

NUTRITION FACT SHEET

JUICE REVOLUTION SPORT RANGE



BEET IT Sport-Prep

PRE-WORKOUT // 100% NATURAL VEGETABLE AND FRUIT JUICE BLEND

INTRODUCTION // Juice Revolution's new sports range is the first cold-pressed raw fruit and vegetable juice drink scientifically developed for sports people in South Africa. In response to demand from the sports community, founder Fiona Stander in collaboration with established registered dietitian Cara Humphrey Kruger (BSc Dietetic, Sports Nutrition) developed five drinks that provide pre, post and during - workout nutrition for athletes and sports enthusiasts.

INGREDIENTS // Beetroot, Watermelon, Lime. No preservatives, flavourants or colourants, no allergens.

PRODUCT FEATURES // Designed specifically to consume before or after workouts or competitive events, **BEET IT Sport-Prep** combines the beneficial components of beetroot and watermelon with the zesty taste of lime, to deliver a nutrient infused drink rich in whole food carbohydrates, amino acids and nitric oxide.

THE RESEARCH // A growing body of research suggests that food products naturally high in nitrate and L-citrulline can be used as an effective ergogenic aid (a technique to improve exercise performance) for competitive athletes.

QUALITY ASSURANCE // **BEET IT Sport-Prep** is made from locally sourced, raw watermelons, limes and organic beetroots. All fruits are pre-washed in ozonated water - an environmentally friendly method considered most effective in removing harmful food pathogens. The juice is gently pressed out using a state of the art hydraulic cold press juicer with advanced technology that presses the portions of fruit and vegetables no less than three times, ensuring the highest possible levels of nutrients are extracted. Lastly it is filtered and then blast frozen, locking in all the goodness until you're ready to enjoy Mother Nature's wholesome bounty.





ACTIVE INGREDIENTS

WATERMELON JUICE // L-citrulline is an amino acid found in abundant supply in watermelon juice. Studies have shown that L-citrulline helps to reduce recovery heart rate and muscle soreness in athletes as it accelerates lactic acid removal. Other benefits associated with L-citrulline intake include improving athletic performance because it helps with nitric oxide synthesis and increases the glucose transport in skeletal muscle.

BEETROOT JUICE // Inorganic nitrate (NO₃) is the viable active component within beetroot juice. In the human body, NO₃ is reduced to bioactive nitrite (NO₂) by bacteria in the saliva and further to NO via various pathways. NO plays a key role in the regulation of blood flow, muscle contractility, muscle differentiation, glucose and calcium balance. Studies have shown that dietary nitrate supplementation lowers mean VO₂ values during submaximal exercise and improves 10-km time-trial performance in trained cyclists. Beetroot is also rich in carbohydrates, potassium, betaine, sodium, magnesium and vitamin C.

Nutritional information			
Typical Nutritional Information	Per 100ml	Per serving 340ml	Per serving 500ml
Energy (Kj)	300.3	1020.9	1501.3
Protein (g)	2.3	7.9	11.7
Carbohydrate (g)	16.7	56.7	83.3
as sugars (g)	12.2	41.4	60.9
Total fat (g)	0.3	1.0	1.5
Dietary fibre** (g)	0.3	0.9	1.4
Total sodium (mg)	94.7	321.8	473.3
Potassium (mg)	741.6	2521.5	3708.1
Magnesium (mg)	39.0	132.8	195.2

** Method of Analysis - AOAC -991.43

Recommended use	340ml	500ml
Before workout	Consume 1 serving 1 - 2 hours before beginning exercise or an event	Consume 1 serving 1 - 2 hours before beginning exercise or an event
After workout	Consume 1 - 2 servings directly after exercise or an event	Consume 1 - 2 servings directly after exercise or an event
Food and fluid consumed before exercise is only useful once it has been digested and absorbed. Timing your food intake is important to ensure the fuel becomes available during the exercise period. Whilst a general guide is to have a carbohydrate rich beverage about 1 hour to 30 minutes beforehand, you need to experiment to find the timing that best suits your individual needs.		

PRODUCT BENEFITS SUMMARY

- **Hydrates:** Provides fluids (water) which are essential for optimum hydration prior to training or competitive events.
- **Provides sustained endurance:** High in carbohydrate and electrolytes to top up muscle glycogen stores prior to exercise and assist with the maintenance of consistent exercise effort during training or competitive events.
- **Stimulate recovery:** A source of branch chain amino acids, (BCAAs): leucine, isoleucine and valine which are essential amino acids required to help stimulate recovery after exercise
- **Boost performance:** Source of Nitric oxide that helps improve regulation of blood flow & vasodilatation to support improved performance in trained sports people

The Juice Revolution Sports Range is a product of the Juice Revolution Company; the full range consists of: **BEET IT Sport-Prep, IGNITE Sport-Active, RELOADED Sport-Recovery, LEVEL UP Sport-Recovery and MUSCLE MEMORY Sport-Recovery.**

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