

Watermelon

Nährwerte	pro 100 g	RI*
Energie	1641 kJ / 386 kcal	20%
Fett	< 0,5 g	< 1 g
- davon gesättigte Fettsäuren	< 0,1 g	< 1 g
Kohlenhydrate	35 g	13%
- davon Zucker	13 g	15%
Eiweiß	55 g	111%
Salz	0,91 g	15%

*RI = Reference Intake / Referenzmenge bezogen auf 8400 kJ / 2000 kcal pro Tag

Inhaltsstoffe	pro 100 g	NRV*
Calcium	480 mg	60%
Magnesium	320 mg	85%
Vitamin C	240 mg	300%
Niacin	142 mg	888%
Vitamin E	36 mg	300%
Zink	30 mg	300%
Vitamin B6	4,2 mg	300%
Vitamin A	1200 µg	150%
Folsäure	132 µg	66%
Chrom	120 µg	300%
Biotin	33 µg	66%

Vitamin B12 7,5 µg 300%

*NRV Nutrient Reference Value / Referenzmenge

Tropical Punch

Nährwerte	pro 100 g	RI*
Energie	1641 kJ / 386 kcal	20%
Fett	< 0,5 g	< 1 g
- davon gesättigte Fettsäuren	< 0,1 g	< 1 g
Kohlenhydrate	35 g	13%
- davon Zucker	13 g	15%
Eiweiß	55 g	111%
Salz	0,91 g	15%

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Vitamin A	1200 µg	150%
Folsäure	132 µg	66%
Chrom	120 µg	300%
Biotin	33 µg	66%
Vitamin B12	7,5 µg	300%

*NRV Nutrient Reference Value / Referenzmenge

Orange Juice

Nährwerte	pro 100 g	RI*
Energie	1641 kJ / 386 kcal	20%
Fett	< 0,5 g	< 1 g
- davon gesättigte Fettsäuren	< 0,1 g	< 1 g
Kohlenhydrate	35 g	13%
- davon Zucker	13 g	15%
Eiweiß	55 g	111%
Salz	0,91 g	15%

*RI = Reference Intake / Referenzmenge bezogen auf 8400 kJ / 2000 kcal pro Tag

Inhaltsstoffe	pro 100 g	NRV*
Calcium	480 mg	60%
Magnesium	320 mg	85%
Vitamin C	240 mg	300%
Niacin	142 mg	888%

Vitamin E	36 mg	300%
Zink	30 mg	300%
Vitamin B6	4,2 mg	300%
Vitamin A	1200 µg	150%
Folsäure	132 µg	66%
Chrom	120 µg	300%
Biotin	33 µg	66%
Vitamin B12	7,5 µg	300%

*NRV Nutrient Reference Value / Referenzmenge

Vitamins and Minerals (other ingredients)	25g	NRV³	100 g
Vitamins and minerals			
Calcium			480 mg
Magnesium			320 mg
Vitamin C			240 mg
Niacin			142 mg
Vitamin E			36 mg
Zinc			30 mg
Niacin (mint nikotinsav)			24 mg
Vitamin B6			4,2 mg
Vitamin A			1200 µg
Folic Acid			132 µg
Chromium			120 µg
Biotin			33 µg
Vitamin B12			7,5 µg
„Hot Blood“ Multi Complex			
- Carb Complex (maltodextrin, dextrose) (8177 mg), Beta-alanine (1600 mg), Citrulline malate (2:1) (1500 mg), Acetyl-L-carnitine hydrochloride (250 mg), L- carnitine L-tartrate (50 mg)	11650 mg		
- of which total L-carnitine (202 mg), Calcium β- hydroxy β-methylbutyrate (50 mg) - of which hydroxy methylbutyrate (HMB) (42 mg), Betaine (12,6 mg), Choline (9,9mg), Biotine (8,2µg)			
Creatine Monohydrate	3411 mg		
-of which creatine	3000 mg		

Amino Acid Matrix - L-	
Arginine hydrochloride (2000 mg), L-Arginine alpha-ketoglutarate (1110 mg) - of which total L-Arginine (2400 mg), L-Tyrosine (1000 mg), L-Glutamine (100 mg), L-Leucine (50 mg), L-Ornithine (40 mg), L-Valine (25 mg), L-Isoleucine (25 mg), L-Lysine (12 mg)	4362 mg
Antioxidant Complex -	
Grape seed extract (20 mg), Vitamin C (60 mg), Vitamin E (9.0 mg), BioPerine® black pepper fruit extract (1.75 mg)	91 mg
Electrolyte Matrix -	
Calcium (120 mg), Sodium (100 mg), Magnesium (80.0 mg)	300 mg
Nootropics- Ginkgo biloba leaf extract (50 mg), Vitamin B6 (1.0 mg), Niacin (as nicotinamide) (36 mg), Niacin (as nicotinic acid) (6.0 mg), Zinc (7.5 mg)	
	101 mg
Immune Complex - Ginger rhizome extract (50 mg), Vitamin A (300 µg), Chromium(30 µg), Vitamin B12 (1,9 µg), Folic Acid (33,0 µg)	
	50 mg