



6d ISOGEL - ORANGE

Suggested use / Blandingsforhold

EN I Use 1-3 gels per hour of exercise, depending on exercise duration and intensity, and the combination with other carbohydrate-rich products.



DA I Brug 1-3 geler pr. times træning, afhængig af træningens varighed og intensitet, og kombinationen med andre kulhydratrigte produkter.



Osmolality / Osmolalitet

~290 mmol/kg

6x60ml e



Nutritional Information / Ernæringsoplysninger

	/60 ml (serving/ servering)	/100 g
Energy / Energi	334 kJ/ 80 kcal	557 kJ/ 133 kcal
Fats / Fedt	0 g	0 g
Of which saturated / Heraf mættede	0 g	0 g
Carbohydrates / Kulhydrater	20 g	33 g
Of which sugars / Heraf sukkerarter	0 g	0 g
Fibres / Fibre	0 g	0 g
Proteins / Proteiner	0 g	0 g
Salt / Salt	0 g	0 g
Natrium / Natrium	0 mg	0 mg

Acidity level / Surhedsgrad

pH ~3,6-4,0

Ingredients / Ingredienser

EN I 6d ISOGEL: Liquid food: **Ingredients:** Water, maltodextrin, thickening agent (xanthan gum), natural orange flavour, acidity regulator (citric acid), preservative agent (potassium sorbate), sweetener (sucralose)

DA I 6d ISOGEL: Flydende fødevarer: **Ingredienser:** vand, maltodextrin, tykningsmiddel (xanthangummi), surhedsregulerende middel (citronsyre), naturlig appelsinsmag, konserveringsmiddel (kaliumsorbat), sådestof (sucralose)

Product description / Produktbeskrivelse

EN I During exercise the combined ingestion of water with energy gels is often disregarded. If gels are consumed without enough water, a concentrated mixture of carbohydrates will enter the stomach. The highly concentrated stomach contents with a high osmolality will slow down gastric emptying, and consequently the rate of absorption. Therefore, it is also more likely that gastrointestinal complaints will occur. 6d ISOGEL contains only 20g of carbohydrates from a carefully selected form of maltodextrin with a very high molecular weight. As a result, 6d ISOGEL is already isotonic by itself. This allows for a faster absorption than most other gels. A second advantage is the fact that 6d ISOGEL does not require the combined ingestion with water to obtain an isotonic solution. In short, 6d ISOGEL is the ideal choice for athletes who cannot/do not want to consume water at the same time and/or during (intensive) exercise with a shorter duration (1-2 hours).

Store in a dry and dark place, between (5-22°C) / Use-by date (best before) and batch number; see side of packaging.

Despite the fact that 6d ISOGEL is already isotonic by itself, it is still important to hydrate.

DA I Under træning ses der ofte bort fra den kombinerede indtagelse af vand med energigel. Hvis geler indtages uden nok vand, vil en koncentreret blanding af kulhydrater komme ind i maven. Det højkoncentrerede maveindhold med høj osmolalitet vil bremse mavetømningen og dermed absorptionshastigheden. Derfor er det også mere sandsynligt, at der opstår mave-tarm-lidelses. 6d ISOGEL indeholder kun 20g kulhydrater fra en noje udvalgt form for maltodextrin med en meget høj molekylvægt. Som et resultat er 6d ISOGEL allerede isotonisk i sig selv. Dette giver mulighed for en hurtigere absorption end de fleste andre geler. En anden fordel er det faktum, at 6d ISOGEL ikke kræver den kombinerede indtagelse med vand for at opnå en isotonisk oplosning.

Opbevares tørt og mørkt mellem (5-22°C) / Sidste anvendelsesdato (bedst før) og batchnummer; se side af emballagen.

På trods af at 6d ISOGEL allerede er isotonisk i sig selv, er det stadig vigtigt at hydrere.



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