

# Energy GUM Bar +Caffeine

## GUMMY ENERGY BAR WITH AMINO ACIDS, ELECTROLYTES AND A PLUS OF CAFFEINE

### COLA



- Provides 23 g of carbohydrates per bar
- With 64,4 mg of Caffeine per bar
- With a plus of branched chain amino acids (BCAA), Arginine and Taurine
- With minerals from assimilable sources: Na, K and Mg
- Gummy texture with incredible flavour and digestibility
- Suitable for Vegans

**Energy GUM Bar+Caffeine** is a gummy bar of the highest quality with a premium composition that provides all the necessary ingredients to improve performance in your training and competitions. This is the **adaptation** of our **Energy Gel to the gummy bar format**, 30 g of magnificent texture that is easy to chew and that will not be difficult for you to swallow, thus avoiding gastrointestinal problems.

It contains two sources of **carbohydrates**, Dextrose (in the form of glucose syrup) and Sucrose, which however provide me with 3 types of carbohydrates, since Sucrose is a source of Glucose and Fructose. These are necessary because carbohydrate intake during sports practice has been shown to improve performance (Cermak, N.M. et al., SM. 2013; Pochmuller, M. et al., JISSN. 2016). In addition, the latest research has shown that a high intake of carbohydrates during sports practice, especially long-term (> 2.5 h), improves neuromuscular function (Urdampilleta, A. et al. Nutrients. 2020) and also improves post-training recovery both at the level of muscle damage and at the energy level because it shortens glycogen resynthesis times (Viribay, A. et al. Nutrients. 2020).

But in addition to the combination of carbohydrates, our extraordinary formula has more added values since we have also incorporated:

- **Minerals:** better known as **electrolytes** or salts, especially **sodium (Na)**, which is the one we lose the most with sweat and is essential to maintain hydration during physical activity (each gel provides approx. 110 mg) (Panel NDA. EFSA Journal. 2.011). They also provide **potassium (K)** and **magnesium (Mg)**, whose loss could be involved in the appearance of muscle cramps, and they have also been added in the form of highly bioavailable salts, such as, magnesium citrate.
- **Branched-Chain Amino Acids (BCAAs):** the intake of these amino acids together with carbohydrates during training has been shown to decrease muscle damage markers (Valentine, R.J. et al., IJSNEM. 2.008). Also, the

branched amino acids are highly oxidized by the muscle, that is, they are used as an energy source, reducing the use of glycogen in favor of fats. In addition, the intake of these amino acids during exercise reduces Central Fatigue Syndrome (CFS), that is, it reduces the production of Serotonin (a neurotransmitter related to the symptoms of fatigue and mood) (Kerksick, C.M. et al., JISSN. 2.018).

- **Arginine:** this amino acid in addition to being a precursor of Nitric Oxide (NO), reduces lactate concentration and improves aerobic capacity. Furthermore, as it is a glucogenic amino acid, the muscle can use it as an extra energy source.
- **Taurine:** among others, it has antioxidant, metabolic and ergogenic effects (Galloway, S.D.R. et al., JAP. 2.008). Its intake together with the rest of the ingredients has been shown to improve muscular endurance during exercise (Hoffman, J.R. et al., JCSR. 2.008). It stabilizes cell membranes by helping potassium, sodium, calcium and magnesium pass through them (Bouckenoghe, T. et al., CNMC. 2.006).
- **Caffeine and Guarana:** we have added (in pure form and as Guarana), the most effective ingredient for the direct improvement of performance, both in resistance and strength (Grgic, J. et al., BJSM. 2.019), the caffeine. This in addition to activating the Central Nervous System (CNS), delays fatigue and optimizes the use of cellular fuels (glycogen and fat). But the most important thing is that it improves muscle contraction (Lopes, J.M. et al., JAP. 1.983), hence its effectiveness especially when fatigue begins.

And like all Crown Sport Nutrition® products with spectacular taste and digestibility.

**Ingredients (Cola):** Glucose syrup, sucrose, water, pectin (pectin, acidity regulators: sodium-potassium tartrate, polyphosphate; maltodextrin), acidity regulator: citric ac.; branched chain amino acids (BCAA) (L-Leucine, L-Isoleucine, L-Valine), flavouring, magnesium citrate, sea salt, L-arginine AKG, L-taurine, caffeine, corn starch, potassium chloride, coating oil (coconut oil, coating agent: carnauba wax), guarana dry extract (*Paullinia cupana*) (12% caffeine). May contain traces of gluten, egg, fish, soy and milk (included lactose).

**Instructions for use:** take a bar approximately every 45 minutes of physical activity.

**Professional tips:**

- **If you also take Isodrink & Enegy:** Take one bar approximately every hour of physical activity. After 3 hours, eat one bar every 30 minutes (2 bars/hour).
- **If you do NOT take Isodrink & Enegy:** Eat one bar approximately every 30 minutes (2 bars/hour) of physical activity. After 3 hours, eat one bar every 20 minutes (3 bars/hour).
- In this case, as a professional recommendation to avoid dehydration, we suggest you take approximately 1 capsule of PRO Salt Caps every 60-90 minutes of physical activity.
- **If you DO NOT take Isodrink & Enegy and want to combine them with our Energy Gel or Energy Bar:** Eat one bar approximately every 30 minutes (2 bars/hour) of physical activity. After 3 hours, eat one bar every 20 minutes (3 bars/hour). But if you combine them with our Energy Gel, you can substitute or alternate a bar with a gel. And if you choose our Salty Energy Bar (salty bars) you could eliminate the intake of the PRO Salt Caps capsule.

**Available flavours WITH caffeine:** Cola and Strawberry.

**Available flavours WITHOUT caffeine:** Orange.

**Available formats:** 30 g bars and boxes of 12 bars.

NUTRITIONAL INFORMATION	Per 100 g	Per bar (30 g)
Energy	1.368 kJ 322 kcal	411 kJ 97,0 kcal
Fat	0,10 g	0,00 g
• of which sat. fatty Acids	0,10 g	0,00 g
Carbohydrates	76,8 g	23,0 g
• of which Sugars	66,1 g	19,8 g
Protein	2,10 g	0,63 g
Salt	0,93 g	0,28 g
Total Caffeine	214,7 mg	64,4 mg
Leucine	666,6 mg	200 mg
Isoleucine	333,3 mg	100 mg
Valine	333,3 mg	100 mg
Taurine	400 mg	120 mg
Arginine (AKG)	400 mg	120 mg
Sodium	372 mg	112 mg
Potassium	66,7 mg	20,0 mg
Magnesium	143,3 mg	43,0 mg



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