



# Maxim High Energy Drink

## - Lemon (160 ml)

Maxim High Energy Drink is a highly concentrated carbohydrate drink. The carbohydrates fuel your muscles immediately and will keep you up to speed.

During long, intensive exercise your blood sugar level can drop beneath normal values. Result: energy fade, concentration problems, decrease in performance. This problem often arises in endurance athletes such as triathletes, runners, cyclists, etc. On precisely these moments Maxim High Energy Drink is the ideal energy supplier. The product contains fast carbohydrates that ensure immediate energy, as well as slow carbohydrates that are released during the hour after intake.



## How to use

### During exercise

Maxim High Energy Drink is ideal to use during high intensity endurance exercise. Start consuming Maxim High Energy Drink 30 minutes after having started exercise.

Consume the entire 160ml contents of the pouch. This energy will keep you up to speed for an hour. Ideal when you do not have time to drink every 15-20 minutes (mountainbiking, cycling up a steep hill, etc). Do not use more than one pack per hour, as you will not be able to use the extra carbohydrates for energy.

As this product is very concentrated, it is wise to start practicing with half a pouch, or a pouch diluted in some water.



Nutritional Value	Per 100g	Per 160 ml
Energy	675 kJ/160 kcal	1080 kJ/256 kcal
Protein	0 g	0 g
Carbohydrates	40,4 g	64,6 g
- of which sugars	6,9 g	11,0 g
Fat	0 g	0 g
- of which saturated fat	0 g	0 g
Fibre	0 g	0 g
Sodium	0,003 g	0,005 g

### Ingredients

Water, maltodextrin, glucose syrup, acidulant: citric acid, flavouring, preservatives (potassium sorbate, sodium benzoate).

### Allergens:

Can contain traces of corn.