

H24 PROLONG

Active Gel



SKU: 402K

Ingredients:

Maltodextrin, water, fructose, acidity regulator (citric acid), flavouring, preservatives (potassium sorbate, sodium benzoate), sodium chloride, Vitamin B12 (cyanocobalamin), Thiamin (thiamin hydrochloride).

Nutritional Information

Typical Nutritional Information

Serving Size: 1 sachet (45 g)
Servings per Carton: 10

| | Per 100 g | % NRV | Per sachet (45 g) | % NRV |
|--|-----------|-------|-------------------|-------|
| Energy | 1142 kJ | ** | 514 kJ | ** |
| Protein | 0.0 g | 0 % | 0.0 g | 0 % |
| Glycaemic Carbohydrate | 67 g | ** | 30 g | ** |
| of which: total sugar | 29.6 g | ** | 13.3 g | ** |
| Total Fat | 0.0 g | ** | 0.0 g | ** |
| of which: saturated fat | 0.0 g | ** | 0.0 g | ** |
| Dietary Fibre** | 0.0 g | ** | 0.0 g | ** |
| Total Sodium | 27 mg | ** | 12 mg | ** |
| VITAMINS | | | | |
| Thiamin | 0.4 mg | 31 % | 0.2 mg | 14 % |
| Vitamin B12 | 0.8 µg | 35 % | 0.4 µg | 16 % |
| * Nutrient Reference Values (NRVs) for individuals 4 years and older | | | | |
| ** NRV not established | | | | |
| *** Fibre content calculation based on AOAC 2009.01 method | | | | |

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H24 Prolong Active Gel contains a 1:0.8 glucose to fructose ratio and delivers 30 g of carbohydrates per serving to support your goals when you need it most.

H24 Prolong comes with a vibrant fruity strawberry flavouring and is a source of Vitamin B12

Unlock your potential and support your workouts with H24 Prolong Active Gel.

KEY BENEFITS AND FEATURES

- Formula based on the 1:0.8 glucose to fructose ratio
- Contains 30 g of carbohydrates per serve, to support your goals when you need it most.
- Source of Vitamin B12 and is high in carbohydrates
- One box contains 10 sachets
- Artificial colourants and artificial sweeteners free
- Suitable for Vegans
- Gluten-free

RECOMMENDED USE

1 sachet per hour for intense exercise of under 1.5 hours.
2 sachets per hour for intense exercise of 1.5–2 hours.
The maximum recommended number of sachets per day is 4.

Use this product within a balanced and varied diet as part of a healthy, active lifestyle. It is important to maintain adequate fluid intake.