



6d ENERGY CAKE - APPLE

Suggested use / Blandingsforhold

EN | Take 2-4 pieces (44-88g) per hour of exercise, depending on exercise duration and intensity, and the combination with other carbohydrate-rich products.

DA | Tag 2-4 stykker (44-88g) pr. times træning, afhængig af træningens varighed og intensitet, og kombinationen med andre kulhydratrigte produkter.



6x44g

Nutritional Information / Ernæringsopslysninger

	/44 g (serving / servering)	/100 g
Energy / Energi	592 kJ/ 139 kcal	1345 kJ/ 317 kcal
Fats / Fætter	0.4 g	0.8 g
Of which saturated / Heraf mættede	0.0 g	0.1 g
Carbohydrates / Kulhydrater	32 g	73 g
Of which sugars / Heraf sukkerarter	23 g	53 g
Fibers / Fibre	1.3 g	2.9 g
Proteins / Proteiner	1.3 g	3.0 g
Salt / Salt	0.35 g	0.79 g
Natrium / Natrium	139 mg	316 mg

Ingredients / Ingredienser

EN | 6d ENERGY CAKE: Spice cake: **Ingredients:** fructose syrup, **rye** flour, dextrose monohydrate, apple pieces 9% [concentrated apple puree, glucose-fructose syrup, glucose syrup, sugar, **wheat** fiber, gelling agent (pectin), acidity regulator (citric acid), vegetable fat (sunflower), natural flavour], water, natural flavour, raising agents (sodium hydrogen carbonate, disodium diphosphate), salt, spices. Contains cinnamon. May contain traces of milk and nuts.

DA | 6d ENERGY CAKE: Peberkage: **Ingredienser:** Fruktosesirup, **rugmel**, dextrose monohydrat, æblestykke 9% [koncentreret æblepure, glukose-fruktosesirup, glukosesirup, sukker, **hvæde** fibre, gelertningsmuddel (pektin), surhedsregulerende middel (citronsyre), vegetabil fedt (solsikke), naturlig smag], vand, naturlig smag, havemølde, natriumhydrogenkarbonat, dinatriumdiphospat, salt, krydderier. Indeholder kanel. Kan indeholde spor af mælk og nødder.

Product description / Produktbeskrivelse

EN | 6d ENERGY CAKE is an easily digestible, carbohydrate-rich "cake" that ensures fast energy supply. One serving contains 32g of carbohydrates in a 2:1 glucose to fructose ratio. Thanks to this 2:1 ratio the body can absorb up to 90g of carbohydrates per hour. In contrast to most other bars, this cake also contains 139mg of sodium. The addition of sodium allows for a quick replenishment of the salt reserves in the body. This is particularly important for athletes who not only sweat a lot, but also sweat out lots of salts, and especially during exercise in a hot environment that causes high sweat losses.

Store in a dry and dark place, between (15-25°C) / Use-by date (best before) and batch number; see side of packaging.

Due to the high concentration of carbohydrates (sugars) and sodium, it is recommended to always use the 6d ENERGY CAKE in combination with water. This to ensure good absorption and to minimize the risk of gastrointestinal complaints during exercise.

DA | 6d ENERGY CAKE er en letfordøjelig, kulhydratrig "kage", der sikrer hurtig energiforsyning. En portion indeholder 32g kulhydrater i et forhold mellem glukose og fructose på 2:1. Takket være dette 2:1-forhold kan kroppen optage op til 90g kulhydrater i timen. I modsætning til de fleste andre barer indeholder denne kage også 139mg natrium. Tilsetningen af natrium giver mulighed for en hurtig genopfyldning af saltreserverne i kroppen. Dette er især vigtigt for atleter, der ikke kun sveder meget, men også sveder masser af salt ud, og især under træning i et varmt miljø, der forårsager store svedadtab.

Opbevares tørt og mørkt, mellem (15-25°C) / Sidst anvendelsesdato (bedst før) og batchnummer; se side af emballagen.

På grund af den høje koncentration af kulhydrater (sukker) og natrium, anbefales det altid at bruge 6d ENERGY CAKE i kombination med vand. Dette for at sikre en optimal optagelse og for at minimere risikoen for mave-tarm-lidelser under træning.



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