

DURING SPORT

PA COD: HG0021

EAN: 805961130021

Format: 60 ml (67gr)

Flavour: Orange, Honey, Lemon, Elderberry

Packaging: Box of 24 sachets

Description

Hóra carbovitamin gel is the only energy food supplement formulated with a combination of carbohydrates, 7 vitamins and zinc, enriched with mineral salts naturally present in orange, honey, lemon and elderberry ingredients, such as potassium, magnesium, phosphorus, calcium and iron.

Each dose of hóra carbovitamin gel provides 40 g of carbohydrates and 15% NRV of vitamins, offering immediate mental and muscular support. In particular, the combination of maltodextrins, vitamins and mineral salts promotes faster absorption and an immediate availability of energy, supporting athletes during prolonged and intense efforts. Scientific studies have shown that carbohydrates provide energy, which is then used by the body through metabolism. B vitamins are essential for this process, as they act as coenzymes helping to convert carbohydrates (and other macronutrients) into energy during physical activity. Moreover, maltodextrins combined with mineral salts contribute to muscle recovery and growth.

Ingredients

Water; maltodextrins; dextrose; honey; orange juice (from concentrate); acidifier: citric acid; lemon juice (from concentrate); flavourings; elderberry juice (from concentrate); preservatives: sodium benzoate, potassium sorbate; thickener: xanthan gum; vitamin C (L-ascorbic acid); zinc gluconate; vitamin E (DL-alpha-tocopheryl acetate); niacin B3 (nicotinamide); vitamin B6 (pyridoxine hydrochloride); vitamin B1 (thiamine hydrochloride); vitamin B12 (cyanocobalamin); biotin (D-biotin).

Storage Instructions

Store in a cool, dry place, away from direct sunlight and sources of heat. The expiry date refers to the product correctly stored in unopened packaging.

Directions for Use

It is recommended to take one single-dose sachet per day. Keep out of reach of children under 3 years of age.



Nutritional Values

Average Values	Per 100 mL	Per daily dose (1 sachets 60 mL)	%NRV* per dose
Energy	263kcal/1117kJ	158kcal/670kJ	-
Carbohydrates	66 g	40 g	-
of which sugars	31 g	19 g	-
Proteins	0 g	0 g	-
Fats	0 g	0 g	-
of which saturates	0 g	0 g	-
Salt	0 g	0 g	-
Vitamin C	20 mg	12 mg	15%
Vitamin E	3,5 mg	2,1 mg	17,5%
Niacin (Vitamin B3)	4 mg	2,4 mg	15%
Vitamin B6	0,35 mg	0,21 mg	15%
Thiamine (Vitamin B1)	0,28 mg	0,17 mg	15%
Vitamin B12	0,63 µg	0,38 µg	15%
Biotin	12,5 µg	7,5 µg	15%
Zinc	2,5 mg	1,5 mg	15%

*NRV: Nutritional Reference Values

