



CARBOHYDRATES



CARBOHYDRATES
+ PROTEINS



MINERAL
SALTS



PROTEINS AND
AMINO ACIDS



SUPPLEMENTS



CHILDREN AND
YOUNG ATHLETES



Green apple

ND4[®]

Formulated to promote hydration, provide energy and compensate catabolism

ND4[®] combines different types of carbohydrates in a ratio of 2: 1 glucose: fructose, amino acids BCAA'S (100% Ajinomoto Co.) in an 6: 1: 1 ratio, L-glutamine (Kyowa Quality[®]) and electrolytes. Food supplement powder with sugar and sweetener.

INGREDIENTS:

Dextrose, fructose, maltodextrin, sodium citrate, potassium citrate, L-leucine (100% Ajinomoto Co.), acidifier: citric acid, L-glutamine (Kyowa Quality), magnesium salt of citric acid, flavouring, pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), L-isoleucine (100% Ajinomoto Co.), L-valine (100% Ajinomoto Co.), colouring: curcumin, riboflavin (vitamin B2), sodium selenate, sweetener: sucralose, L-ascorbic acid (vitamin C), DL-alpha tocopheryl acetate (vitamin E), zinc sulphate, colouring: indigotine.

RECOMMENDED DOSE: 40-80 g/day

DIRECTIONS FOR USE:

Disolve 2 scoops (40 g) in every 500 ml of water. Shake well before use. Drink small sips during training and competitions that exceed 60 minutes in length. Contains measuring scoop.

NET WEIGHT:

800 g powder (20 servings).

WARNING:

Keep out of reach of young children. Keep in a cool, dry place away from direct light. Food supplements must not be used as substitutes to a balanced, varied diet and a healthy life style. Do not take more than the recommended dose.

BEFORE

DURING

AFTER



KQ Kyowa Quality

Ajinomoto Co.'s
Pure Amino Acids

PRODUCT MANUFACTURED WITH CERTIFIED
SUPPLIER UNDER REGULATIONS:

GMP

IFS



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**NUTRITIONAL
INFORMATION:**

	Per 100 g	Quantity per daily dose	
		40 g	80 g
Energy value	1430 kJ 338 kcal	572 kJ 135 kcal	1144 kJ 269 kcal
Fat	0 g	0 g	0 g
Of which:			
Saturated	0 g	0 g	0 g
Carbohydrates	75 g	30 g	60 g
Of which:			
Sugars	50 g	20 g	40 g
Protein	7,5 g	3,0 g	6,0 g
Salt	3,2 g	1,3 g	2,6 g
VITAMINS:			
Vitamin E	9,0 mg (75% NRV*)	3,6 mg (30% NRV*)	7,2 mg (60% NRV*)
Vitamin C	60 mg (75% NRV*)	24 mg (30% NRV*)	48 mg (60% NRV*)
Tiamin (B1)	0,83 mg (75% NRV*)	0,33 mg (30% NRV*)	0,66 mg (60% NRV*)
Riboflavin (B2)	1,05 mg (75% NRV*)	0,42 mg (30% NRV*)	0,84 mg (60% NRV*)
Vitamin B6	1,05 mg (75% NRV*)	0,42 mg (30% NRV*)	0,84 mg (60% NRV*)

	Per 100 g	Quantity per daily dose	
		40 g	80 g
MINERALS:			
Potassium	1500 mg (75% NRV*)	600 mg (30% NRV*)	1200 mg (60% NRV*)
Magnesium	283 mg (75% NRV*)	113 mg (30% NRV*)	225 mg (60% NRV*)
Zinc	7,5 mg (75% NRV*)	3,0 mg (30% NRV*)	6,0 mg (60% NRV*)
Selenium	42,5 µg (75% NRV*)	17 µg (30% NRV*)	33 µg (60% NRV*)

AMINO ACIDS:			
L-Glutamine	2500 mg	1000 mg	2000 mg
L-Leucine	3750 mg	1500 mg	3000 mg
L-Valina	625 mg	250 mg	500 mg
L-Isoleucine	625 mg	250 mg	500 mg

OTHER SUBSTANCES:			
Sodium	1250 mg	500 mg	1000 mg

*NRV: Nutrient Reference Values