

# ENERGY LONG RACES WITH BETA-ALANINA

## ENERGY BAR FOR ATHLETES



HUNGER DURING TRAINING OR COMPETITION



PACKAGING: 30 BARS, 40 G EACH  
FLAVOUR: WALNUTS AND FIGS

- GLUTEN FREE
- NO ADDED FOREIGN FATS
- SLOW RELEASE CARBOHYDRATES
- HIGH ENERGY SUPPLY (211 KCAL)
- NATURAL PROTEINS
- LONG-LASTING ENERGY OVER TIME
- EXCELLENT FLAVOUR AND EASY TO DIGEST
- SOFT AND PLEASANT TO THE PALATE
- CONTAINS BETA-ALANINE<sup>1</sup> PRECURSOR OF CARNOSINE

### SPECIFIC FORMULATION FOR LONG DISTANCES - ETHICSPORT EXCLUSIVE

### FEATURES

ENERGY LONG RACES with Beta-Alanine is a specific energy bar for athletes, recommended for providing energy in solid form, before and during training. The ENERGY LONG RACES bar with Beta-Alanine has been developed to offer an important energy supply and spread over several nutrients, provides Beta-ALANINE<sup>1</sup>, therefore it is suitable for longer outings and more demanding endurance activities. It offers a fast and lasting energy supply. The ENERGY LONG RACES bar with Beta-Alanine is without added fats, is easily digestible and easily chewed. It has an excellent flavour, and maintains its characteristics even in critical situations. ENERGY LONG RACES with Beta-Alanine is Gluten Free therefore also suitable for people with celiac disease or gluten intolerance. Beta-Alanine<sup>1</sup> is a non-essential amino acid fundamental for the synthesis of Carnosine, a dipeptide present in muscle in high concentrations. Carnosine is made up of L-Histidine and  $\beta$ -Alanine, which represents the limiting factor for muscle synthesis. The right amount of Carnosine in muscles helps to buffer the lactic acid produced in the muscles during high-intensity and extended exercise. Beta-Alanine supplementation is useful to allow a regular synthesis of Carnosine

### 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

**Walnuts** (17%); dehydrated figs (16%) (figs, rice flour); macadamia **nuts** (14%), honey, sugar; **egg white**; **sesame**; peanut; icing sugar (sugar, corn starch); maltodextrin; beta alanine, potato starch; natural flavouring. It may contain traces of nuts, milk

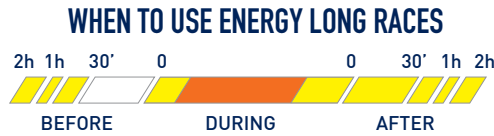
### RECOMMENDATION

Since each organism has slightly different assimilation times and energy needs, in relation to the metabolism and the degree of training, it is recommended to optimise the performance of the ENERGY LONG RACES bar with Beta-Alanine, using it first in training.

### RECOMMENDED FOR

#### SUITABLE FOR ALL SPORTS

- For those who perform endurance activities
- For those who perform high intensity workouts
- For those who want a precursor of Carnosine<sup>1</sup>
- Hunger during the race or training
- Pre-race energy supply



**WARNINGS:** this product is intended to be used as part of a varied, balanced diet and a healthy lifestyle. Store in a cool dry place away from sunlight and other direct sources of heat. The expiration date applies to the product in its intact container when stored as directed.

NUTRITIONAL INFORMATION		
	Per 100 g	Per bar (40 g)
<b>Typical Values</b>		
Kcal	527	211
KJ	2205	882
<b>Análisis promedio</b>		
Fat	29.8 g	11.92 g
of which saturates	3.9 g	1.56 g
Carbohydrate	52.8 g	21.12 g
of which sugars	44.9 g	17.96 g
Fiber	3.7 g	1.48 g
Protein	8.9 g	3.56 g
Salt	0.085 g	0.034 g
BETA ALANINE	1900	760 mg