglutamic acid)	67 µg	100 µg	50%
I (potassium iodine)	50 µg	76 µg	50%
Vit H (D-biotin)	0,05 mg	0,07 mg	50%

LEMON	/100 g	/150 g	RDA
Energy	381 kcal / 1592 kJ	572 kcal / 2389 kJ	
Carbohydrates	95,2 g	142,8 g	
Proteins	0 g	0 g	
Fat	0 g	0 g	
Mg (magnesium oxide)	50 mg	75 mg	25%
Vit C (ascorbic acid)	20 mg	30 mg	50%
Vit B3 (nicotinamide)	6 mg	9 mg	50%
Zn (zinc gluconate)	5 mg	7,4 mg	50%
Fe (iron gluconate)	4,7 mg	7 mg	50%
Vit E (DL-alpha tocopherol acetate)	3,3 mg	5 mg	50%
Cu (copper gluconate)	0,8 mg	1,2 mg	110%
Vit B2 (riboflavin)	0,5 mg	0,8 mg	50%
Vit B1 (thiamine HCl)	0,47 mg	0,7 mg	50%
Vit B5 (calcium-pantothenat)	2 mg	3 mg	50%
Vit B6 (pyridoxine HCl)	0,7 mg	1 mg	50%
Vit B12 (cyanocobalamin)	0,3 µg	0,5 µg	50%
Vit M (folic acid) (pteroylmonoglutamic acid)	67 µg	100 µg	50%
I (potassium iodine)	50 µg	76 µg	50%
Vit H (D-biotin)	0,05 mg	0,07 mg	50%

ORANGE	/100 g	/150 g	RDA
Energy	388 kcal / 1622 kJ	582 kcal / 2433 kJ	
Carbohydrates	97 g	145,5 g	
Proteins	0 g	0 g	
Fat	0 g	0 g	
Mg (magnesium oxide)	50 mg	75 mg	25%
Vit C (ascorbic acid)	20 mg	30 mg	50%
Vit B3 (nicotinamide)	6 mg	9 mg	50%
Zn (zinc gluconate)	5 mg	7,4 mg	50%
Fe (iron gluconate)	4,7 mg	7 mg	50%
Vit E (DL-alpha tocopherol acetate)	3,3 mg	5 mg	50%
Cu (copper gluconate)	0,8 mg	1,2 mg	110%
Vit B2 (riboflavin)	0,5 mg	0,8 mg	50%
Vit B1 (thiamine HCl)	0,47 mg	0,7 mg	50%
Vit B5 (calcium-pantothenat)	2 mg	3 mg	50%
Vit B6 (pyridoxine HCl)	0,7 mg	1 mg	50%
Vit B12 (cyanocobalamin)	0,3 µg	0,5 µg	50%
Vit M (folic acid) (pteroylmonoglutamic acid)	67 µg	100 µg	50%
I (potassium iodine)	50 µg	76 µg	50%
Vit H (D-biotin)	0,05 mg	0,07 mg	50%

BERRY BLAST	/100 g	/150 g	RDA
Energy	389 kcal / 1625 kJ	583 kcal / 2437 kJ	
Carbohydrates	97,2 g	145,8 g	
Proteins	0 g	0 g	
Fat	0 g	0 g	
Mg (magnesium oxide)	50 mg	75 mg	25%
Vit C (ascorbic acid)	20 mg	30 mg	50%
Vit B3 (nicotinamide)	6 mg	9 mg	50%
Zn (zinc gluconate)	5 mg	7,4 mg	50%
Fe (iron gluconate)	4,7 mg	7 mg	50%
Vit E (DL-alpha tocopherol acetate)	3,3 mg	5 mg	50%
Cu (copper gluconate)	0,8 mg	1,2 mg	110%
Vit B2 (riboflavin)	0,5 mg	0,8 mg	50%
Vit B1 (thiamine HCl)	0,47 mg	0,7 mg	50%
Vit B5 (calcium-pantothenat)	2 mg	3 mg	50%
Vit B6 (pyridoxine HCl)	0,7 mg	1 mg	50%
Vit B12 (cyanocobalamin)	0,3 µg	0,5 µg	50%
Vit M (folic acid) (pteroylmonoglutamic acid)	67 µg	100 µg	50%
I (potassium iodine)	50 µg	76 µg	50%
Vit H (D-biotin)	0,05 mg	0,07 mg	50%