

## **Serving at our checkpoints**

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)

### **Coffee**

#### **Ekström's Blueberry Soup**

Sugar, potato starch, maltodextrin, blueberries, acid (citric acid), ascorbic acid (E300).  
Ready soup contains 3,5 % blueberries.

#### **Enervitene Liquid**

##### **Orange**

Water – Fructose syrup (25.4 %) – Glucose syrup (24.2 %) – Dextrose (2 %) – Maltodextrin (1 %) –  
Acid: citric acid – Flavouring – Vitamin mixture: Nicotinamide, Calcium D-pantothenate,  
Pyridoxine hydrochloride, Riboflavin, Thiamine hydrochloride - Antioxidant: L-ascorbic acid.

##### **Lemon**

Water – Glucose-fructose syrup (26.7 %) – Fructose Syrup (25.4 %) – Flavouring – Acid: citric acid –  
Antioxidant: L-ascorbic acid – Acidity regulators: sodium citrate - Vitamin mixture: Nicotinamide,  
Calcium D-pantothenate, Pyridoxine hydrochloride, Riboflavin, Thiamine hydrochloride.

#### **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.

#### **Pickled gherkin (Figaro)**

Gherkin, water, wine vinegar, salt, sugar, spices (white pepper and dill).

#### **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.