

The background of the entire image is a vibrant green. It is filled with dynamic splashes of various smoothies and fruit preparations. At the top, there's a pinkish-red splash with strawberries and raspberries. To the right, a light green splash contains kiwi slices and lime wedges. In the center, a dark brown chocolate splash is garnished with coffee beans and a slice of coconut. At the bottom left, a purple splash is topped with blueberries and raspberries. At the bottom right, a light tan splash is mixed with orange and mango chunks. The overall composition is energetic and visually appealing, emphasizing freshness and natural ingredients.

 frulact

FRU LIM PIC

FRUIT
PREPARATIONS
FOR SPORTS
NUTRITION

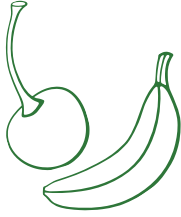
**FRULACT IS READY TO
OFFER COMPREHENSIVE,
CHOICE-DRIVEN
PRODUCTS THAT MEET
DIVERSE CONSUMER
NEEDS IN SPORTS
NUTRITION.**



FRULACT is a business group, established in 1987, positioned as a top-ranked innovative company in the supply of ingredients for the food & beverage industry, focused on fruit preparations, plant-based and other specialty ingredients.



Benefit is Frulact's brand offering plant-based, added-value ingredients serving numerous categories, both in food and beverage.



8%

Sports nutrition consumers are turning to an increasingly wide range of ingredients

CAGR forecast between 2022-2028 for the sports nutrition market



The sports nutrition market is characterized by a broad user demographic



Taste and flavor are important purchase drivers for sports nutrition consumers

Inspired by the 2024 Olympic Games in Paris, Frulact developed a versatile range of sports nutrition preparations.

SEGMENTED BY

WARM UP

TRAINING

RELAX

ALL PREPARATIONS
PROPOSED ARE
VERSATILE AND
CAN BE USED FOR
A MULTITUDE OF
APPLICATIONS



Spoonable Dairy



Drinking Yogurt



Plant-based



Beverage

OUR SUGGESTIONS

Yogurt

Greek Yogurt

Skyr

Protein-enriched Yogurt

Kefir

Drinking Yogurt

Protein-enriched Drinking Yogurt

Drinking Skyr

Drinking Kefir

Spoonable Oat Dessert

Drinking Oat Dessert

Drinking Oat + Rice + Coconut Dessert

Plant-based Beverage

Isotonic Beverage

Smoothie

WA

RM

UP



Ensuring the correct nutrition pre-workout will increase performance and promote endurance.

Concepts Developed for the Warm Up Phase



**Cherry Aronia & Ginseng Protein Yogurt
Strawberry Rhubarb Vitality Skyr**



**Orange Ginger with Guarana Drinking Protein Yogurt
Lemon Ginger Matcha Protein Drinking Kefir**



**Mango and Orange Plant-based Yogurt
Banana Vanilla Oat Drinking Yogurt**



**Energetic Smoothie with Guarana and Taurine
Energizing Mango and Orange Smoothie**



**CHERRY
ARONIA &
GINSENG
PROTEIN
YOGURT**

**WA
RM
UP**

INGREDIENT

AP75796-2 **Cherry aronia**
preparation with ginseng



WHAT'S THE GAME?


Regular exercisers and everyday consumers are now, more than ever, looking for an extra boost in their workouts. However, for this audience, optimization of time is key, and solutions rich in carbohydrates suitable for on-the-go consumption are in high demand.

A WINNING SOLUTION

A pre-workout yogurt containing flavors often perceived as good sources of nutrients, that is able to quickly supplement any diet with the properties of ginseng (antioxidant and anti-inflammatory), reducing the feeling of fatigue and optimizing muscular strength during training.

BONUS POINTS

Cherries and Aronias are fruits highly associated with antioxidant properties and considered low in calories, which are often desired characteristics in sports nutrition products.



**STRAWBERRY
RHUBARB
VITALITY
SKYR**

**WA
RM
UP**

INGREDIENT

AP76870-01 **Strawberry**

rhubarb vitality

preparation



WHAT'S THE GAME?

64% of consumers seek vitamin-enriched products when it comes to their sports nutrition purchases.

A WINNING SOLUTION

The boost needed for any pre-workout. The caffeine, vitamins, and minerals cocktail will help increase energy levels, enhancing physical performance and boosting endurance. Caffeine, a natural stimulant, works by blocking adenosine receptors in the brain, reducing the sensation of fatigue and drowsiness, resulting in greater energy during a workout.

BONUS POINTS

Rhubarb is well-known for its medicinal usages. In fact, its dried roots have been utilized in traditional Chinese medicine for thousands of years.



**ORANGE
GINGER AND
GUARANA
DRINKING
PROTEIN
YOGURT**

**WA
RM
UP**

INGREDIENT

AP75777-01 **Orange**
ginger preparation with
guarana



WHAT'S THE GAME?

The usage of sports nutrition products is much higher among consumers engaged in more demanding workout types. This implies that athletes make use of these types of products to improve their performance on longer and more intense training sessions.

A WINNING SOLUTION

The energy you need for a long workout. The caffeine found in guarana can enhance your physical performance by increasing endurance, muscular strength, and exercise capacity. This allows for longer trainings with greater intensity, delaying muscular fatigue.

BONUS POINTS

Guarana is known for its caffeine content, much higher than that of coffee beans.

A glass of vibrant green matcha kefir is the central focus. The drink is topped with a slice of fresh lemon and contains several ice cubes. In the foreground, a wooden spoon holds a small amount of bright green matcha powder, with some powder spilled onto the surface below. The background is a soft, out-of-focus light grey.

LEMON GINGER MATCHA PROTEIN DRINKING KEFIR

**WA
RM
UP**

INGREDIENT

AP75797-01 **Lemon**
ginger preparation with
matcha



WHAT'S THE GAME?

Amino acids and caffeine rank amongst the top 10 most sought after ingredients by consumers in sports nutrition, thanks to their outstanding properties for improved workout performance.

A WINNING SOLUTION

An easy-to-drink yogurt, where pre-workout needs are met and trendy flavors are combined. Matcha has a high content of theanine (the caffeine present in tea) that can provide the boost needed for a workout, in addition to its antioxidant capacity and nutritional composition of amino acids and vitamins (A, E, K) that allow to achieve better endurance during training.

BONUS POINTS

Matcha, made from tencha leaves grown in Japan, has gained popularity recently thanks to its remarkable health benefits and delicious flavor. In fact, the Matcha market is predicted to continue growing during the next 5 years.



**MANGO AND
ORANGE
PLANT-
BASED
YOGURT**

**WA
RM
UP**

INGREDIENTS

AP76907-01 **Mango orange**

preparation

OAT79995 **Oat concentrated base**



WHAT'S THE GAME?

The expansion of the sports nutrition market is highly driven by the growing preference for plant-based supplements known for their immune-boosting properties. With increasing consumer awareness, the demand for these plant-based options has increased rapidly.

A WINNING SOLUTION

A spoonable oat yogurt with 6% protein. This yogurt is an athlete's ally in optimizing physical performance during a workout. It's the protein source needed to support muscle growth, repair, and recovery.

BONUS POINTS

In many areas, Mango is called the "king of fruits", as it is not only tasty but also extremely nutritious.

A clear glass filled with a thick, light-brown oat drinking yogurt. The yogurt is topped with a dusting of brown granola. An orange and white striped paper straw is inserted into the glass. To the right of the glass, several slices of fresh banana are arranged on a light-colored, textured surface. The background is a soft, out-of-focus light grey.

BANANA VANILLA OAT DRINKING YOGURT

**WA
RM
UP**

INGREDIENTS

AP75490-01 **Banana vanilla**

preparation

OAT79995 **Oat Concentrated Base**



WHAT'S THE GAME?


As consumers become more aware of health and environmental concerns, plant-based options gain momentum and, for the sports nutrition market, plant proteins have become the second most sought after ingredient when it comes to what to eat for enhanced workout performance.

A WINNING SOLUTION

A plant-based drinking oat yogurt with 6% protein that combines a classic flavor with the necessary protein intake to ensure muscle protein synthesis. Allows better muscle performance, increases strength and speeds recovery.

BONUS POINTS

Bananas are the go-to choice for athletes before a workout due to its universal association with high levels of potassium, thus being often associated with sports nutrition products.



**ENERGIZING
SMOOTHIE
WITH
GUARANA
AND
TAURINE**

**WA
RM
UP**

INGREDIENT

AP75495-03 Fruit
preparation with guarana
and taurine



WHAT'S THE GAME?

Consumers see juices as affordable nutrition and enjoyment, thus underpinning their demand.

A WINNING SOLUTION

The beverage that will make any workout more energetic. Taurine and guarana are the ideal stimulants to increase muscles' work capacity, reduce fatigue, and enhance endurance, enabling more intense and prolonged training sessions.

BONUS POINTS

Taurine has become a popular supplement among athletes wanting to improve performance as there is evidence regarding its efficacy in aerobic and anaerobic performance, metabolic stress, muscle soreness, and recovery.



**ENERGIZING
MANGO AND
ORANGE
SMOOTHIE**

**WA
RM
UP**

INGREDIENT

AP75494-03 **Mango**
orange preparation



WHAT'S THE GAME?

Consumers view juices as affordable sources of nutrition and enjoyment, thereby confirming their demand.

A WINNING SOLUTION

The push needed for a workout. Caffeine is known for its stimulating effect on the central nervous system. By consuming it before the workout, there will be a boost of energy levels, focus, and concentration. Additionally, by stimulating the release of adrenaline, it is possible to reduce the feeling of fatigue during the workout, allowing for a longer training.

BONUS POINTS

Orange is one of the most popular and versatile fruits in the world, widely consumed and known for its health benefits, especially as an excellent source of vitamin C.

TRA
INI
NG



Sports nutrition can maximise results by assisting in muscle recovery, preventing fatigue, and prolonging endurance.

Concepts Developed for the Training Phase



Prune Date Protein Yogurt with Fiber
Banana Chia Skyr




Vitamin-enriched Strawberry Dragon Fruit Drinking Protein Yogurt
Citrus Skyr with Vitamins and Fiber



Strawberry Lime Oat Yogurt
Isotonic Piña Colada Plant-based Drinking Yogurt



Lemon Lime Isotonic Beverage
Red Berry Isotonic Beverage

A close-up photograph of a white ceramic bowl filled with a thick, vibrant purple yogurt. The yogurt is topped with several dark, glossy prunes and dates. A silver spoon is partially submerged in the yogurt, with its handle extending towards the left. The bowl sits on a light-colored wooden surface. In the foreground, another similar bowl is partially visible, and in the background, a silver spoon lies on the table. The overall lighting is warm and natural, highlighting the textures of the fruit and the smoothness of the yogurt.

**PRUNE DATE
PROTEIN
YOGURT
WITH
FIBER**

**TRA
INI
NG**

INGREDIENT

AP76868-01 Prune date
preparation with fiber



WHAT'S THE GAME?

There is a genuine nutritional need to help consumers to close their fibre gap. There is a key opportunity to make fibre more relevant and interesting to younger consumers by linking fibre to the health benefits that younger consumers prioritise, such as energy support and immune health support.

A WINNING SOLUTION

This yogurt provides the nutrients needed to achieve a balanced workout. Fiber is a complex carbohydrate that is digested more slowly by the body. In this way, there is a gradual release of energy throughout a training, helping to sustain energy levels and maintain stable blood glucose levels.



**BANANA
CHIA
SKYR**

**TRA
INI
NG**

INGREDIENT

AP75796-1/2 **Cherry**
aronia preparation with
ginseng



WHAT'S THE GAME?

49% of consumers seek sports nutrition products for strength and muscle growth, with protein playing a crucial role for this. Also, nutritionists advocate for yogurt due to its high protein content, positioning spoonable dairy and protein-enriched products as favored options for maximizing workout performance.

A WINNING SOLUTION

A balanced solution that can sustain energy during the workout featuring recognizable ingredients in the sports nutrition landscape. Chia seeds are a source of complex carbohydrates, proteins, and healthy fats. This combination of nutrients provides a slow and steady release of energy, helping to maintain endurance and energy during training.

BONUS POINTS

Chia, an edible seed sourced from Latin America, is now one of the most used seeds in dietary supplements and protein bars. Its popularity in the sports nutrition world is increasing due to growing awareness about chia seeds' benefits especially among professional athletes.



**VITAMIN-
ENRICHED
STRAWBERRY
DRAGON FRUIT
DRINKING
PROTEIN
YOGURT**

**TRA
INI
NG**

INGREDIENT

AP76885-01 **Strawberry
dragon fruit preparation
with vitamins**



WHAT'S THE GAME?

Over the past years, the number of food, drink and healthcare launches that state the words 'electrolyte' or 'hydration' in the product description has increased. For sports nutrition product consumers, hydration is one of the most important goals, paired with the presence of natural ingredients.

A WINNING SOLUTION

The vitamin shot for a workout that will help improve physical performance. It contains electrolytes (such as potassium and magnesium) that are lost through sweat during exercise and play a crucial role in hydration and electrolyte balance in the body. Additionally, it contains vitamins that, when consumed during the workout, will help maintain adequate energy levels, promoting better physical performance.

BONUS POINTS

The global dragon fruit market is projected to grow at a CAGR of 4.5% during 2024-30 due to its increasing demand among health-conscious consumers.



**CITRUS
SKYR
WITH
VITAMINS
AND FIBER**

**TRA
INI
NG**

INGREDIENT

AP76887-01 **Citrus**

**preparation with vitamins
and fiber**



WHAT'S THE GAME?

64% of consumers seek vitamin intake when it comes to sports nutrition, making it an important factor in their purchasing decision. Moreover, added fiber is another highly desired ingredient in yogurts, adding value to dairy and dairy alternatives.

A WINNING SOLUTION

A drinking yogurt that provides sustained energy during a workout. The fiber present will slow down the digestion and absorption of carbohydrates, providing a steady flow of energy throughout the training session. Vitamins, such as B-complex vitamins, are essential for converting nutrients into energy, which will be available for a whole workout.

BONUS POINTS

As a flavor, citrus stands out for its ability to give consumers something that feels new but is quite familiar and safe, therefore being considered an ideal starting point for low-risk flavor innovation. Moreover, citrus fruits are generally perceived by consumers as good sources of vitamins that strengthen the immune system.



**STRAWBERRY
LIME OAT
YOGURT**

**TRA
INI
NG**

INGREDIENTS

AP75488-01 **Strawberry lime**

preparation with fibers

OAT79995 **Oat concentrated base**



WHAT'S THE GAME?


As in other sectors, large numbers of sporty consumers are looking for plant-based options because of concerns about sustainability and animal welfare, or specific health issues such as lactose intolerance.

A WINNING SOLUTION

A drinking oat yogurt with 6% protein ideal for maintaining a balanced workout! A fiber source that aids in maintaining steady energy levels during training, promoting a sustained feeling of activity throughout the workout. By preventing spikes and continuously supplying fuel to the muscles, it enhances endurance and performance.

BONUS POINTS

Both strawberry and lime are flavors that are predominant in the sports nutrition market, implying that these are classic flavors in which is safe to continue to bet on.



**ISOTONIC
PIÑA COLADA
PLANT-BASED
DRINKING
YOGURT**

**TRA
INI
NG**

INGREDIENTS

AP75487-01 **Isotonic pineapple**

coconut preparation

OAT79995 **Oat concentrated base**

OAT79996 **Rice concentrated base**



WHAT'S THE GAME?

During a workout, especially during highly intense activities or in hot environments, electrolytes are lost through sweat, despite playing an important role in fluid balance and muscle function. Consumers are increasingly aware of this, making 'hydration' the fourth most common goal for athletes when using sports nutrition products.

A WINNING SOLUTION

A drinking oat, rice and coconut-based yogurt designed to provide quick and efficient hydration during a workout. It contains a balanced amount of water, electrolytes, and carbohydrates, which help replenish the fluids lost through sweating and maintain proper electrolyte balance.



**LEMON LIME
ISOTONIC
BEVERAGE**

**TRA
INI
NG**

INGREDIENT

AP75496-03 **lemon lime**
isotonic blend



WHAT'S THE GAME?

In a market expected to grow at an 8% CAGR over the next 4 years, consumers' main interest in sports nutrition products is to boost energy.

Ensuring not only its continuous distribution over a workout but also its provenience from natural and scientifically proven ingredients is key.

A WINNING SOLUTION

An isotonic drink that combines minerals, vitamins, and high Glycemic Index carbohydrates, ensuring hydration and energy during the workout.

Especially crucial as proper hydration has the ability to enhance athletic performance.

A glass of red berry isotonic beverage with a straw, set against a red background. The glass is filled with a red liquid, ice cubes, and fresh raspberries and blueberries. A clear glass straw is inserted into the drink. The background is a solid, vibrant red color.

RED BERRY ISOTONIC BEVERAGE

TRA
INI
NG

INGREDIENT

AP75498-01 **Red berry**
isotonic blend

WHAT'S THE GAME?

While water is generally the recommended way to stay hydrated, many consumers believe that water alone is not enough to achieve this goal. In the US, 61% of adults agree that sports drinks are more hydrating than water.

A WINNING SOLUTION

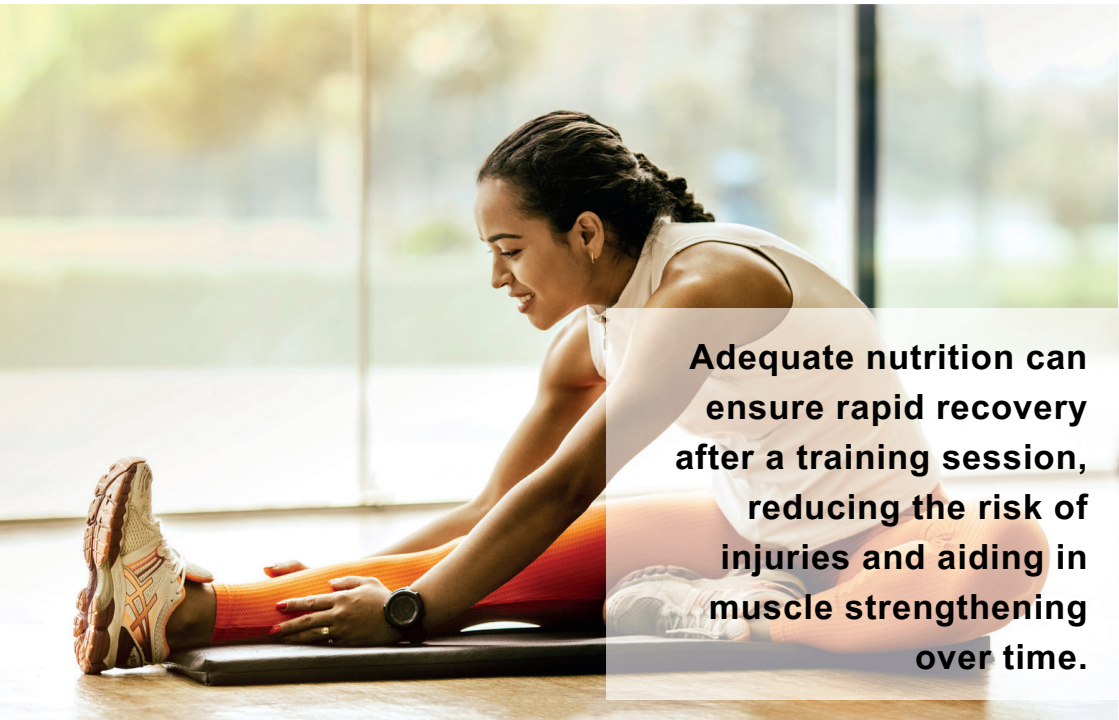
This is the isotonic drink that will aid in better athletic performance, ensure electrolyte balance, and provide rapid replenishment of minerals/nutrients.

BONUS POINTS

Red fruits are recognised to be a good source of many bioactive ingredients and nutrients, including vitamins, minerals and antioxidants.

RE

LAX



Adequate nutrition can ensure rapid recovery after a training session, reducing the risk of injuries and aiding in muscle strengthening over time.

Concepts Developed for the Relax Phase



Cherry Beet Skyr with Vitamin D and Calcium

Aloe Vera Protein Yogurt with Muesli and Omega 3



Tropical Kefir with Ginseng and Baobab

Red Berries Skyr with Vitamin D and Calcium



Plant-based Chocolate Beverage

Tropical Oat Yogurt with Calcium and Vitamin D



Beet Juice Shot

Pineapple Orange Smoothie

A close-up photograph of a pink bowl filled with smooth, pink yogurt. A single, bright red cherry with a green stem is placed on top of the yogurt. In the background, a wooden bowl is filled with more cherries, and a glass of white milk is visible. The scene is set against a dark, blurred background.

**CHERRY
BEET SKYR
WITH
VITAMIN D
AND
CALCIUM**

**RE
LAX**

INGREDIENT

AP76859-01 **Cherry beet**
preparation with vitamin D
and calcium



WHAT'S THE GAME?

Currently, sports nutrition products are increasingly being used by recreational sports enthusiasts to aid post-workout recovery. After an intense workout, muscles undergo micro-injuries, and studies show that consumers are gaining awareness regarding the need for proper nutrition when it comes to preventing chronic ailments and attain higher well-being.

A WINNING SOLUTION

A product that will help promote bone and muscle health. This yogurt, when consumed after a workout, will be a strong ally in muscle recovery, reduction of pain and inflammatory processes. The vitamin D and calcium present will assist in the reconstruction of muscle tissue, promoting a more efficient recovery.

BONUS POINTS

More than half of the beetroot yogurts launched in the last 5 years were associated with functional benefits, highlighting that beetroot is often associated with health benefits.

A photograph of a glass of white yogurt topped with a layer of golden-brown muesli. The glass is set on a rustic wooden surface. In the foreground, there are several slices of fresh green aloe vera leaves and a small dark bowl filled with more muesli. The background is a soft-focus green, suggesting an outdoor setting with plants.

ALOE VERA PROTEIN YOGURT WITH MUESLI AND OMEGA 3

**RE
LAX**

INGREDIENT

AP75485-01 **Aloe vera**
muesli preparation with
omega 3



WHAT'S THE GAME?

One in five consumers buys functional foods and drinks for their anti-inflammatory benefits, which is a key factor in recovery post exercise, one of the main goals when using sports nutrition products.

A WINNING SOLUTION

Intense physical exercise can trigger a state of inflammation due to oxidative stress and muscle micro-injuries. Thus, this yogurt, a source of omega-3, has anti-inflammatory properties that will help reduce inflammation and accelerate the post-workout recovery process.

BONUS POINTS

Omega-3 is one of the key ingredients consumers look for when buying sports nutrition products.



**TROPICAL
KEFIR WITH
GINSENG &
BAOBAB**

**RE
LAX**

INGREDIENT

AP76291-01 **Banana/passion/papaya
fruit preparation with ginseng and
baobab**

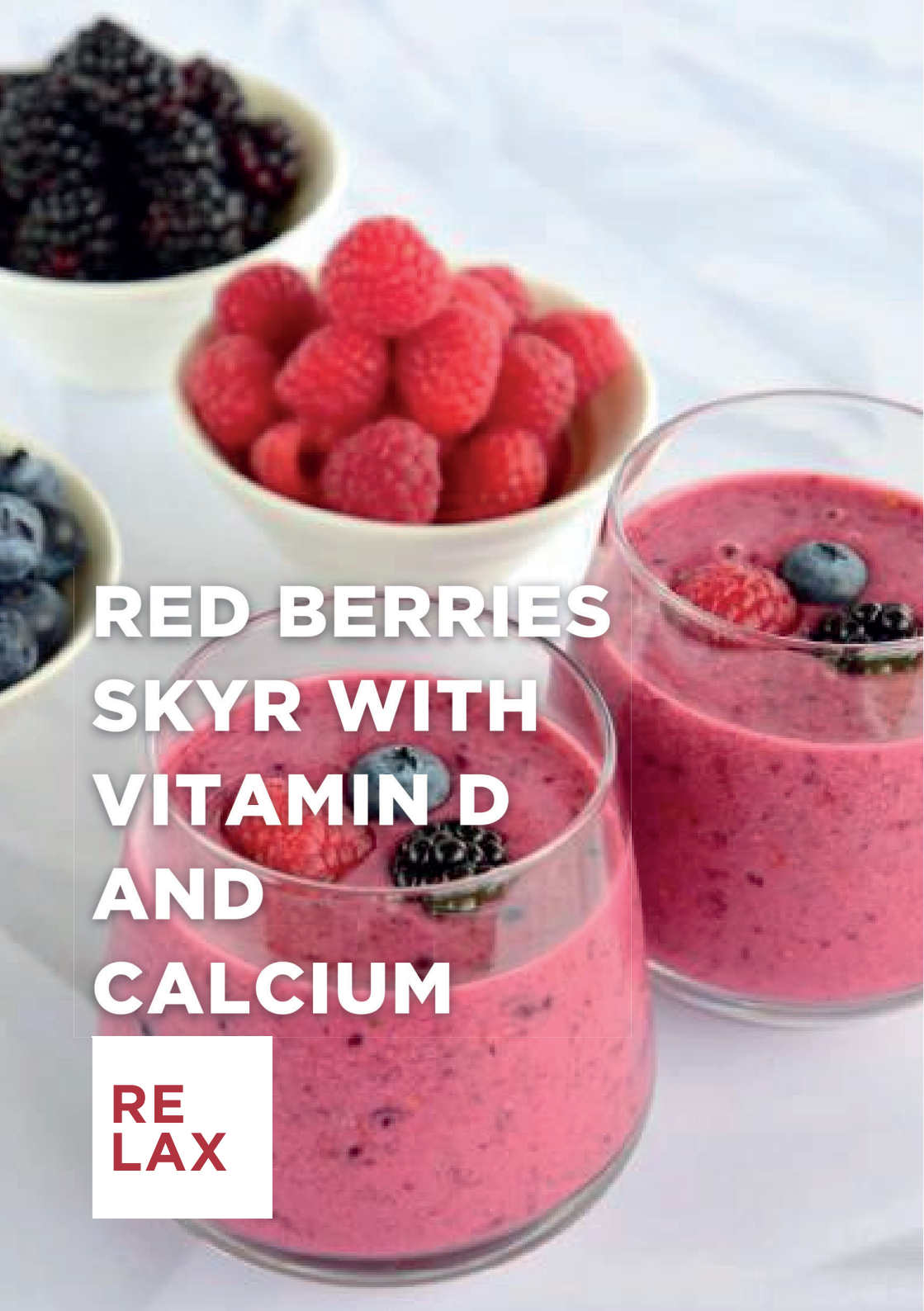


WHAT'S THE GAME?

51% of consumers prioritize post-exercise recovery when consuming sports nutrition products. However, when it comes to the main drivers for purchasing these products, taste and texture are of utmost importance for more than 20% of consumers. Therefore, athletes are looking for flavorful options that will efficiently provide them with the properties needed to improve post-workout recovery.

A WINNING SOLUTION

A fruity yogurt that contains the key ingredients for post-workout muscle recovery. Ginseng, with its stimulating properties, will help fight fatigue and increase energy levels. Baobab, rich in soluble and insoluble fibers, helps water retention and promotes hydration, while its electrolytes will be replenished. The two ingredients also have anti-inflammatory and antioxidant capabilities, reducing inflammation and improving muscle tissue repair.



**RED BERRIES
SKYR WITH
VITAMIN D
AND
CALCIUM**

**RE
LAX**

INGREDIENT

AP76888-01 **Red berry**
preparation with vitamin
D and calcium



WHAT'S THE GAME?

Muscle growth and functionality are key for certain types of athletes, such as body builders. As such, ingredients and formulations that support muscle recovery, performance and growth are predicted to continue to be sought after by consumers.

A WINNING SOLUTION

A source of vitamin D, which plays an active role in muscle health. Adequate intake of vitamin D after your workout can assist in the recovery and repair of damaged muscle tissues during exercise. Additionally, the intake of vitamin D will help you absorb and utilize calcium more efficiently. Calcium is essential for normal muscle function, helping to prevent cramps and promote efficient muscle performance.

BONUS POINTS

Lifestyle factors such as indoor activities, urbanization, and limited sun exposure have led to concerns about vitamin D deficiency and increased awareness about its role in overall health.

A glass of plant-based chocolate beverage with a yellow and white striped straw. The beverage is a rich, smooth chocolate color. The glass is placed on a light-colored, checkered cloth. In the background, there is a blurred image of a whole orange and a piece of chocolate. The overall scene is set against a light, neutral background.

PLANT- BASED CHOCOLATE BEVERAGE

**RE
LAX**

INGREDIENTS

AP75500-01 **Chocolate blend**

OAT79995 **Oat Concentrated Base**



WHAT'S THE GAME?

The number of sports nutrition launches with a plant-based claim grew by 26% between 2016 and 2020, and research has suggested that around half of European consumers prefer plant proteins over dairy in sports nutrition products.

A WINNING SOLUTION

A pea-based beverage with 5% protein that can be consumed as a snack after a workout. Consuming this macronutrient at that time will stimulate muscle protein synthesis, thus promoting muscle preservation and growth. It will also help muscle recovery following exercise-induced injuries. Additionally, this snack can be a balanced choice and incorporated into a weight-loss diet, as the protein will help keep athletes satiated for longer!

BONUS POINTS

The emergence of indulgence in sports nutrition is linked to the high-protein & low-carb diets' trend, which can be very restrictive. Thus, having tastier, more indulgent protein snacks to compensate is a real bonus for these consumers.

A bowl of tropical oat yogurt with mango and granola, next to a passion fruit and a small bowl of granola.

**TROPICAL
OAT YOGURT
WITH
CALCIUM AND
VITAMIN D**

**RE
LAX**

INGREDIENTS

AP76906-01 **Passion fruit preparation with calcium and vitamin D**

OAT79995 **Oat concentrated base**



WHAT'S THE GAME?

42% of consumers name plant proteins as one of the ingredients they most looked for in sports nutrition products. Moreover, the appeal of plant proteins was high across all forms of preferred exercise, including strength training, and among both women and men.

BONUS POINTS

Passion fruit is the number one established flavor in sports nutrition products in Europe.

A WINNING SOLUTION

A spoonable oat yogurt with 6% protein to optimize the post-workout process. Consuming protein after a workout stimulates muscle protein synthesis. Protein synthesis is the process by which the body "builds" new proteins, including those that make up the muscles. This snack immediately after any workout helps maximize this process, promoting muscle growth and enabling more efficient recovery from exercise-induced injuries!



**BEET
JUICE
SHOT**

**RE
LAX**

INGREDIENT

AP75497-01 **Beet juice**
blend



WHAT'S THE GAME?

Health-promoting juice shots provide a quick, natural boost of nutrition in small to-go bottles, which is increasingly appealing for health-conscious consumers who lead busy lives. In fact, the global functional shots market is expected to expand at a CAGR of 13.4% until 2027, thus emphasizing the growing demand for convenient, and affordable wellness.

A WINNING SOLUTION

An effortless post-workout shot that will aid in muscle recovery. Beetroot, due to its rich composition of nitrates (which result in the production of citric acid - a potent vasodilator), contributes to better oxygenation of muscle tissues and reduction of fatigue.

BONUS POINTS

Beetroot has been used for generations as a natural and affordable supplement for iron-deficient consumers, and the increased buzz around beetroot's rich nutritional value makes it an appealing flavor for health-focused consumers.

A glass jar filled with a vibrant orange smoothie, topped with a blue straw. The jar is placed on a wooden surface. In the background, a whole pineapple and several slices of orange are visible, along with a green leaf. The background is a soft, out-of-focus teal color.

PINEAPPLE ORANGE SMOOTHIE

**RE
LAX**

INGREDIENTS

AP75492-08 **Pineapple**
orange preparation



WHAT'S THE GAME?

The popularity of smoothies has grown all throughout the times, as they are tailor-made to grab and go, to sip on while en route to another destination, or while back at work. Its convenience, richness in nutrients and easiness of consumption make it a clear choice for athletes post-workout.

A WINNING SOLUTION

The perfect source of antioxidants that helps combat oxidative stress caused by exercise, allowing for more effective recovery. It is also a source of fructose, which aids in replenishing muscle glycogen (as it is converted into glucose in the liver, which is then stored as glycogen in the muscles).

BONUS POINTS

The USDA reports that fresh pineapple consumption has been rising in recent years, and are especially common among younger consumers.



**READY,
SET,
LET US KNOW
YOUR NEEDS!**

The Team at



has the capabilities and know-how to create **customised solutions** adapted to your needs.

Let the Games Begin!





frulimpic
by frulact

Frutech

Contact: Elina Kravvariti | Elina.Kravvariti@frulact.com



[linkedin.com/company/frulact](https://www.linkedin.com/company/frulact)



www.frulact.com