

Ingredients SQUEEZY ATHLETIC

SQUEEZY ATHLETIC DIETARY FOOD (classic)

Vitalose20®* (50 %), isomaltulose** (20 %), skimmed milk powder (10 %), emulsifier (soy lecithin), whey protein 4 %, stabiliser (xanthan gum, guaran flour), acidifier (citric acid), release agent (calcium phosphate), potassium chloride, sodium citrate, flavourings, magnesium citrate, calcium carbonate, flavourings, sweetener (sucralose), ascorbic acid, zinc lactate, iron fumarate, D,L-alpha-tocopherolacetate, niacin, vitamin A-acetate, calcium-D-pantothenate, copper gluconate, cholecalciferol, pyridoxine hydrochloride, riboflavin, thiamine mononitrat, pteroyl glutamic acid, sodium selenite, potassium iodide, D-biotin, cyanocobalamin

SQUEEZY ATHLETIC DIETARY FOOD (banana)

Vitalose20®* (50 %), isomaltulose** (20 %), skimmed milk powder (11 %), emulsifier (soy lecithin), whey protein, stabiliser (xanthan gum, guaran flour), acidifier (citric acid), release agent (calcium phosphate), potassium chloride, calcium carbonate, acidifier (citric acid), sodium citrate, flavourings, magnesium citrate, sweetener (sucralose), ascorbic acid, zinc lactate, iron fumarate, D,L-alpha-tocopherolacetate, niacin, vitamin A-acetate, calcium-D-pantothenate, copper gluconate, cholecalciferol, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, pteroyl glutamic acid, sodium selenite, potassium iodide, D-biotin, cyanocobalamin

SQUEEZY ATHLETIC DIETARY FOOD (chocolate)

Vitalose20®* (46 %), isomaltulose** (23 %), low-fat-cacao powder 12 %, emulsifier (soy lecithin), whey protein (5 %), flavourings, stabiliser (xanthan gum, guaran flour), release agent (calcium phosphate), potassium chloride, sodium citrate, calcium citrate, magnesium citrate, sweetener (sucralose), ascorbic acid, zinc lactate, iron fumarate, D,L-alpha-tocopherolacetate, niacin, vitamin A-acetat, calcium-D-pantothenate, copper gluconate, cholecalciferol, pyridoxine hydrochlorid, riboflavin, thiamine mononitrat, pteroyl glutamic acid, sodium selenite, potassium iodide, D-biotin, cyanocobalamin

* Fermented wheat product from wholegrain wheat, starches almost entirely eliminated during fermentation. Second fermentation using speci

Nutritional values SQUEEZY ATHLETIC

Classic	per 100 g powder SQUEEZY ATHLETIC	per portion (45 g powder in 200 ml water)
Energy	1,651 kJ	743 kJ
	(393 kcal)	(177 kcal)
Protein	24 g	11 g
Carbohydrates	37 g	17 g
	31 g	14 g
- of this sugar	19 g	8.6 g
- of this isomaltulose	11 g	4.8 g
- of this lactose		
- of this starch	1.6 g	0.70 g
Fat	12 g	5.5 g
- of this saturated fatty acids	2.0 g	0.90 g
Fibres	11 g	5.1 g
Sodium	0.29 g	0.13 g
Banana	per 100 g powder SQUEEZY ATHLETIC	per portion (45 g powder in 200 ml water)
Energy	1,630 kJ	734 kJ
	(388 kcal)	(175 kcal)
Protein	25 g	11 g
Carbohydrates	38 g	17 g
- of this sugar	32 g	14 g
- of this isomaltulose	19 g	8.6 g
- of this lactose	11 g	5.1 g
- of this starch	1.6 g	0.70 g
Fat	12 g	5.3 g
- of this saturated fatty acids	2.0 g	0.90 g
Fibres	11 g	5.1 g
Sodium	0.30 g	0.14 g

Chocolate	per 100 g powder SQUEEZY ATHLETIC	per portion (45 g powder in 200 ml water)
Energy	1,578 kJ (376 kcal)	710 kJ (169 kcal)
Protein	23 g	10 g
Carbohydrates	35 g	16 g
- of this sugar	28 g	13 g
- of this isomaltulose	21 g	9.6 g
- of this lactose	5.1 g	2.3 g
- of this starch	3.3 g	1.5 g
Fat	11 g	5.1 g
- of this saturated fatty acids	2.6 g	1.2 g
Fibres	14 g	6.6 g
Sodium	0.26 g	0.12 g

Allergy advices SQUEEZY ATHLETIC

Allergies and intolerances are widespread

In Germany there are affected between 20 and 25 million people by allergies and incompatibilities. The majority of these people suffers from allergic rhinitis, a lot of them as well from food intolerances as lactose and gluten intolerance.

Gluten intolerance and sports nutrition

Gluten intolerance is an autoimmune disease. Affected people cannot reduce gluten (which is a part of many cereals). Gluten intolerance increases the likelihood to suffer from Diabetes Mellitus Type 1 and the Non-Hodgkin's Lymphon. The causes of gluten intolerance are still not completely clarified – probably as well heredity as infections play an important role.

Lactose intolerance and sports nutrition

Lactose intolerance, also called lactase deficiency and hypolactasia, is the inability to digest lactose, a sugar found in milk and to a lesser extent milk-derived dairy products. Approx. 75 % of the adult world population has this type of intolerance (Origin: WHO 2006).

Fructose intolerance and sports nutrition

Fructose is contained in a lot of foods – especially in fruits. When the stomach causes problems after the intake of fruits the reason could be a fructose intolerance, also named fructose malabsorption. As a reason for gastro-intestinal diseases this metabolic disorder has become more important in the past few years.

Due to the fact that there are many sports men affected by these incompatibilities a careful nutrition becomes important.