



energy

## Innergize!® Nutritional Information

Servings Per Container 30

Serving Size: 18 g

	Servings per container 30 Per serving 18 g (in 250 ml water)	Serving size 18 g Per 7.2 g (in 100 ml water)
Energy (average value)	245 kJ (59 cal)	245 kJ (59 cal)
Protein	0 g	0 g
Fat, total	0 g	0 g
Carbohydrate, total	16.1 g	6.44 g
Fructose	9.8 g	3.92 g
Complex carbohydrate	6.3 g	2.52 g
Sodium	103.5 mg	41.4 mg
Potassium	29.3 mg	11.72 mg
Magnesium	12.1 mg	4.84 mg
Calcium	10.0 mg	4.00 mg

**Other Ingredients:** Fructose, Maltodextrin, Food Acid (citric acid), Sodium Chloride, Flavour (nature identical), Magnesium Oxide, Potassium Chloride, Tricalcium Phosphate, Beta Carotene (colour).

Extreme exercise regimes may require increased dosage to replenish sodium loss.

Appropriate usage may assist in the performance of sustained strenuous exercise.



glutenfree



dairyfree



soyfree



vegan

