

BOBK PULSE

PERFORMANCE NUTRITION



Used by the Springboks!



CEREAL DRINK

Ready to drink (RTD) cereal-based drink that can be consumed before or after workout

Basic Design Features

1. Eating before exercise improves performance (vs. fasting state); 200g – 300g of carbohydrates, 3 – 4 hours before exercise, recommended.
2. Drink/snack must contain sufficient fluid to maintain hydration, should be low in fat and fibre to facilitate gastric emptying, relatively high in carbohydrates (energy), moderate in protein and must be well tolerated by individual.

Product Characteristics

1. Snack containing 3% maize and milk
2. High in energy
3. Low in fat
4. Source of protein

Packaging Details and Shelf-Life

250ml UHT tetra-brick with straw
Shelf-life = 9 months

Ingredient Listing

Fat-Free Milk, Treated Water, Sugar, Maize, Soy Protein Isolate, Novel Fiber (Polydextrose), Sunflower Oil, Flavorant(s), Stabilisers (E460,E407), Soybean Lecithin, Emulsifying Salts (E550,E451), Vegetable Based Emulsifier, Maltodextrin, Sodium Chloride, Anticaking Agent (E551).

Nutritional Information (Plain variant)

TYPICAL NUTRITIONAL INFORMATION	Per 100 ml	Per serving (250 ml)	% NRV*
Energy (KJ)	1510.38	3775.95	
Protein (g)	3.60	9.00	16.05
Total fat (g)	1.57	3.93	
of which saturated fat (g)	0.26	0.65	
trans fat (g)	0.07	0.17	
mono/poly saturated fat (g)	1.24	3.10	
Cholesterol (g)	4.00	10.00	
Glycaemic carbohydrate (g)	10.66	26.65	
of which total sugar (g)	9.27	23.18	
Dietary Fibre (g)	0.38	0.95	
Calcium (mg)	134.75	336.88	25.91
Potassium (mg)	11.89	29.73	
Phosphorus (mg)	117.90	294.75	
Total Sodium (mg)	90	225	

* NRV – Nutrient reference values for individuals older than 4 years

