

# Maxim Energy Drink

## - Lemon/lime (60 g, 480 g, 2kg)

Maxim Energy Drink is a powder which makes a refreshing sports drink when mixed with water. During exercise it is important to optimise your fluid balance and to ensure that the glycogen stock in your muscles does not get depleted.

A fluid loss of 2% of your body weight, can reduce your performance by 10%. Other effects of dehydration are cramps, headache and overheating.

During exercise you lose, other than fluid, also glycogen (carbohydrates stored in the muscles) and minerals. A depletion of your glycogen stock, can reduce your performance significantly. You can prevent this by drinking a hypotonic sports drink during exercise. Such a drink contains the ingredients your body needs to maintain fluid balance and energy levels.



Maxim Energy Drink has been developed as a hypotonic thirst quencher. Its optimal composition of maltodextrin, fructose, minerals and vitamins ensures an optimal hydration and fast energy supply. It optimises your performance and delays weariness.

## How to use

### During exercise

The quantity of Energy Drink to consume during exercise depends on the individual athlete, the weather conditions, the intensity and duration of exercise. Nevertheless, we will give you some general guidelines:

- Drink 200-500 ml just before exercise to start well-hydrated
- Drink 200 ml every 15-20 minutes to maintain your fluid balance

### Advice:

When you are not used to drinking during exercise, try this during training. Increase the quantity you drink gradually to 200 ml per 15-20 minutes. It will improve your performance.



**Note:**

Drink 300 ml per 15-20 minutes during hot weather conditions and dilute the drink a bit more (40 g powder per 750 ml water). During cold weather conditions it is better to make the drink a bit stronger (60 g powder per 750 ml water).

**After exercise**

Drink approximately 500 ml Energy Drink immediately after exercise to recuperate your fluid balance.

<b>Nutritional Value</b>	<b>Per 100g</b>	<b>Per 60 g</b>
Energy	1525 kJ/359 kcal	915 kJ/215 kcal
Protein	0 g	0 g
Carbohydrates	89,7 g	53,8 g
- of which sugars	35,3 g	21,2 g
Fat	0 g	0 g
- of which saturated fat	0 g	0 g
Fibre	0 g	0 g
Sodium	0,52 g	0,31 g
Potassium	500 mg (25%*)	300 mg (15%*)
Magnesium	94 mg (25%*)	56 mg (15%*)
Vitamin B1	0,6 mg (55%*)	0,33 mg (30%*)
Vitamin B2	0,7 mg (50%*)	0,42 mg (30%*)
Niacin	8,0 mg (50%*)	4,8 mg (30%*)
Pantothenic acid	3,0 mg (50%*)	1,81 mg (30%*)
Vitamin B6	0,7 mg (50%*)	0,42 mg (30%*)
Biotin	0,03 mg (60%*)	0,02 mg (40%*)
Vitamin B12	1,3 µg (52%*)	0,75 µg (30%*)
Vitamin C	40 mg (50%*)	24 mg (30%*)
Vitamin E	6,0 mg (50%*)	3,6 mg (30%*)

\* percentage of the RDA (Recommended Daily Allowance)

**Ingredients**

Maltodextrin, fructose, minerals (trisodium citrate, tripotassium citrate, magnesium carbonate), acidulant (citric acid), flavouring, colouring (beta-carotene), vitamins (B1, B2, niacin, pantothenic acid, B6, biotin, B12, C, E).