

# ENERGY LONG RACES LINEA TECNICA®

## ENERGY BAR FOR ATHLETES WITH ALANINE, LEUCINE AND GLUTAMINE



Warnings: store in a cool and dry place. The expiration date applies to the product in its intact container when stored as directed.

HUNGER DURING TRAINING  
OR COMPETITION



- SPECIFIC FOR LONG DISTANCES
- SUSTAINED AND DISTRIBUTED ENERGY
- HIGH ENERGY CONTENT (207 KCAL)
- GREAT-TASTING AND HIGHLY DIGESTIBLE
- SOFT AND PALATABLE

PACKAGING: 30 BARS, 45 g EACH

FLAVOUR: HAZELNUT AND ALMOND

### RECOMMENDED FOR

SUITABLE FOR ALL KINDS OF SPORT

- Hunger during training or competition
- Pre-race energy store

### INDICATIONS

ENERGY LONG RACES is a bar for athletes recommended to provide solid energy before and during training. This product has been developed to provide a significant energy intake from several nutrients. It contains Alanine, Leucine and Glutamine, therefore is suitable for longer races and for the most demanding endurance activities. It provides rapid and sustained energy.

ENERGY LONG RACES bar is easily digestible, great-tasting, easy to chew and keeps its features unaltered even in critical situations.

### HOW TO USE AND RECOMMENDED DAILY DOSE

#### BEFORE

At least 60-90 minutes before starting an intense activity, with a little water.

#### DURING

Long races: take it every 1.5 - 2 hrs with a little water. Medium-length races: take it at half of the race with a little water.

### INGREDIENTS

Glucose syrup, almonds 12.9%, hazelnuts 11.3%, honey, raisins, whey protein crisp (whey protein, rice flour, emulsifier (soy lecithin)), palm fat, oat flakes, sugar, wheat flakes, rice crisps (rice flour, wheat gluten, sugar, wheat malt, glucose, salt), isomaltulose\*, L-glutamine 0.9%, emulsifier (soy lecithin).

*\*Isomaltulose is a source of glucose and fructose. It contains milk derivatives, gluten, soy and nuts. It may contain traces of peanuts.*

### ADVICE

Each person have their own different absorption times and energy needs, according to their metabolism and level of training. Therefore, for optimal effectiveness during competitions, it is recommended to take ENERGY LONG RACES first during training sessions.

### NUTRITIONAL INFORMATION

	Per 100 g	Per bar (45 g)
<b>Energy</b>		
kcal	460	207
kJ	1926	866
<b>Typical Values</b>		
Fat	23.1 g	10.4 g
of which saturates	5.2 g	2.3 g
Carbohydrate	49.1 g	22.1 g
of which sugars	26.6 g	11.9 g
Fiber	4.7 g	2.1 g
Protein	11.8 g	5.3 g
Salt (Nax2.5)	0.1 g	0.04 g
Alanine	217 mg	98 mg
Leucine	461 mg	207 mg
Glutamine	896 mg	403 mg

### WHEN TO USE ENERGY LONG RACES

