

PROFESSIONAL BCAA + Caffeine

- Enhances endurance and performance
- Contains BCAA and caffeine
- Improves focus and mental performance
- Gentle on the stomach

Shown in clinical studies^{1,2,3} on humans to be 70% more effective than drinks consisting of dextrose- and maltodextrine!

Replenishing glycogen **Vitargo® 70% quicker**
Stomach emptying rate **Vitargo® 80% quicker**

Vitargo Professional – formulated to enhance mental performance and sports performance

Vitargo® is a patented carbohydrate with unique properties, specially formulated for elite athletes to give an effective loading of easily accessible muscle energy (glycogen) in the body. The Vitargo®-carbohydrate passes through the stomach very fast, this is shown in the osmolality (table no.1), the lower osmolality value, the quicker the solution leaves the stomach and the intestines can absorb the energy. Vitargo® Professional with the combination of Vitargo®, BCAA and caffeine may improve mental focus, sports performance and recovery. BCAA is present in 2:1:1(L-leucine, L-isoleucine and L-valine). Vitargo® Professional is mineralised, with Sodium, Potassium, Calcium and Magnesium.

Replenishment of muscle energy (Glycogen)



mmol glycosyl units x kg⁻¹ dry muscle mass.

Nutritional Values	100 g	55 g
Energy value [kJ/kcal]:	1537 /366	845 /201
Protein	5,5	3,0
of which L-leucine [mg]	2750	1513
of which L-isoleucine [mg]	1375	756
of which L-valine [mg]	1375	756
Carbohydrate [g]	86	47
of which starch [g]	81	45
of which simple carbohydrates [g]	<0,5	<0,5
Fat [g]	<0,5	<0,5
Sodium [mg]	360	198
Potassium [mg]	105	58
Calcium [mg] (% RDI)	140 (18)	77
Magnesium [mg] (% RDI)	55 (18)	30
Caffeine [mg]	218	120

	Osmolality	mOsm/kg
TABLE 1	Water ^z	5-15
	Vitargo [*]	11
	Maltodextrine DE 18 [*]	48
	Dextrose [*]	300

^z depending on mineral content ^{*} 5% solution

	Carbohydrate	Average molecular weight
TABLE 2	Starch	> 1 000 000
	Vitargo®	500 000-700 000
	Maltodextrine	1000-10 000
	Dextrose	180

Carbohydrate-Energy powder drink

Usage

Maximum 4 (2 if you have got low tolerance to caffeine) portions during competition, preferably during the late phase of endurance sports, for ex. Cycling-running-triathlon competitions. Use Vitargo+Electrolyte as sports drink before changing to Vitargo Professional for the best result. Physical activity/endurance performance longing for 2 hours or less – preferably use Vitargo Professional throughout the exercise. Further information - www.vitargo.com

Preparation 1 portion = 55 g ~1 dl powder

Fill a third of a sport drink bottle or a shaker (~200 ml) with water and add the powder. Shake vigorously for 1-2 minutes. Then top up with water (total solution 5-6 dl). **Important to follow the mixing instructions!**

High in caffeine (240mg/liter)

Do not exceed recommended dosage. This product contains 120 mg caffeine per portion which is as much caffeine as for 1-2 cups of coffee. Too much caffeine may cause nervousness, irritability, sleeplessness and occasionally rapid heart beat. If you not use caffeine beverages on a daily basis, a wise thing is to evaluate this sports drink during training. **Not for use by individuals under the age of 18 years.**

Ingredients

Amylopectin Barley starch (Vitargo®), BCAA (L-leucine, L-isoleucine, L-valine), Acidifier (Citric acid, Malic acid), Tri-sodium citrate, Calcium gluconate, Magnesium gluconate, Aroma, Potassium gluconate, Caffeine, Color (Beta carotene), Sweetener (Sucralose)

Best before: see top **Net weight:** see top **Flavour:** see top

Manufacturer:
SWECARB AB
Skeppsbron 11
SE-392 31 Kalmar
SWEDEN
www.vitargo.com

