

# INTRA FUEL

## ENDURANCE & MUSCLE RECOVERY FUEL

This is INTRA-FUEL, a unique amino and carbohydrate recovery fuel for athletes who perform at the highest level. INTRA-FUEL uses Highly Branched Cyclic Dextrin (Cluster Dextrin®) carbohydrates with a specific blend of **Branch Chain Amino Acids, Vitamins and Minerals**, to aid in recovery†, and support the immune system during and after intense physical exercise‡ such as competitive endurance activities.

Cyclic Dextrins are highly soluble and slow releasing carbohydrates delivering bioavailable carbohydrates, a requirement to replace muscle glycogen during and after exercise‡. This unique formula contains carbohydrates which have a **fast gastric emptying time** due to low osmolality, which may be beneficial with carbohydrate intake around times of exercise. Each serving also contains a select blend of minerals including magnesium, which contributes to **electrolyte balance**.

The key ingredients in INTRA-FUEL used pre, intra and post exercise may be beneficial to both male and female athletes who participate in intense exercise and endurance sports. Especially those who need to improve **muscle recovery** from glycogen depleting exercise‡, whilst also contributing to protein metabolism and **supporting the immune system**‡†. Essential requirements for optimal performance.

- **With BCAAs, Glutamine, Citrulline & Electrolytes**
- **Supports Muscle Recovery During & After Intense Exercise**†
- **Supports Electrolyte Balance<sup>o</sup> & Normal Muscle Function<sup>oΔ</sup>**
- **Contributes to Carbohydrate, Protein & Glycogen Metabolism<sup>\*A</sup>**
- **Supports Immune System Impaired from Intense Exercise**†

<sup>o</sup>Magnesium contributes to electrolyte balance. <sup>oΔ</sup>Magnesium contributes to normal muscle function. \*Zinc contributes to normal carbohydrate metabolism. <sup>A</sup>Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise (200mg/day)(200mg/d in addition to the recommended daily intake of Vitamin C). <sup>A</sup>Vitamin B6 contributes to normal protein and glycogen metabolism. †Carbohydrates (CHOs) contribute to recovery of normal muscle function after intensive/ long-lasting exercise leading to muscle fatigue & depletion of muscle glycogen. Consume 4g per kg/bwt of CHOs from all sources within 4-6 hrs post-exercise to achieve claimed effects.

# EFFECTIV™

PRE-EXERCISE • INTRA • POST-EXERCISE

# INTRA FUEL

## ENDURANCE & MUSCLE RECOVERY FUEL

THE INGREDIENTS IN INTRA-FUEL HELP SUPPORT HEALTHY:

**MUSCLE RECOVERY<sup>†</sup>**  
**PROTEIN & GLYCOGEN METABOLISM<sup>\*A</sup>**  
**WITH BCAA & CLUSTER DEXTRIN<sup>®</sup>**

908g

ORANGE BLAST FLAVOUR

**RECOMMENDED USE:** Use 1 scoop (40g) with 400-500ml of water. Start drinking immediately prior to sport or exercise and consume remaining for duration of activity. For more intense exercise and endurance sports use 2 scoops (80g) with 800ml of water or as desired for taste.

### NUTRITIONAL INFORMATION

	Serving Size: 1 Scoop (40g)		Servings Per Container 23	
	per 100g	%RI*	per 40g serving	%RI*
Energy	1553kJ	18%	621kJ	7%
	365kcal	18%	146kcal	7%
Fat	0.0g	0%	0.0g	0%
Of which saturates	0.0g	0%	0.0g	0%
Carbohydrate	77.2g	30%	30.9g	12%
Of which sugars	2.0g	2%	0.8g	1%
Protein	0.0g	0%	0.0g	0%
Salt	1.8g	30%	0.7g	12%
<b>VITAMINS &amp; MINERALS</b>				
Vitamin B5	6.3mg	105%	2.5mg	42%
Vitamin B6	2.5mg	179%	1.0mg	71%
Vitamin C	500mg	625%	200mg	250%
Magnesium	150.0mg	40%	60.0mg	16%
Zinc	6.3mg	63%	2.5mg	25%

\* RI = Reference intake of an average adult (8400kJ/2000kcal)  
 - RI not established

AMINO COMPLEX	100g	40g Serving
L-Leucine	5.0g	2.0g
L-Isoleucine	2.5g	1.0g
L-Valine	2.5g	1.0g
L-Citrulline	3.8g	1.5g
L-Glutamine	2.5g	1.0g

**INGREDIENTS:** Cluster Dextrin (Waxy Corn Starch), Instantised Branch Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine, Emulsifier: Soya Lecithin), L-Citrulline, L-Glutamine, Flavouring, Trisodium Citrate, Sodium Chloride, Anticaking Agent (Silicon Dioxide), Colour (Beta Carotene), Vitamin C (Ascorbic Acid), Magnesium (Magnesium Citrate), Vitamin B5 (Calcium D-Pantothenate), Vitamin B6 (Pyridoxine Hydrochloride), Zinc (Zinc Gluconate), Sweetener (Sucralose).

**ALLERGY ADVICE:** For Allergens See Ingredients in Bold  
 Suitable for Vegetarians. Gluten Free.  
 Contents sold by weight, not volume. Settling may occur.

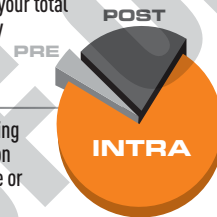
Do not exceed recommended intake.  
 Do not use as a substitute for a varied and balanced diet and a healthy lifestyle.  
 Store in a cool, dry place. KEEP OUT OF REACH OF CHILDREN.

### HOW TO USE INTRA-FUEL

**PRE** Choose drink volume based on personal requirement. Start to consume INTRA-FUEL five minutes immediately prior to exercise.

**INTRA** Consume up to 3/4 of your total drink sipping regularly throughout exercise or sporting activity.

**POST** Consume your remaining drink immediately upon completion of exercise or sporting activity.



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BEST BEFORE DATE & BATCH NUMBER SEE BASE

908g CARBOHYDRATE POWDER WITH AMINO ACIDS, VITAMINS, MINERALS & SWEETENER