

## **LEPPIN TRAINING TIP No. 2**

Electrolytes including Sodium, Potassium, Magnesium, Calcium and Chromium ensure maximum energy transfer and glycogen uptake, even in times of elevated perspiration. Leppin Endurobooster is a fluid and energy replacement drink which delivers complex carbohydrates with a precise electrolyte profile.

Leppin Endurobooster contains no sucrose, dextrose or glucose, making it the perfect choice for diabetics and is the choice of elite sportspeople worldwide. Leppin Endurobooster contains no artificial colours, flavours or preservatives and comes in six flavours.

Don't premix the night before unless you intend to store it in a fridge as there are no preservatives in the mixture. Best way of mixing is to use a drink bottle, add about 1/3<sup>rd</sup> water, add the powder and shake for at least 20 seconds as vigorously as possible. Let it stand a bit, then add the remaining water and shake again.

Drink at regular intervals in small amounts and try for 150 – 300 ml every 20 minutes or so.

**[www.leppin.co.nz](http://www.leppin.co.nz)**