

# PRE GARA DYNAMIC®

## PRODUCT FOR ATHLETES WITH AMINO ACIDS, CARBOHYDRATES, MINERALS AND VITAMINS



IT OPTIMIZES  
PERFORMANCE IN SPORTS  
WITH AEROBIC AND  
ANAEROBIC COMPONENTS

PACKAGING: 20 SACHETS, 15.3 g EACH

### FEATURES

This product contains complex carbohydrates and electrolytes useful to maintain endurance performances during physical activities. Pre Gara Dynamic provides medium-chain maltodextrins, glucogenic amino acids and branched chain amino acids that, being absorbed at different times, provide energy distributed over time. It provides creatine together with  $\alpha$ -ketoglutaric acid, alanine and taurine. This product also contains a phytocomplex of titrated Guaranà and Ginseng, useful to combat physical and mental fatigue. Vitamins (B2, B5, B6, C and Folate) help to reduce tiredness and fatigue, and the electrolytes contained (Ca, Mg, K) contribute to normal muscle function. Vitamins (B1, B2, B6, C, Biotin) enable a physiological energy metabolism and Vit. B6 supports normal protein and glyco-gen metabolism. This product does not contain gluten (Gluten Free), therefore it is suitable also for people suffering from celiac disease or gluten intolerance.

### RECOMMENDED FOR

**SPORTS WITH MIXED AEROBIC  
AND ANAEROBIC COMPONENTS**

Soccer - Tennis - Volleyball  
Basketball Boxing - Rugby - MTB XCO  
Swimming 50-400 m -Judo - Karate  
Fencing - Triathlon Sprint - Gym  
Water Polo - Track and Field  
800/1500/3000/5000 m.

### INDICATIONS

This product is suggested for medium-duration sports (e.g.: Soccer, Basketball, Tennis, Volleyball, MTB xco, Cross-country skiing, Martial Arts, Body building, or sports with very intense phases). It is recommended to take the product before training or competition.

Warnings: this product is intended to be used as part of a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily dosage. Do not use in pregnancy, in children or for long periods without any medical advice. The expiration date applies to the product in its intact container when stored as directed. This product is tested free from Nandrolone and Testosterone with their precursors, free from Beta2-agonists, diuretics, amphetamines and ephedrines.

### HOW TO USE AND RECOMMENDED DAILY DOSE

It is recommended to take the product about 30 min. before the performance. Mix 1 sachet with about 200 ml of water for

medium-duration performances, 2 sachets (with 4-500 ml of water) for very intense and prolonged performances.

### INGREDIENTS

Maltodextrin, fructose, acidity regulator: citric acid; dextrose, potassium citrate, L-alanine, sodium citrate, aromas, creatine monohydrate, creatine pyruvate, sodium chloride, L-glutamine, calcium carbonate, taurine, magnesium carbonate, alfa-keto-glutaric acid, L-ascorbic acid (Vitamin C), guaranà (Paullinia cupana K.) seeds d.e. tit. 2.5% caffeine, ginseng (Panax ginseng C.A.

Meyer) root d.e. tit.5% ginsenosids, sweetener: acesulfame K; zinc citrate, colouring: betacarotene; calcium D-pantothenate (pantothenic acid), thiamine hydropchloride (Vitamin B1), riboflavin (Vitamin B2), pyridoxine hydrochloride (Vitamin B6), pteroil-monoglutamic acid (folate), D-biotin (Vitamin H).

### WHEN TO USE PRE GARA DYNAMIC®



NUTRITIONAL INFORMATION			
	per 100g	per 2 sachets	%NRV per 2 sachets
Energy			
kcal	356.2	109	-
kJ	1516.7	464.1	-
Typical Values			
Fat	0 g	0 g	-
of which saturates	0 g	0 g	-
Carbohydrate	75.2 g	23 g	-
of which sugars	23 g	7.05 g	-
Fiber	0.04 g	0.01 g	-
Protein	0 g	0 g	-
Salt (Nax2.5)	2.1 g	0.65 g	-
Vitamin C	294.1 mg	90 mg	113%
Thiamine	3.4 mg	1.05 mg	95%
Riboflavin	3.9 mg	1.2 mg	86%
Pantothenic acid	14.7 mg	4.5 mg	75%
Vitamin B6	1.6 mg	0.5 mg	36%
Biotin	0.36 mg	110 mcg	220%
Folate	0.5 mg	150 mcg	75%
Magnesium	183.8 mg	56 mg	15%
Potassium	980.4 mg	300 mg	15%
Chloride	693.4 mg	212 mg	27%
Zinc	34.3 mg	10.5 mg	105%
Calcium	392.2 mg	120 mg	15%
Pyruvate	0.414 g	127 mg	-
Creatine	1.889 g	578 mg	-
Taurine	0.817 g	250 mg	-
Glutamine	0.980 g	300 mg	-
L-Alanine	1.961 g	600 mg	-
$\alpha$ -ketoglutaric acid	0.654 g	200 mg	-
Guaranà d.e.	0.327 g	100 mg	-
Ginseng d.e.	0.327 g	100 mg	-

NRV: Nutrient Reference Values (adults) according to Reg. (EU) No 1169/2011