# H24 LIFTOFF MAX

## GRAPEFRUIT TWIST FLAVOURED

### Typical Nutritional Information Serving Size: 1 sachet (4.2 g) Servings per Carton: 10



	Per 100 g	Per 250 ml of made up product*	% NRV**
Energy	1344 kJ	56 kJ	***
Protein	10 g	0 g	0%
Glycaemic Carbohydrate	70 g	3 g	***
of which: total sugar	1.0 g	0 g	***
Total Fat	0 g	0 g	***
of which: saturated fat	0 g	0 g	***
Dietary Fibre****	0.2 g	0 g	***
Total Sodium	7600 mg	319 mg	***
VITAMINS			
Biotin	1191 µg	50 µg	167%
Niacin	381 mg	16 mg	100%
Panthotenic acid	142.9 mg	6 mg	120%
Riboflavin	33.3 mg	1.4 mg	108%
Thiamin	26.2 mg	1.1 mg	92%
Vitamin B6	33.3 mg	1.4 mg	82%
Vitamin B12	24 µg	1 µg	42%
Vitamin C	1904.8 mg	80 mg	80%

\* Per made up product = 1 sachet (4.2 g) dissolved in 250 ml water \*\* Nutrient Reference Values (NRVs) for individuals 4 years and older \*\*\* NRV not established

\*\*\*\* Fibre content calculation based on AOAC 2009.01 method



**SKU:** 192K

#### Ingredients:

acidity regulators (sodium bicarbonate, citric acid), maltodextrin, flavourings, caffeine powder, L-ascorbic acid (Vit. C), non-nutritive sweetener: steviol extracts, colourant (beetroot red), nicotinamide (Niacin), calcium D-pantothenate (Pantothenic acid), riboflavin (Vit. B2), pyridoxine hydrochloride (Vit. B6), thiamin mononitrate (Vit. B1), cyanocobalamin (Vit. B12), D-biotin (Biotin).

H24 LiftOff Max is a delicious grapefruit flavoured energy drink mix that contains 180 mg of caffeine per serve, great before a workout or whenever you need to get back on track.\*\*\*

It is high in vitamin C, vitamins B6 and B12

H24 LiftOff Max comes in a box of 10 individual sachets and is great to have when you're on-the-go.

#### **KEY BENEFITS AND FEATURES**

- 180 mg of caffeine per serve\*\*\*
- High in vitamin C, vitamins B6 and B12
- Sugar-free
- Suitable for vegans
- Artificial colourants and artificial flavourings, contains naturally sourced sweetener from stevia leaves
- Refreshing Grapefruit Twist flavoured

#### **DIRECTIONS FOR USE**

We recommend 1 sachet per day dissolved in 250 ml water either before a workout or whenever you need to get back on track. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

\*\*\*Not recommended for children under 12 years of age; pregnant or lactating women; persons sensitive to caffeine.

