

PRE GARA DYNAMIC®

AMINO ACID AND VITAMINE FOOD SUPPLEMENT WITH MINERALS AND SEQUENTIAL CARBOHYDRATES



INTENSE SPRINTS AND MUSCLE EXERTION



PACKAGING: 20 SACHETS, 15.3 g EACH

IT OPTIMIZES PERFORMANCE IN SPORTS WITH AEROBIC AND ANAEROBIC COMPONENTS

FEATURES

This product can be used to obtain a complex carbohydrates and electrolytes solution, which contributes to the maintenance of endurance performance during endurance exercise. Pre Gara Dynamic provides medium-chain maltodextrins, glucogenic amino acids and branched chain amino acids that, being absorbed at different times, provide energy distributed over time. It provides creatine together with α-ketoglutaric acid, alanine and taurine. This product also contains a phytocomplex of titrated Guarana and Ginseng, useful to combat physical and mental fatigue. Vitamins (B2, B5, B6, C and Folate) help to reduce tiredness and fatigue, and the electrolytes contained (Ca, Mg, K) contribute to normal muscle function. Vitamins (B1, B2, B6, C, Biotin) enable a physiological energy metabolism and Vit. B6 supports normal protein and glycogen metabolism. This product does not contain gluten (Gluten Free), therefore it is suitable also for people suffering from celiac disease or gluten intolerance.

HOW TO USE AND RECOMMENDED DAILY DOSE

It is recommended to take the product about 30 min. before the performance. Mix 1 sachet with about 200 ml of water for medium-duration performances, 2 sachets (with 4-500 ml of water) for very intense and prolonged performances.

INDICATIONS

This product is suggested for medium-duration sports (e.g.: Soccer, Basketball, Tennis, Volleyball, MTB xco, Cross-country skiing, Martial Arts, Body building, or sports with very intense phases). It is recommended to take the product before training or competition.

INGREDIENTS

Maltodextrin, fructose, acidity regulator: citric acid; dextrose, potassium citrate, L-alanine, sodium citrate, aromas, creatine monohydrate, creatine pyruvate, sodium chloride, L-L-Glutamine, calcium carbonate, taurine, magnesium carbonate, alfa-ketoglutaric acid, L-ascorbic acid (Vitamin C), guarana (Paullinia cupana K.) seeds d.e. tit. 2.5% caffeine, ginseng (Panax ginseng C.A. Meyer) root d.e. tit.5% ginsenosids, sweetener: acesulfame K; zinc citrate, colouring: betacarotene; calcium D-pantothenate (pantothenic acid), thiamine hydrochloride (Vitamin B1), riboflavin (Vitamin B2), pyridoxine hydrochloride (Vitamin B6), pteroil-monoglutamic acid (folate), D-biotin (Vitamin H).

RECOMMENDED FOR

SPORTS WITH MIXED AEROBIC AND ANAEROBIC COMPONENTS

Soccer - Tennis - Volleyball
Basketball Boxing - Rugby - MTB XCO
Swimming 50-400 m -Judo - Karate
Fencing - Triathlon Sprint - Gym
Water Polo - Track and Field
800/1500/3000/5000 m.

WHEN TO USE PRE GARA DYNAMIC®



Warnings: this product is not intended to be used as a substitute for a varied diet but is intended to be used as part of a healthy, balanced diet and a healthy lifestyle. Do not exceed the recommended daily dosage. Keep out of reach of children under the age of 3. Do not use in pregnancy, in children or for long periods without any medical advice. The expiration date applies to the product in its intact container when stored as directed. The product is tested free from Nandrolone and Testosterone with their precursors, free from Beta2-agonists, amphetamines and ephedrines.

NUTRITIONAL INFORMATION

| | per 100g | per 2 sachets |
|-----------------------|-------------------------|-----------------------|
| Energy | | |
| kcal | 356 | 109 |
| kJ | 1517 | 464 |
| Typical Values | | |
| Fat | 0 g | 0 g |
| of which saturates | 0 g | 0 g |
| Carbohydrate | 75.2 g | 23 g |
| of which sugars | 23 g | 7.05 g |
| Protein | 0 g | 0 g |
| Salt (Nax2.5) | 2.1 g | 0.65 g |
| Vitamin C | 294.1 mg (368% NRV) | 90 mg (113% NRV) |
| Thiamine | 3.4 mg (312% NRV) | 1.05 mg (95% NRV) |
| Riboflavin | 3.9 mg (280% NRV) | 1.2 mg (86% NRV) |
| Pantothenic acid | 14.7 mg (245% NRV) | 4.5 mg (75% NRV) |
| Vitamin B6 | 1.6 mg (117% NRV) | 0.5 mg (36% NRV) |
| Biotin | 359.5 mcg (719% NRV) | 110 mcg (220% NRV) |
| Folate | 490.2 mcg (245% NRV) | 150 mcg (75% NRV) |
| Magnesium | 183.8 mg (49% NRV) | 56 mg (15% NRV) |
| Potassium | 980.4 mg (49% NRV) | 300 mg (15% NRV) |
| Chloride | 693.4 mg (87% NRV) | 212 mg (27% NRV) |
| Zinc | 34.3 mg (343% NRV) | 10.5 mg (105% NRV) |
| Calcium | 392.2 mg (49% NRV) | 120 mg (15% NRV) |
| Pyruvate | 414 mg | 127 mg |
| Creatine | 1.889 g | 0.578 g |
| Taurine | 817 mg | 250 mg |
| L-Glutamine | 980 mg | 300 mg |
| L-Alanine | 1961 mg | 600 mg |
| A-ketoglutaric acid | 654 mg | 200 mg |
| Guaranà d.e. | 327 mg | 100 mg |
| Ginseng d.e. | 327 mg | 100 mg |

NRV: Nutrient Reference Values [adults] according to Reg. (EU) No 1169/2011