

## THE SPORT BEANS ADVANTAGE

### A WINNING FORMULA

Formulated for Maximum Sports Performance

- 25 Grams of carbohydrates to fuel your body during intense activity
- Balanced supply of electrolytes (sodium and potassium) vital for maintaining fluid balance
- 10% DV Vitamins B1 (Thiamin), B2 (Riboflavin), B3 (Niacin) to help burn carbohydrates and fat
- 10% DV Vitamin C to protect muscles and cells against oxidative damage

### Now Better than Ever!

- New resealable, easy to use pouch bag
- Improved formula
  - All natural flavors
  - Colors from natural source
  - Six real fruit juices
  - Taploca syrup
  - Naturally sweetened with evaporated cane juice



# SPORT BEANS®

ENERGIZING JELLY BEANS®

**QUICK ENERGY**  
FOR SPORTS PERFORMANCE

Carbs • Electrolytes • Vitamins B & C



## CLINICAL RESEARCH SHOWS SPORT BEANS WORK

Sport Beans Finish Time  
17min 11sec

Sport Drink Finish Time  
17min 15sec

Sport Gel Finish Time  
17min 16sec

Water Finish Time  
17min 49sec

Finish

*Sport Beans performed as well as gels and sport drinks in a simulated 10K cycle race following an endurance ride, and significantly better than water alone.*

Campbell C., Price D., Bruns M., Applegate E., & Casazza G.A. Carbohydrate-Supplement Form and Exercise Performance. International Journal of Sport Nutrition and Exercise Metabolism, 18:179-190, 2008



1 oz. Lemon Lime Sport Beans®  
Item #7240 - 2/24 ct. caddy



1 oz. Orange Sport Beans®  
Item #7241 - 2/24 ct. caddy



1 oz. Fruit Punch Sport Beans®  
Item #7242 - 2/24 ct. caddy



1 oz. Berry Sport Beans®  
Item #7243 - 2/24 ct. caddy



1 oz. Assorted Sport Beans®  
Item #7244 - 2/24 ct. caddy



1 oz. Cherry Extreme Sport Beans®  
Item #7245 - 2/24 ct. caddy



1 oz. Watermelon Extreme Sport Beans®  
Item #7246 - 2/24 ct. caddy

## Extreme SPORT BEANS®

ENERGIZING JELLY BEANS®

- Includes 50 mg of caffeine, about the same amount as in half a cup of brewed coffee
- Clinical research confirms caffeine's positive impact on sports performance by improving:
  - Endurance
  - Agility
  - Sprint Speed
  - Power Output
  - Alertness

SPORT BEANS®  
CLIP STRIPS

9/12 ct. - 1 oz. bag

Lemon Lime Sport Beans® Clip Strip  
Item #4420

Orange Sport Beans® Clip Strip  
Item #4421

Fruit Punch Sport Beans® Clip Strip  
Item #4422

Berry Sport Beans® Clip Strip  
Item #7243

Assorted Sport Beans® Clip Strip  
Item #4423

Cherry Extreme Sport Beans® Clip Strip  
Item #4424

Watermelon Extreme Sport Beans® Clip Strip  
Item #4425



Sport Beans® Info Card  
Item #4426 - 10 per pack



Sport Beans® 4-Race Combo 24 Upper  
Item #4427 - 90 bag

ORDER TODAY. 1-800-323-9380

PAUL LANGE & CO

SHIMANO

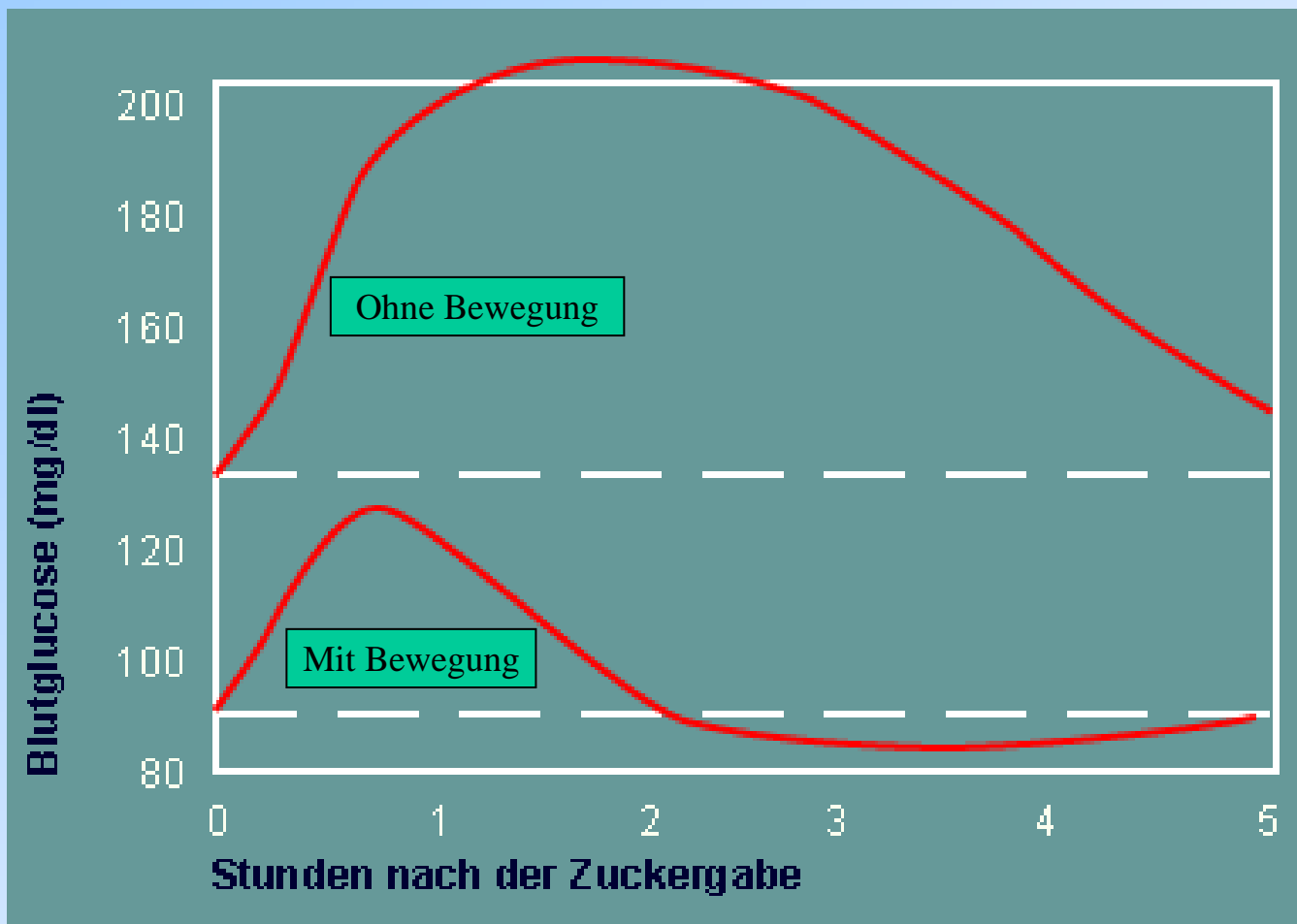
VISPORT  
HUGO KLEIN. VERY INDIVIDUAL SPORT

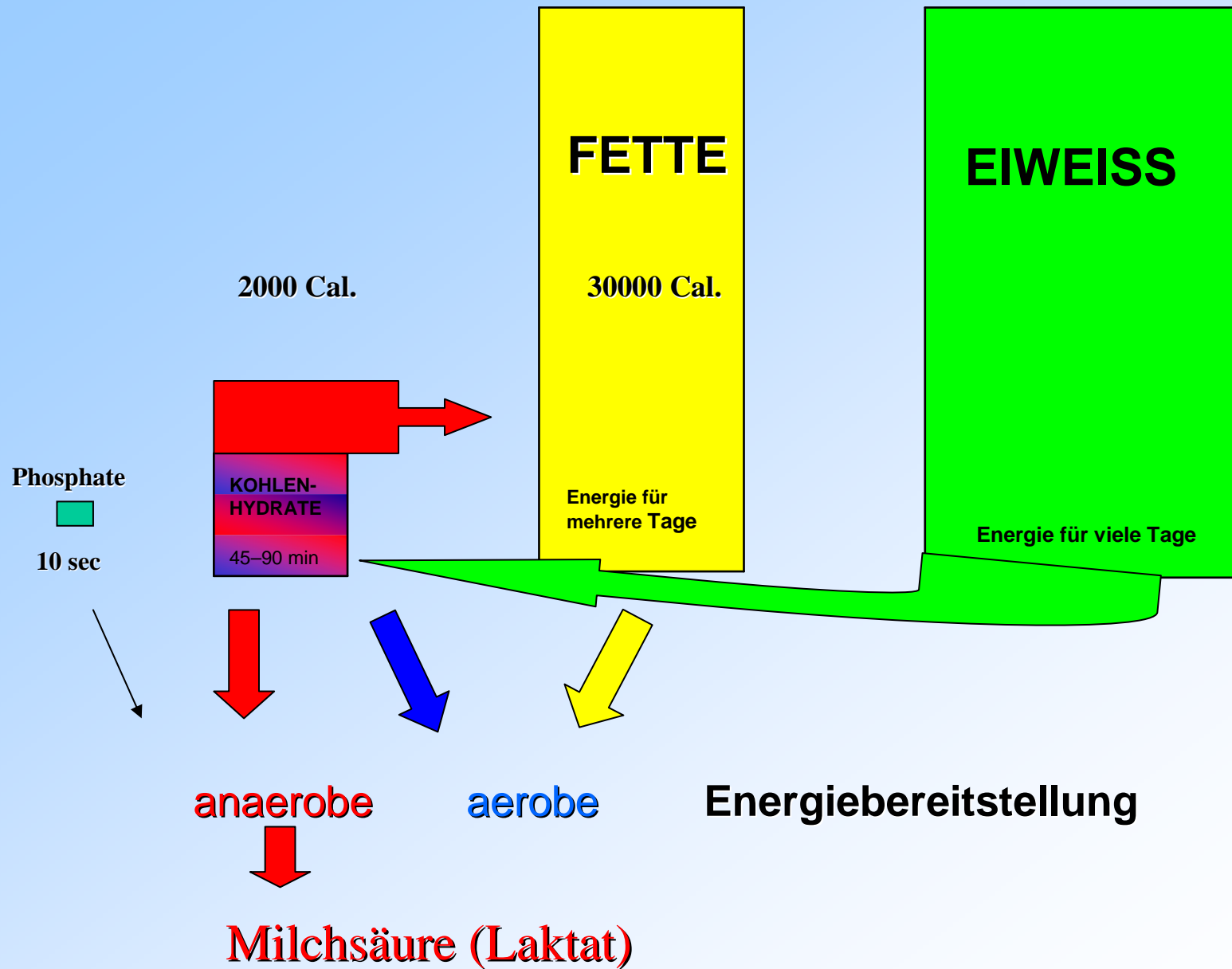


**PAUL LANGE & CO**

**SHIMANO**

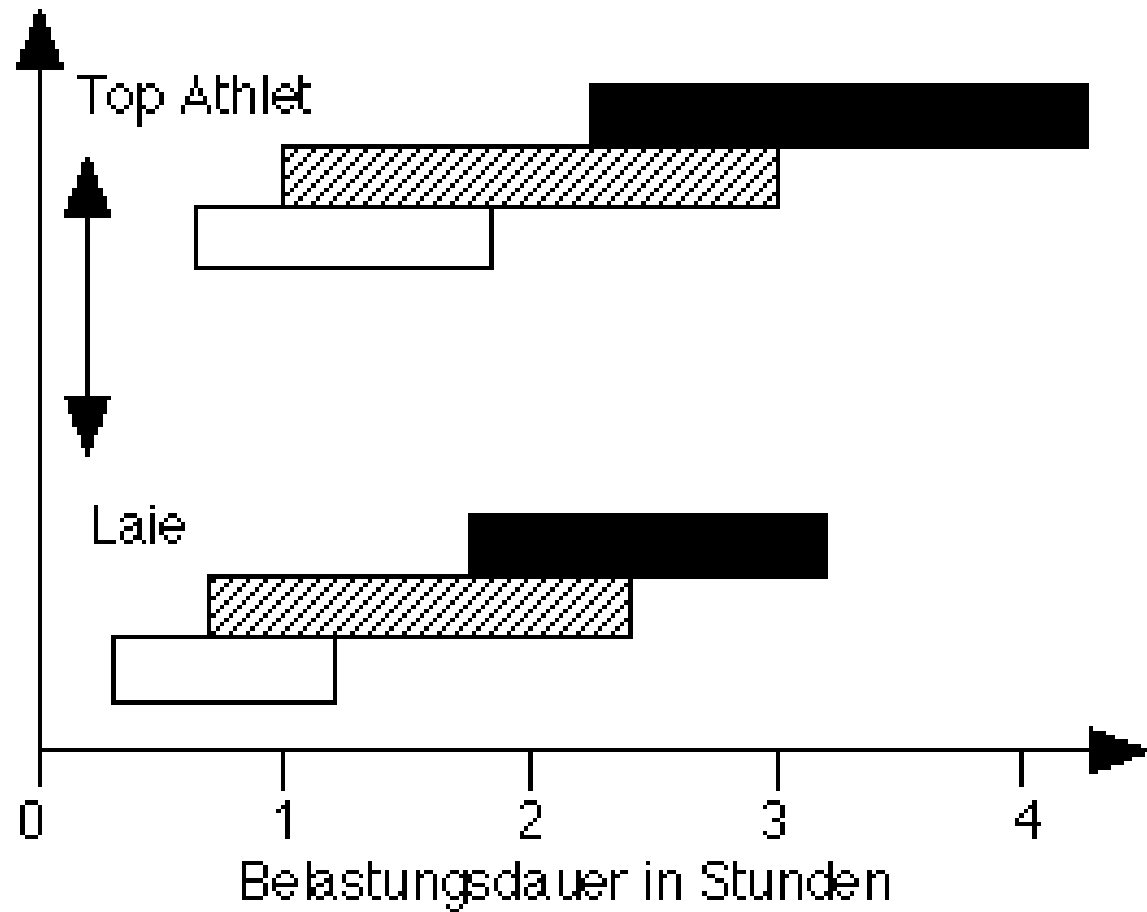
**VISPORT**  
HUGO KLEIN. VERY INDIVIDUAL SPORT





# Energieaufnahme

- ❖ **Kohlenhydrate** 3-6g/kg/KG/Tag  
bzw. mindestens **150g** für Grundumsatz
- ❖ **Fette**: 40 – 80 g/Tag, auf hochwertige  
Fette achten
- ❖ **Eiweiss**: 1-2g/kg/KG/Tag



-  Wasser
-  kohlenhydrathaltiges Sportlergetränk
-  Sportlergetränk + Nahrung (flüssig oder fest)

# ***Kohlenhydratzufuhr***

## **→30 - 100g KH pro Mahlzeit**

Saft 0,2l 1 Apfel 1 Marmeladenbrötchen Müsli mit Joghurt  
15g 15g 35g 33g

## **→30 – 70g KH / h während Belastung**

Banane Sport Beans Sportgetränk  
25g 25g 30g

## **→100 – 200g KH innerhalb 2h nach Belastung**

Nudeln 100g Cola 0,2l / Bier 0,5l / Schorle 0,4l  
65g 20g

## Frühstück

- 2 Tassen Kaffee
- 1 Apfel

## Mittagessen

- 1 Portion Reis mit gemischtem  
Geschnetzeltem und Zucchini-Gemüse
- 1 Mandarine
- 1 Naturjoghurt mit 2 EL Traubensaft

## Abendessen

- 2 Scheiben Vollkorntoast mit  
Streichkäse und Salami
- 50gr. gesalzene Erdnüsse

= **50g EW** / **55g Fett** / **98g KH** / **1097 Cal**  
(50%)                      (25%)      (35%)

## Frühstück

- Apfel, Müsli, Ei gekocht, Milchkaffee
- Brötchen mit Schinken / Käse
- Brötchen mit Honig / Marmelade

## Mittagessen

- gemischter Salat
- Reis mit Gemüse und Tofu
- Schorle 0,25l, Obstsalat mit Eis

## Zwischenmahlzeit

- Banane, Kiwi, Breze

## Abendessen

- Gemüsesuppe,
- Lachs mit Gemüse
- Schorle 0,25l,
- Trockenfrüchte

= **104g EW** / **62g Fett** / **315g KH** / **2278 Cal**

	<b>Sportgetränk</b>	<b>SportGEL</b>	<b>Riegel</b>	<b>Stulle</b>	<b>SPORT BEANS</b>
<b>Resorption</b>	+++	+++	+	+	+++
<b>Dosierung</b>	+++	++	++	+	+++
<b>Aufnahme</b>	+++	+++	+/-	+/-	++
<b>Geschmack</b>	++	+/-	++	+++	+++
<b>Handling</b>	+++	+++	+++	+	+++
<b>Spaß/ Image</b>	+	+	+	+	+++

## THE SPORT BEANS ADVANTAGE

### A WINNING FORMULA

Formulated for Maximum Sports Performance

- 25 Grams of carbohydrates to fuel your body during intense activity
- Balanced supply of electrolytes (sodium and potassium) vital for maintaining fluid balance
- 10% DV Vitamins B1 (Thiamin), B2 (Riboflavin), B3 (Niacin) to help burn carbohydrates and fat
- 10% DV Vitamin C to protect muscles and cells against oxidative damage

### Now Better than Ever!

- New resealable, easy to use pouch bag
- Improved formula
  - All natural flavors
  - Colors from natural source
  - Six real fruit juices
  - Taploca syrup
  - Naturally sweetened with evaporated cane juice



# SPORT BEANS®

ENERGIZING JELLY BEANS®

**QUICK ENERGY**  
FOR SPORTS PERFORMANCE

Carbs • Electrolytes • Vitamins B & C



## CLINICAL RESEARCH SHOWS SPORT BEANS WORK

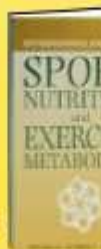
Sport Beans Finish Time  
17min 11sec

Sport Drink Finish Time  
17min 15sec

Sport Gel Finish Time  
17min 16sec

Water Finish Time  
17min 49sec

Finish



*Sport Beans performed as well as gels and sport drinks in a simulated 10K cycle race following an endurance ride, and significantly better than water alone.*

Campbell C., Price D., Bruns M., Applegate E., & Casazza G.A. Carbohydrate-Supplement Form and Exercise Performance. International Journal of Sport Nutrition and Exercise Metabolism, 18:179-190, 2008



1 oz. Lemon Lime Sport Beans® Item #7240 - 2/24 ct. caddy



1 oz. Orange Sport Beans® Item #7241 - 2/24 ct. caddy



1 oz. Fruit Punch Sport Beans® Item #7242 - 2/24 ct. caddy



1 oz. Berry Sport Beans® Item #7243 - 2/24 ct. caddy



1 oz. Assorted Sport Beans® Item #7244 - 2/24 ct. caddy

## Extreme SPORT BEANS®

ENERGIZING JELLY BEANS®

- Includes 50 mg of caffeine, about the same amount as in half a cup of brewed coffee
- Clinical research confirms caffeine's positive impact on sports performance by improving:
  - Endurance
  - Agility
  - Sprint Speed
  - Power Output
  - Alertness



1 oz. Cherry Extreme Sport Beans® Item #7245 - 2/24 ct. caddy



1 oz. Watermelon Extreme Sport Beans® Item #7246 - 2/24 ct. caddy

SPORT BEANS® CLIP STRIPS

9 ct. - 1 oz. bag

Lemon Lime Sport Beans® Clip Strip Item #4420  
Orange Sport Beans® Clip Strip Item #4421  
Fruit Punch Sport Beans® Clip Strip Item #4422

Berry Sport Beans® Clip Strip Item #7243  
Assorted Sport Beans® Clip Strip Item #4423  
Cherry Extreme Sport Beans® Clip Strip Item #4424  
Watermelon Extreme Sport Beans® Clip Strip Item #4425



Sport Beans® Info Card Item #882 - 10 per pack



Sport Beans® 4-Race Combo 24 Upper Item #4214 90 bag

ORDER TODAY. 1-800-323-9380

PAUL LANGE & CO

SHIMANO

VISPORT  
HUGO KLEIN. VERY INDIVIDUAL SPORT





**PAUL LANGE & CO**

**SHIMANO**

 **VISPORT**  
HUGO KLEIN. VERY INDIVIDUAL SPORT

[www.visport.de](http://www.visport.de)

**PAUL LANGE & CO**

**SHIMANO**

 **VISPORT**  
HUGO KLEIN. VERY INDIVIDUAL SPORT