

# ***Ingredients for the products***

## **Running races**

**Drink and energy in various forms is served at all checkpoints. You will find specification on serving during each race on the detailed race map.**

([vasaloppet.se/en](http://vasaloppet.se/en) > Our races (choose race) > About the race > 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 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 Bun**

(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.

## **Pickled gherkin (Kindagurka)**

Gherkin, water, salt, dill and spices. Preservatives E211 (sodium benzoate) and E202 (potassium sorbate).