



CARBOHYDRATES



CARBOHYDRATES
+ PROTEINS



MINERAL
SALTS



PROTEINS AND
AMINO ACIDS



SUPPLEMENTS



CHILDREN AND
YOUNG ATHLETES



Tangerine

ND4[®] LONG DISTANCE

Formulated to promote hydration, provide energy and compensate catabolism.

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

INGREDIENTS:

Maltodextrin, fructose, dextrose, sodium citrate, potassium citrate, L-leucine (100% Ajinomoto CO), acidifier: citric acid, L-glutamine (Kyowa Quality[®]), magnesium citrate, aroma, pyridoxine hydrochloride (vitamin B6), thiamine clorhidrate (vitamin B1), L-isoleucine (100% Ajinomoto Co.), L-valine (100% Ajinomoto co.) colorants: carotene and beta-apo-8'-carotenal, riboflavin (vitamin B2), sodium selenite, L-ascorbic acid (vitamin C), DL-alpha-tocopheryl acetate (vitamin E), zinc sulfate.

RECOMMENDED DOSE: 71-142 g / day

INSTRUCTIONS:

Disolve 5 scoops (71 g) in every 500 ml of water. Shake well before use. Drink small sips during training and competitions that exceed 120 minutes in length. Contains measuring scoop.

NET WEIGHT:

800 g powder (11 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	71 g	142 g
Energy value	1530 kJ 359 kcal	1086 kJ 255 kcal	2172 kJ 511 kcal
Fat	0 g	0 g	0 g
Of which:			
Saturated	0 g	0 g	0 g
Carbohydrates	84,5 g	60 g	120 g
Of which:			
Sugars	38 g	27 g	55 g
Protein	4,2 g	3 g	6,1 g
Salt	1,8 g	1,3 g	2,6 g
VITAMINS:			
Vitamin E	5 mg (42% NRV*)	3,6 mg (30% NRV*)	7,2 mg (60% NRV*)
Vitamin C	33,8 mg (42% NRV*)	24 mg (30% NRV*)	49 mg (60% NRV*)
Tiamin (B1)	0,47 mg (42% NRV*)	0,33 mg (30% NRV*)	0,66 mg (60% NRV*)
Riboflavin (B2)	0,59 mg (42% NRV*)	0,42 mg (30% NRV*)	0,84 mg (60% NRV*)
Vitamin B6	0,59 mg (42% NRV*)	0,42 mg (30% NRV*)	0,84 mg (60% NRV*)

*NRV: Nutrient Reference Values

	Per 100 g	71 g	142 g
MINERALS:			
Potassium	845 mg (42% NRV*)	600 mg (30% NRV*)	1200 mg (60% NRV*)
Magnesium	159 mg (42% NRV*)	113 mg (30% NRV*)	225 mg (60% NRV*)
Zinc	4,2 mg (42% NRV*)	3 mg (30% NRV*)	6 mg (60% NRV*)
Selenium	23,9 µg (42% NRV*)	17 µg (30% NRV*)	33 µg (60% NRV*)
AMINO ACIDS:			
L-Glutamine	1408 mg	1000 mg	2000 mg
L-Leucine	2113 mg	1500 mg	3000 mg
L-Valina	352 mg	250 mg	500 mg
L-Isoleucine	352 mg	250 mg	500 mg
OTHER SUBSTANCES:			
Sodium	704 mg	500 mg	1000 mg