

# PRE GARA ENDURANCE®

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



FOR ENDURANCE PERFORMANCES



CONTRIBUTES TO THE MAINTENANCE OF ENDURANCE PERFORMANCE DURING PROLONGED ENDURANCE EXERCISE.

PACKAGING: 20 SACHETS, 19 g EACH

### FEATURES

This product contains complex carbohydrates and electrolytes useful to the maintenance of endurance performance during prolonged endurance exercise. Pre Gara Endurance provides long chain maltodextrins, glucogenic and branched chain amino acids, which are metabolized by the body at different times. Vitamins (B2, B5, B6, C and Folate) help to reduce the feeling of tiredness and fatigue, and electrolytes (Ca, Mg, K) contribute to normal muscular function. Vitamins (B1, B2, B6, C, Biotin) enable physiological energy metabolism and Vit. B6 supports normal protein and glycogen metabolism. Vitamin C, at the proposed dosage, contributes to the maintenance of normal immune system function during and after intense physical exertion and protects the body cells from oxidative damage. This product does not contain gluten (Gluten Free), therefore is suitable also for people suffering from celiac disease or gluten intolerance.

### RECOMMENDED FOR

#### ENDURANCE SPORTS

Cycling – Road Running – Open water swimming – Triathlon – Marathon  
MTB xcm – Racewalking – Hiking  
Ultramarathon – Trail – Hill running  
Biathlon – Iron Man

### INDICATIONS

This product is suggested for medium-long duration sports (e.g. cycling, road running, marathon, cross-country skiing, swimming, or endurance sports in general). It is recommended to take the product before training or competition.

Warnings: the product is intended to be used as part of a varied 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. The beneficial effect of vitamin C is obtained with the daily consumption of 200 mg in addition to the recommended daily intake. The 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 sport activities. Mix 1 sachet with approx. 200 ml of water for

medium-duration activities, 2 sachets (with approx. 400 ml of water) in case of intense and prolonged physical exercise.

### INGREDIENTS

Maltodextrin (19DE 39% - 5DE 17%), fructose, acidity regulator: citric acid; creatine pyruvate, aroma, potassium citrate, L-leucine, L-alanine, sodium citrate, glycine, L-isoleucine, L-valine, sodium chloride, calcium carbonate, magnesium carbonate, taurine, L-ascorbic acid (vitamin C), L-glutamic acid, L-glutamine, eleutherococcus (Eleutherococcus senticosus M.) root d. e. tit. 5% saponins, emulsifier: sucrose esters

of fatty acids; acetyl L-carnitine hydrochloride, sweetener: sucralose; DL-alpha-tocopheryl acetate (vitamin E), coloring: betacarotene; coating agent: hydroxypropyl methylcellulose; calcium D-pantothenate (pantothenic acid) (Vitamin B5), thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), pyridoxine hydrochloride (vitamin B6), pteroil-monoglutamic acid (folate), D-biotin (vitamin H).

### WHEN TO USE PRE GARA ENDURANCE®



### NUTRITIONAL INFORMATION

	per 100g	per 2 sachets	%NRV per 2 sachets
<b>Energy</b>			
kcal	361.9	137.6	-
kJ	1539.5	585.3	-

### Typical Values

Fat	0.02 g	0.01 g	-
of which saturates	0.01 g	0 g	-
Carbohydrate	78.81 g	28.05 g	-
of which sugars	16.36 g	6.22 g	-
Fiber	0.15 g	0.06 g	225%
Protein	0 g	0 g	-
Salt (Nax2.5)	1.56 g	0.59 g	-
Vitamin C	526.3 mg	200 mg	250%
Vitamin B1	1.8 mg	0.7 mg	64%
Vitamin B2	2.1 mg	0.8 mg	57%
Pantothenic acid	7.9 mg	3 mg	50%
Vitamin B6	1.3 mg	0.5 mg	36%
Biotin	0.2 mg	75 mcg	150%
Vitamin E	26.3 mg	10 mg	83%
Folate	0.26 mg	100 mcg	50%
Magnesium	186.8 mg	71 mg	19%
Potassium	789.5 mg	300 mg	15%
Chloride	478.8 mg	181.9 mg	23%
Calcium	315.8 mg	120 mg	15%
Pyruvate	858 mg	326 mg	-
Creatine	1716 mg	652 mg	-
Taurine	658 mg	250 mg	-
L-Leucine	1974 mg	750 mg	-
L-Isoleucine	987 mg	375 mg	-
L-Valine	987 mg	375 mg	-
L-Glutamine	263 mg	100 mg	-
Glycine	1053 mg	400 mg	-
L-Alanine	1579 mg	600 mg	-
L-acetyl carnitine	132 mg	50 mg	-
L-glutamic acid	526 mg	200 mg	-
Eleutherococcus d.e.	263 mg	100 mg	-

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