

Ingredients for the products

Serving at our checkpoints – running races

You will find specification on serving during each race on the page *During the race*.
(Our races (choose race) / How the race works / During the race)

Coca-Cola

Carbonated water, sugar, colour (caramel E150d), phosphoric acid, natural flavourings including caffeine.

Ekström's Blueberry Soup

Sugar, potato starch, maltodextrin, blueberries, acid (citric acid), ascorbic acid (E300). Ready soup contains 3.5 % blueberries.

Enervit Gel

Lemon flavour

Fructose syrup, glucose syrup (from maize), maltodextrins (from maize), thickening agent: carboxymethyl cellulose, acidifier: citric acid, l-alanine, l-leucine, acidity regulator: trisodium citrate, l-isoleucine, l-valine, green lemon rind extract, flavourings, preservative: potassium sorbate, vitamin mixture (b1, b2, b6, pp, calcium pantothenate), antioxidant: l-ascorbic acid.

Cola flavour

Fructose syrup, glucose syrup (from maize), maltodextrins (from maize), thickening agent: carboxymethyl cellulose, acidifier: citric acid, l-alanine (0.32 %*), l-leucine (0.32 %*), preservative: potassium sorbate, l-isoleucine (0.16 %*), l-valine (0.16 %*), malt extract, flavourings, acidity regulator: trisodium citrate, vitamin mixture (b1, b2, b6, pp, calcium pantothenate), antioxidant: l-ascorbic acid.

* Percentages expressed in g/100 g (100g = 78 ml).

Enervit GT-tablets

Fructose, dextrose (from maize), sucrose, maltodextrins (from maize), acidifier: citric acid, thickening agent: acacia gum, flavouring, anti-caking agents: fatty acid mono and diglycerides, magnesium stearate, wheat starch, tripotassium citrate, magnesium citrate, antioxidant: l-ascorbic acid, vitamin mixture, sodium chloride.

Enervit Sports Drink (orange)

Sugar (43 %) (dextrose (28.4 %), fructose (17.3 %), maltodextrin (2.6 %)), acid (citric acid), disodium phosphate, orange flavouring, thickener (sodium carboxymethyl cellulose), magnesium citrate, potassium citrate, sodium citrate, sodium chloride, anti-caking agent (silicon dioxide), vitamin C (l-ascorbic acid), niacin (nicotinamide), pantothenic acid (calcium D-pantothenate), riboflavin, thiamine hydrochloride.

Knorr Vegetable Broth

Salt, maltodextrin, starch, sugar, yeast extract, 8.6 % vegetables (onion, carrot, leek), aroma, carrot juice powder, palm fat, spices.

Vasaloppet Bun

Wheat flour, water, rapeseed oil, sugar, yeast, salt, cardamom, dextrose, ascorbic acid.

Gluten-free Vasaloppet Buns

(available in limited quantity)

Gluten-free mix (wheat starch, skimmed milk powder, sugar, thickener (E412, E464), baking soda (E500, E575), salt, minerals (iron), vitamins (thiamine, riboflavin, niacin, B6, folic acid)), water, cream cheese (skim milk, lactic acid culture, rennet, cream), yeast, syrup, margarine (rapeseed oil, palm oil, coconut oil, emulsifier E471), cardamom, salt. Bread gloss: casein (milk protein) acidity regulators E450 (4 %) and E500, lactose. Eggs are handled in the production.

Pancake

Buttermilk, wheat flour, egg, rapeseed oil, salt with iodine, buttermilk powder.