



## Nutrition info

	Amount per Serving	% Daily Value*
Calories	107	
Carbohydrates	24 g	8%
Sugars	24 g	
Vitamin A	555 IU	3%
Vitamin C	80 mg	6%
Vitamin E	18 IU	60%
Vitamin B1	1.1 mg	73%
Vitamin B2	1.4 mg	82%
Niacin	16 mg	80%
Vitamin B6	1.4 mg	70%
Folic Acid	200 mcg	50%
Vitamin B12	2.5 mcg	42%
Biotin	50 µg	17%
Pantothenic Acid	6 mg	60%
Calcium	252 mg	25%
Phosphorous	210 mg	21%
Magnesium	114 mg	29%
Potassium	300 mg	9%
Chloride	200 mg	6%

**INGREDIENTS:** Sugar, Dextrose, Fructose, Acid (Tartaric Acid), Sodium Citrate, Calcium Hydrogen Phosphate, Potassium Citrate, Maltodextrin, Magnesium Carbonate, Salt, Thickener (Pectin), Flavor, Calcium Lactate, Potassium Hydrogen Phosphate, Vitamin C, Niacin, Vitamin E, Pantothenic Acid, Seaweed Powder, Beta-Carotene, Vitamin B6, Vitamin B2, Vitamin B1, Folic Acid, Biotin, Vitamin B12

**CAUTION:** Do not exceed the stated recommended daily dose. Ensure a varied and balanced diet and healthy lifestyle. Keep out of reach of young children.

# Fitness-Drink

## Hydrate, Perform and Recover

FitLine Fitness-Drink contains a carbohydrate electrolyte solution, optimized for athletes, contributes to the maintenance of endurance performance during prolonged exercise.

- Magnesium supports normal muscle function and contributes to a reduction of tiredness and fatigue
- B vitamins promote normal protein and glycogen metabolism
- 3-phase concept (before - during - after)
  - Mineral support before and after sports
  - Carbohydrate support before, during and after sports
- Easily digestible, even during top performance
- Improved intake of fluids through isotonic
  - A solution that has the same salt concentration as cells and blood
  - Replaces nutrients and fluids quickly, helping to prevent exercise-related injuries and ailments
- NTC® supports optimum nutrient intake and bioavailability

**DIRECTIONS:** Mix 1 packet of powder into 17 fl.oz. of water.

**DAILY RECOMMENDATION:** 1 portion (1 packet) per day

*"My favorite product is the Fitness-Drink, which I take before, during and after training. I quickly discovered that they [FitLine products] not only make me lively and quicker, but also enable me to keep going during a hard workout and promote my endurance. I have been feeling super since taking the FitLine products and this is reflected in my results." –Oliver Grob, Inline Skating / Ice Speed Skating*

