

GO BEET

Product factsheet



About GO BEET

- GO BEET is a new beetroot juice blended with apple.
- GO BEET contains NO added flavours, NO added colours and NO preservatives.
- GO BEET is the only beetroot juice of its kind in Australia.
- GO BEET is Aussie made, with Australian grown beetroots.
- GO BEET is best served chilled.

Why is GO BEET good for you?

- GO BEET is delicious, nutritious and a naturally rich source of dietary nitrate.
- Recent scientific research suggests that dietary nitrate may help boost endurance and stamina in sports people by allowing muscles to use oxygen more efficiently.
- For sports athletes, this means that by consuming beetroot juice they may:
 - Improve the energetic function of working muscles;
 - Lower the oxygen demand during sub-maximal work;
 - Extended time to exhaustion during maximal exercise.
- With this in mind, experts say sports people should drink 1 x 200mL bottle of GO BEET each day for 3 days prior to an exercise event. On the day of the event, drink a 200mL bottle 3 hours before to help boost endurance and stamina.

INGREDIENTS

Reconstituted Beetroot Juice (90%), Reconstituted Apple Juice (10%), Food Acid (Malic Acid)

NUTRITION INFORMATION

Servings per package: 1 Serving size: 200mL		
	Avg. Quantity per Serving	Avg. Quantity per 100mL
Energy	360kJ	180kJ
Protein	3.2g	1.6g
Fat, total	0.1g	0.1g
- saturated	0g	0g
Carbohydrate	17.8g	8.9g
- sugars	16.0g	8.0g
Sodium	280mg	140mg
Potassium	360mg	180mg
Nitrate	260mg	130mg

Warning: Drinking beetroot juice may turn your urine pink. This is perfectly normal.

For more information, please contact:

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