

HyperBar 45+Caffeine

**HIGH CARBOHYDRATES GUMMY BAR
WITH A PLUS OF CAFFEINE & SODIUM**

NEUTRAL

- Provides 45 g of Carbohydrates and 80 mg of Caffeine
- Glucose & Fructose Mix in 1:0,8 ratio
- With a plus of Sodium (Sea Salt) 165 mg
- Gummy Texture with high digestibility
- Neutral taste, without flavouring added
- Suitable for Vegans



In **Crown Sport Nutrition** have thought of all those athletes who need a greater intake of carbohydrates during sports, that is why we have developed **the Hyper product line**. With them you can easily reach consumptions of more than 60 g/hour of carbohydrates.

Within this line we have **HyperBar 45+Caffeine**, which is the **adaptation to gummy format** of our **HyperGel 45+Caffeine**. Therefore, it is a double bar of 60 g (2x30 g for package) of the highest quality and with an ideal composition of carbohydrates, caffeine and sodium, nutrients necessary to improve the performance of both training and long duration competitions. In this double bar you will have 45 g of carbohydrates (really 46,1 g), 80 mg of caffeine with an extra contribution of Sodium (approx. 165mg).

HyperBar 45+Caffeine contains the ideal blend, according to science, of carbohydrates, **Glucose and Fructose**, in **ratio 1.25:1** (commonly known as **1:0.8**), in this case we achieve this by using 3 ingredients, sucrose (as a source of glucose and fructose) and directly glucose syrups on one side and fructose syrups on the other. It has been shown that in prolonged exercise the use of carbohydrates that are absorbed in the intestine by different transporters (known as SGLT-1 and GLUT) is the only way to increase the rate of assimilation and oxidation of exogenous carbohydrates above 60 g/hour (Currell, K. et al., MSSE. 2008; Earnest, C.P. et al., JSCR. 2004). To this end, research indicates that the ideal is to combine sources that provide glucose and others that provide fructose.

Why combine them in a 1.25:1 ratio (1:0.8) and not in the classic 2:1 or another?

Because the latest research has shown that with this ratio we achieve maximal oxidation of exogenous carbohydrates, that is, our body obtains maximal energy efficiency from the carbohydrates consumed (74% efficiency) (Rowlands, D.S. et al., SM. 2.015).

By way of summary and as a conclusion on the carbohydrates used, in the context of products with a high concentration of carbohydrates to be taken during exercise, the most important thing is that the energy efficiency of

the exogenous carbohydrates consumed is maximum and minimize gastrointestinal problems as much as possible and, according to science, to date, this is only achieved by combining these sources of carbohydrates that provide Glucose and Fructose, and in the proportions of **1.25:1** (more commonly known as **1:0.8**) (Rowlands, D.S. et al., SM. 2.022).

With Caffeine: we have added caffeine, the most effective ingredient for the direct improvement of performance, both in resistance and strength (Grgic, J. et al., BJSM. 2.019). 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.

To complete the formula, we have added **Sodium (Na)**, sodium chloride in the form of **Marine salt**. The sodium is the most important electrolyte during sports practice, because it is the one we lose the most through sweat and it is essential to maintain hydration during physical activity (NDA Panel. EFSA Journal. 2011).

Why should we consume high amounts of carbohydrates during sports practice?

Because, the latest research has shown that a high carbohydrate intake during sports practice, especially of long duration (> 2,5 h), improves neuromuscular function (Urdampilleta, A et al. Nutrients. 2020) and also improves post-training recovery both in terms of muscle damage and energy because it shortens glycogen resynthesis times (Viribay, A. et al. Nutrients. 2020).

Gummy Texture!

For those who want to change textures between gels and drinks, we offer the option of the solid bar format, but in the form of a gummy. The difference with other types of bars (oatmeal, date, etc.) is that this one **if you do not want to chew it**, you can leave a small piece in one side of your mouth and wait for it to gradually melt, which does not happen with other bars, which you have to chew them to swallow them.

Neutral taste! No flavourings, no sweeteners, no colourings, no preservatives

To minimize gastrointestinal problems that may occur, we have developed a highly pure product, so it has no flavour, only at the organoleptic level has a slight sweet touch provided by the ingredients themselves, sucrose, glucose and fructose, nothing more. It does not contain flavourings, sweeteners, colourings or preservatives.

Ingredients: Sucrose, water, glucose syrup, fructose syrup, pectin (pectin, acidity regulators: sodium-potassium tartrate, polyphosphate; maltodextrin), sea salt, acidity regulator: citric acid; coating oil (coconut oil, coating agent: carnauba wax), (0,13%) caffeine.

May contain traces of gluten, egg, fish, soy and milk (included lactose).

Instructions for use: Depending on individual needs in terms of carbohydrate intake, a double bar can be taken every 20, 30 or 45 minutes. *For this dosage, the amount of caffeine provided by the gel must also be taken into account. For greater convenience: as the package contains 2 bars of 30 g, they can also be consumed individually.

Professional tips:


- **To easily exceed 60 g/hr of carbs** you can freely combine any of the products in the **Hyper line:** HyperDrink 90, HyperGel 45, HyperBar 45 or HyperGel 30.
*To get to consume those high intakes of carbohydrates, we recommend training your stomach and consulting a sports nutritionist.
- **For optimal hydration** it is necessary to drink at least between 400 and 600 ml during physical activity, either in the form of water or a sports drink such as **Isodrink & Energy** which also provides mineral salts and extra carbohydrates.
- **If the environment is very hot and/or humid:** to maintain proper hydration, in addition to the fluid intake mentioned in the previous point, an extra supply of salts is necessary, so it is recommended to ingest approx. **1 capsule of PRO Salt Caps** every 60 minutes (1 hour) of physical activity.

Available flavours WITH and WITHOUT Caffeine: Neutral (No flavour added)

Available formats: bars of 60 g (2x30 g) and Box with 10 bars.

NUTRITIONAL INFORMATION	Per 100 g	Per 60 g
Energy	1.345 kJ	807 kJ
	317 Kcal	190 Kcal
Fat	0,20 g	0,10 g
• of which sat. fatty Acids	0,20 g	0,10 g
Carbohydrates	76,8 g	46,1 g
• of which Sugars	69,4 g	41,7 g
Protein	0,10 g	0,10 g
Salt	0,69 g	0,41 g
• of which Sodium	275 mg	165 mg
Caffeine	133 mg	80 mg




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Collaborators:

