

# Post Workout High Omega-3

Our unique recovery drink with our highest level of omega-3 fatty acids EPA & DHA, and carbohydrates. Perfect directly after long workouts for optimal recovery. Made with fruit juices and has a fresh taste of apricot. Ready to drink & easy to bring. Informed Sports Certified.



## Helps you recover faster & maintain your edge

- Enables faster muscle recovery
- Benefits heart health
- Benefits brain health

## Key features

- High content of EPA and DHA from sustainable, premium wild catch Norwegian cod liver oil (760 mg)
- High in carbohydrates (30 g) for quick restorage of energy in muscle
- Juice based with a fresh fruity taste and juice texture
- Sustainable packaging

## INGREDIENTS

Juice from concentrate (apple, grape), **fish oil**, maltodextrin, stabiliser (pectin), whey protein concentrate (**milk**), natural flavourings, malic acid, antioxidant (tocopherol-rich extract), vitamin D<sub>3</sub> (cholecalciferol).

## STORAGE

Store in a dry place (1-25°C). Protect from direct sunlight. Once container is opened, store in the refrigerator and use within 24 hours.

## FLAVOUR

Apricot

## COUNTRY OF ORIGIN

Norway

## CERTIFICATIONS

Informed Sport, Halal, Friend of the Sea

## ALLERGENS

Fish, milk, gluten free, low in lactose

## PACK SIZE

18 x 200 ml pull-tab cartons

## SHELF LIFE

15 months from production

Nutritional content	100 ml	200 ml (per portion)
<b>Energy</b>	340 kJ 81 kcal	680 kJ 162 kcal
<b>Fat</b>	2.0 g	4.0 g
<i>of which</i>		
– Saturated fatty acids	0.3 g	0.6 g
– Monounsaturated fatty acids	0.9 g	1.8 g
– Polyunsaturated fatty acids	0.5 g	1.0 g
<b>Carbohydrates</b>	15 g	30 g
<i>of which</i>		
– Sugars	12 g	24 g
<b>Fibre</b>	0.7 g	1.4 g
<b>Protein</b>	0.5 g	1.0 g
<b>Salt</b>	0.03 g	0.06 g
<b>Vitamin D</b> <i>*of reference intake</i>	2.5 µg	5.0 µg (100%*)
<b>Omega-3 fatty acids</b>	0.5 g	1.0 g
– DHA	220 mg	440 mg
– EPA	160 mg	320 mg