

Intensive Sport Beverage



INGREDIENTS

	Usage Levels (%)
Fructose	77.24
Whey protein isolate, (WPI)	20.00
Citric acid, anhydrous	0.85
Sodium chloride	0.50
Sodium citrate	0.50
Potassium phosphate, monobasic	0.40
Flavor, lemon-lime	0.35
Color, blue	0.06
Sodium benzoate	0.05
Color, yellow	0.04
Anti-foaming agent	0.01
Total	100.00

NUTRITIONAL CONTENT

Per 100mL	
Calories	390kcal
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Total Carbohydrates	79g
Dietary Fiber	0g
Sugars	77g
Protein	19g
Calcium	8mg
Magnesium	1mg
Phosphorus	1mg
Potassium	30mg
Sodium	530mg
Iron	0mg
Vitamin A	0IU
Vitamin C	0mg

PREPARATION

1. **Blend all dry ingredients well.**
2. **Disperse 18% dry mix into 82% water, stirring until fully hydrated.**
3. **Using a 25% phosphoric acid solution, adjust pH to 3.0 to 3.5.**
4. **Cold-fill bottles and pasteurize to 88°C (190°F).**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands for global product development. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. Developed by Proliant, Inc. ©2014 U.S. Dairy Export Council.