

## **CITO-ORAL LIMONADA ALCALINA**

### **Product with glucose and electrolytes, with sweeteners.**

The biological functions of the organism depend on the amount of mineral salts and water it contains, the quantity and proportion of both need to be within certain limits. For this reason, in physiological conditions, a dynamic balance is established between what is ingested (with food and drink) and its elimination (for example via sweat, urine and faeces).

However, there are situations in which this balance no longer exists, as the amount of water and salts that are eliminated is far superior to what it is replaced with, so the physiological conditions of the organism can be affected. In these situations it is necessary to quickly re-establish the hydro saline balance, which is achieved via the supply of mineral salts, carbohydrates and water in adequate proportions.

### **What is Cito-oral limonada alcalina?**

Cito-oral limonada alcalina is a product which due to its balance composition, allows the rapid replenishment of water and other minerals which the organism loses in determines physiological situations in which an excessive amount of liquid is lost. Ingredients of the reconstituted product: Water, glucose, maltodextrine, sodium citrate, sodium chloride, potassium chloride, aroma of lemon, sweeteners (potassium acesulfame).

### **Total net quantity**

Container with 5 sachets: 77.5 grams (5 bags of 15.5 g).

Container with 10 sachets: 155 grams (10 bags of 15.5 g).

### **What quantity of Cito-oral limonada alcalina should be taken?**

Each sachet of Cito-oral limonada alcalina contains 8.11 g of glucose.

In physiological conditions in which an excessive loss of liquid exists, Cito-oral limonada alcalina, due to its balanced composition, can be taken as a normal drink, as required until the lost liquid is replaced or while this excessive loss is maintained.

### **How do you prepare Cito-oral limonada alcalina?**

In order to prepare Cito-oral limonada alcalina dissolve a sachet in half a litre of water or two sachets in one litre. It is recommended to use fresh water, as it makes the taste more agreeable. In order to facilitate the dissolving of the product, it is recommended to slowly add the powder to the water, stirring vigorously with a spoon until it has dissolved completely.

Once the solution is prepared, conserve in the fridge for a maximum of 24 hours.

## NUTRITIONAL INFORMATION

	<b>Contents</b>	
	<b>In 100g of powder</b>	<b>In 1 litre</b>
<b>Energy</b>	1222Kj-292 Kcal	406Kj-97 Kcal
<b>Carbohydrates</b>	72.9 g	
<b>Glucose</b>	52.5 g	90 mM
<b>Maltodextrine</b>	20.59 g	0.2 mM
<b>Proteins</b>	0 g	0 g
<b>Fats</b>	0g	0 g
<b>Citrates</b>	6.1 g	10 mM
<b>Chloride</b>	5.7 g	50 mM
<b>Sodium</b>	4.5 g	60 mM
<b>Potassium</b>	2,5 g	20,2 mM
<b>Osmolarity</b>	230mOsm/L	