

ENERGY & ENDURANCE

COMPETITION®

HYPOTONIC SPORTDRINK

ORANGE

REPAIR **BEFORE** DURING AFTER

QUICK INFO

- X LACTOSE FREE
- X GLUTEN FREE
- X ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES



PRODUCT DESCRIPTION

COMPETITION® is an acid free sports drink for high energy needs, made out of a large mix of carbohydrates with different glycemic Index and electrolytes, free from added fructose. Thanks to its special composition and its neutral or very light flavouring, Competition® is also optimally appropriate in high concentrations and intensities.

Enriched with the electrolytes sodium, calcium, magnesium, potassium and chloride. Calcium plays an important role in the energy metabolism and in association with magnesium and potassium it contributes to normal muscle function.

Appropriate to support the physical performance during endurance exercise as well as for rehydration of the fluid losses after physical activities.

ADVANTAGES

- **Free of acid, it is a pH neutral competition drink**
- **Free from added fructose**
- **Hypotonic also with a dosage of 100g/liter**
- **High molecular starch hydrolysates with a very low osmolarity**
- **Isomaltulose (glucose + fructose) and trehalose (glucose + fructose)**

UTILISATION

Sports drink for the highest energy needs and demands. Also suitable for carboloading.

INGREDIENTS

Starch hydrolysates (waxy maize, rice) 25%, glucose, maltodextrin, sucrose, isomaltulose 8.5%, trehalose 6%, 5 minerals (sodium citrate, calcium lactate, magnesium citrate, sodium chloride, potassium citrate), flavours, colouring vegetables extract.

FLAVOURS/PACKAGING

Neutral, Orange, Citrus, Raspberry, Fruit Mix	800 g bag (= 10 Liter)
Neutral, Orange, Citrus, Raspberry, Fruit Mix, Cool Mint	1000 g can (= 12-17 Liter)
Orange	Display 20 x 60 g (= 15 Liter)

ENERGY & ENDURANCE

COMPETITION®

HYPOTONIC SPORTDRINK

ORANGE

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NUTRITION FACTS

Nährwerte/valeur nutritive/nutrition facts/ næringsinnhold/Næringsinnehåll	100 g		60 g**	
Energie/energy/energi kJ (kcal)	1630 (383)		986 (232)	
Fett/lipides/fat/vetten	0 g		0 g	
davon gesättigte Fettsäuren/of which saturated fatty acids/hvorav/heraf/andel mettede/mättade fettsyror	0 g		0 g	
Kohlenhydrate/glucides/carbohydrates/ karbohydrater/kulhydrater/kolhydrater	96 g		58 g	
davon Zuckerarten/of which sugars/hvorav/heraf/andel sukkerarter/sockerarter	51 g		30 g	
Eiweiss/protéines/protein(er)	0 g		0 g	
Salz/sel/salt	1.45 g		0.87 g	
Mineralstoffe/sels minéraux/minerals/mineraler	%NRV*		%NRV*	
Natrium/sodium	580 mg	--	350 mg	--
Calcium/kalsium	60 mg	8%	35 mg	4%
Magnesium	45 mg	12%	25 mg	7%
Kalium/potassium	85 mg	4%	50 mg	3%
Chlorid(e)/chlorure/klorid	225 mg	28%	135 mg	19%

*Nährstoffbezugswerte/valeurs nutritionnelles de référence/nutrient reference values/av referanseverdier/referensvärden

**zubereitet mit/prepared with 750 ml Wasser/water
100 ml fertige Zubereitung enthalten 130 kJ (31 kcal)

BACKGROUND INFORMATION

- Jentjens et al. (2004): High oxidation rates from combined carbohydrates ingested during exercises. Med Sci Sport Exerc 36(9): 1551-1558.

Sports drink powder with electrolytes. Orange flavoured.

Carefully produced in Switzerland

Sponser Sport Food AG
CH-8832 Wollerau
www.sponser.ch

Sponser Europe GmbH
D-88131 Lindau
www.sponser.de

ENERGY & ENDURANCE

HIGH ENERGY BAR

67% CARBO 8% PROTEIN

APRICOT VANILLA

PREPARE BEFORE DURING AFTER

QUICK INFO

- LACTOSE FREE
- GLUTEN FREE
- ACID FREE
- NO SWEETENERS
- NO ARTIFICIAL COLOURS
- NO PRESERVATIVES



PRODUCT DESCRIPTION

The ideal high quality cereal bars with short, medium and long chain carbohydrates for a progressive energy supply, based on sugars types and oat. Medium chain vegetable oils (MCT) supply additional energy.

ADVANTAGES

- **Very high energy density**
- **Established product in high-performance sports**

UTILISATION

For energy provisions take about 1 hour before and, depending on the intensity and the tolerance, also during the performance. It is also suitable as snack in everyday life.

INGREDIENTS

Fructose-glucose syrup, glucose syrup, rice crisp (rice, **wheat** malt, glucose, sugar, salt), **oat** bran 14% (EU), maltodextrin, dried apricots 6% (contains **sulphite**), coconut and rapeseed oil 5.7% (MCT¹), **milk** protein (contains lactose), **oat** flakes 4.3% (EU), potatoe starch, flavour, acidulant citric acid. May contain traces of **soya** and **nuts**.

FLAVOURS/PACKAGING

Apricot-Vanilla	Display 30 x 45 g
Berry	Display 30 x 45 g
Banana	Display 30 x 45 g
Salty	Display 30 x 45 g

ENERGY & ENDURANCE

HIGH ENERGY BAR

67% CARBO 8% PROTEIN

APRICOT VANILLA

PAGE 2

NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts	100 g	1 Riegel/ bar(re)
Energie/energy kJ (kcal)	1585 (375)	705 (167)
Fett/lipides/fat	7.3 g	3.3 g
davon gesättigte Fettsäuren/of which saturated fatty acids	6.0 g	2.7 g
Kohlenhydrate/glucides/carbohydrates	67 g	30 g
davon Zuckerarten/of which sugars	26 g	12 g
Ballaststoffe/fibres alimentaires/fibres	3.3 g	1.5 g
Eiweiss/protéines/protein	8.0 g	3.6 g
Salz/sel/salt	0.25 g	0.11 g

per 100 g (45 g): Natrium/sodium 100 mg (45 mg), MCT¹ 5.7 g (2.6 g)

¹MCT: mittelkettige Fettsäuren/acides gras à chaîne moyenne/medium-chain fatty acids

Performance energy bar for athletes, with oat and MCT¹. Apricot-vanilla flavoured.

Developped and produced in Switzerland.

Sponser Sport Food AG
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Sponser Europe GmbH
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ENERGY & ENDURANCE

LONG ENERGY

COMPETITION® FORMULA

FRUIT MIX

REPAIR BEFORE DURING AFTER

QUICK INFO

- X LACTOSE FREE
- X GLUTEN FREE
- X ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES



PRODUCT DESCRIPTION

LONG ENERGY – COMPETITION® FORMULA is an acid free sports drink with 5% of protein in peptide form. Peptide form means that the product is already pre-digested and in comparison with traditional protein, it is absorbed considerably quicker.

In an analog way to the Competition line, Long Energy is based on 8 different sources of carbohydrates with different glycemic index among others also on Vitargo™, a patented barley starch hydrolysate with a molecular weight about 100x higher than traditional cereal starches. This causes a low osmolality and contributes to fill up the empty glycogen reserves. Enriched with Peptopro (www.peptopro.com), glutamine and BCAA, the branched chain amino acids valine, leucine and isoleucine.

ADVANTAGES

- **High tech competition drink for highly intensive endurance events**
- **Acid free and hence pH neutral**
- **90% of carbohydrates, 5% of proteins**
- **Multi Carb formula**
- **Enriched with BCAA and glutamine**

UTILISATION

To take as sport and competition drink, especially during activities lasting longer than two hours.

Dissolve 60-80 g of powder (approx. 3-4 measuring spoons) in 750-1000 ml of water per hour to cover the energetic costs. In case of very high energetic needs, the concentration can be raised up to 120 g/liter. Shake bottle vigorously.

As part of a varied and balanced diet and a healthy lifestyle.

INGREDIENTS

Glucose, maltodextrin, sucrose, gluten-free barley starch hydrolysate (VITARGO®) 15%, rice starch hydrolysate, isomaltulose*, trehalose**, protein hydrolysates 6.3% (**whey, casein**), minerals (sodium citrate, sodium chloride, magnesium citrate, potassium citrate, calcium lactate), flavours, vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid, biotin, cyanocobalamin), colouring spice and vegetables extract. *source of glucose and fructose
**glucose source

ENERGY & ENDURANCE

LONG ENERGY

COMPETITION® FORMULA

FRUIT MIX

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FLAVOURS/PACKAGING

Citrus, Fruit Mix

1200 g can (= 15-20 Liter/portions)

Citrus

Display 20 x 60 g

NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts	100 g		60 g (750 ml)	
Energie/energy kJ (kcal)	1580 (370)		950 (225)	
Fett/lipides/fat	0 g		0 g	
davon gesättigte Fettsäuren/of which saturated fatty acids	0 g		0 g	
Kohlenhydrate/glucides/carbohydrates	88 g		53 g	
davon Zuckerarten/ of which sugars	51 g		31 g	
Eiweiss/protéines/protein	5.0 g		3.0 g	
Salz/sel/salt	1.50 g		0.90 g	
Vitamine/vitamin(e)s	100 g	%NRV*		%NRV*
E	6.0 mg	50%	3.6 mg	30%
C	40 mg	50%	24 mg	30%
B1	0.6 mg	50%	0.4 mg	30%
B2	0.7 mg	50%	0.4 mg	30%
Niacin(e)	8.0 mg	50%	4.8 mg	30%
B6	0.7 mg	50%	0.4 mg	30%
Folsäure/folic acid	100 µg	50%	60 µg	30%
B12	1.3 µg	50%	0.8 µg	30%
Biotin(e)	25 µg	50%	15 µg	30%
Pantothensäure/pantothenic acid	3.0 mg	50%	1.8 mg	30%
Mineralstoffe/sels minéraux/minerals	100 g	%NRV*		%NRV*
Natrium/sodium	600 mg	--	360 mg	--
Calcium	50 mg	6%	30 mg	4%
Magnesium/magnésium	38 mg	10%	23 mg	6%
Kalium/potassium	150 mg	8%	90 mg	5%
Chlorid(e)/chlorure	200 mg	25%	120 mg	17%
Aminosäuren/acides aminés/amino acids	100 g		60 g	
BCAA**:	1120 mg		672 mg	
L-Valin(e)	310 mg		186 mg	
L-Leucin(e)	530 mg		318 mg	
L-Isoleucin(e)	280 mg		168 mg	
Glutaminsäure + Glutamin/ glutamic acid + glutamine	1000 mg		600 mg	

*NRV, nutrient reference values

100 ml fertige Zubereitung enthalten 126 kJ (30 kcal)

Carbohydrate-electrolyte drink powder for sportsmen, fruit mix flavoured. With protein hydrolysates and vitamins.

Carefully produced in Switzerland

Sponser Sport Food AG
CH-8832 Wollerau
www.sponser.ch

Sponser Europe GmbH
D-88131 Lindau
www.sponser.de

04706/06

ENERGY & ENDURANCE

SPORT TEA

PREPARE BEFORE DURING AFTER

QUICK INFO

- LACTOSE FREE
- GLUTEN FREE
- ACID FREE
- NO SWEETENERS
- NO ARTIFICIAL COLOURS
- NO PRESERVATIVES

**PRODUCT DESCRIPTION**

SPONSER Sport Tea is an ideal alternative to any Isotonic or other sports drink. Due to its light flavouring, Sport Tea represents an appreciated diversity especially during long-lasting events and training camps. The concentrate has to be diluted like syrup and provides energy and minerals.

ADVANTAGES

- **Light flavouring**
- **Low acidity: better digestibility**
- **Can be prepared cold or warm**
- **No artificial sweeteners**

UTILISATION

Delicious sports drink also during high intensity performances. An appreciated alternative to Isotonic or Competition.

INGREDIENTS

Fructose syrup, water, sucrose, maltodextrin, minerals (sodium chloride, potassium citrate, magnesium sulfate), acidulant citric acid, tea extract 1%, flavours, caramel colour.

FLAVOUR/PACKAGING

Peach 1 liter PET bottle (12-15 litres)

ENERGY & ENDURANCE

SPORT TEA

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NUTRITION FACTS

NUTRITION FACTS	PER 100 ML CONCENTRATE**	PER 70 ML CONCENTRATE (ca. 1000 ml drink)
energy kJ (kcal)	935 (220)	663 (156)
fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
carbohydrates	55 g	39 g
of which sugars	45 g	32 g
protein	0 g	0 g
salt	0.93 mg	0.64 g
MINERALS	%NRV*	%NRV*
sodium	370 mg	--
magnesium	55 mg	15%
potassium	180 mg	9%
chloride	520 mg	65%

* nutrient reference values
100 ml of the preparation contains 66 kJ (16 kcal)

SPORT DRINK CONCENTRATE WITH ELECTROLYTES, ICE TEA-PEACH FLAVOUR.

Carefully produced in Switzerland

Sponser Sport Food AG
CH-8832 Wollerau

Sponser Europe GmbH
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ENERGY & ENDURANCE

LIQUID ENERGY PLUS

PREPARE BEFORE DURING AFTER

QUICK INFO	
X	LACTOSE FREE
X	GLUTEN FREE
X	ACID FREE
X	NO SWEETENERS
X	NO ARTIFICIAL COLOURS
■	NO PRESERVATIVES



PRODUCT DESCRIPTION

LIQUID ENERGY PLUS is a highly concentrated neutral-tasting energy, provided in liquid form. A pouch of 35 g contains 100 kcal of pure energy. Moreover, it contains the functional ingredients caffeine and taurine. Liquid Energy Plus is appropriate for endurance sportsmen who are dependent on a constant energy supply. It is however also ideal for power and game sports as source of energy before and during activities.

Enriched with 25 mg of caffeine per pouch. As from a dosage of 3 servings (75 mg of caffeine), caffeine stimulates the concentration and the attention.

ADVANTAGES

- Available in tubes which can be closed again or in handy portion bags
- Wide sugar spectrum with different glycemic index
- Temperature stable. Can be used in all weather conditions
- Neutral flavouring, honey like taste – without any artificial or natural flavour flavouring substances

UTILISATION

Take half a tube or one portion bag just before the start and then 1 tube or 2 portion bags (approx. 50 g carbohydrates) per hour. Drink sufficiently in addition. During efforts lasting more than 3 hours, the dosage has to be increased according to individual needs.

Contains caffeine. Not recommended for children, pregnant women and caffeine sensitive persons. As part of a varied and a healthy diet and lifestyle.

INGREDIENTS

Glucose-fructose syrup, water, taurine, potassium phosphate, salt, sodium citrate, vitamins (nicotinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin), flavour caffeine, antioxidant ascorbic acid.

PACKAGING

Display 20 x 70 g (tubes)

Display 40 x 35 g (portion bags)

ENERGY & ENDURANCE

LIQUID ENERGY PLUS

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NUTRITION FACTS

NUTRITION FACTS	PER 100 G	PER TUBE (70 G)
energy kJ (kcal)	1210 (285)	424 (100)
fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
carbohydrates	71 g	25 g
of which sugars	35 g	12 g
protein	0 g	0 g
salt	0.57 g	0.23 g
VITAMINE + MINERALS		
niacin	4 mg	25%*
B2	0.3 mg	21%*
pantothenic acid	1.2 mg	20%*
B6	0.4 mg	29%*
potassium	75 mg	4%*
sodium	75 mg	--

*nutrient reference value

mg/70 g (mg/100 g): Taurin 225 (645), Koffein 25 (71)

Carbohydrate gel for sportsmen. With caffeine, taurine, sodium, potassium and vitamins.
Food supplement.

Carefully produced in Switzerland by

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ENERGY & ENDURANCE

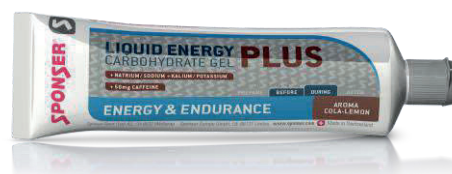
LIQUID ENERGY PLUS

+ CAFFEINE + SODIUM + POTASSIUM
COLA - LEMON

PREPARE BEFORE **DURING** AFTER

QUICK INFO

- X LACTOSE FREE
- X GLUTEN FREE
- ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES



PRODUCT DESCRIPTION

LIQUID ENERGY PLUS is a highly concentrated neutral-tasting energy, provided in liquid form. A tube of 70 g contains 200 kcal of pure energy. Moreover, it contains the functional ingredients caffeine. Liquid Energy Plus is appropriate for endurance sportsmen who are dependent on a constant energy supply. It is however also ideal for power and game sports as source of energy before and during activities.

Enriched with 50 mg of caffeine per tube. As from a dosage of 1.5 tubes (75 mg of caffeine), caffeine stimulates the concentration and the attention.

ADVANTAGES

- Available in tubes which can be closed again
- Free from free available fructose
- Wide sugar spectrum with different glycemic index
- Temperature stable. Can be used in all weather conditions
- Cola-Lemon flavouring

UTILISATION

Take half a tube just before the start and then 1 tube (approx. 50g carbohydrates) per hour. Drink sufficiently in addition. During efforts lasting more than 3 hours, the dosage has to be increased according to individual needs.

Contains caffeine. Not recommended for children, pregnant women and caffeine sensitive persons. As part of a varied and a healthy diet and lifestyle.

INGREDIENTS

Maltodextrin, water, sucrose, glucose syrup, isomaltulose*, waxy maize starch, sodium chloride, potassium phosphate, acidulant citric acid, flavours (incl. caffeine), gelling agent E466. *Source of glucose and fructose

PACKAGING

Display 20 x 70 g (tubes)

ENERGY & ENDURANCE

LIQUID ENERGY PLUS

+ CAFFEINE + SODIUM + POTASSIUM

COLA - LEMON

PAGE 2

NUTRITION FACTS

Nährwerte/nutrition facts	100 g	1 Tube (70 g)
Energie/energy kJ (kcal)	1207 (284)	850 (200)
Fett/fat	0 g	0 g
davon gesättigte Fettsäuren/of which saturated fatty acids	0 g	0 g
Kohlenhydrate/carbohydrates	71 g	50 g
davon Zuckerarten/of which sugars	24 g	17 g
Eiweiss/Protein	0 g	0 g
Salz/salt	0.79 g	0.55 g

Per Tube (70 g): Natrium/sodium 220 mg, Kalium/potassium 165 mg (8%*), Koffein/caffeine 50 mg

*NRV, nutrient reference values

Carbohydrate gel for sportsmen. With caffeine, sodium and potassium. Cola flavoured.

Carefully produced in Switzerland by

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