

Serving at our checkpoints

You will find specification on serving during each race on the page During the race.
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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 Gel

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)

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

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.

Pancake

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

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.