







90 Tablets MSRP: **\$39.95** 6 Tablet Tubes MSRP: **\$4.50** 

## Caffè Latte Flavor Nutrition Facts

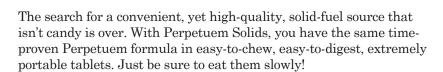
Nutrition		lmoun	t/Serving	%DV*
Facts	Calories 100	Cal	ories fron	r Fat 10
racis	Total Fat 1g			2%
Serving Size	Saturated Fa	t 0g		0%
3 tablets (26g)	Trans Fat 0g			
	Cholesterol 0mg			0%
Servings Per	Sodium 80mg			3%
Container 30	Potassium 40mg			1%
	Total Carbohydra	<b>te</b> 20	lg	7%
	Dietary Fiber	0g		0%
	Sugars 3g			
	Protein 2g			4%
	Calcium 2%	•	li li	ron 2%
	Folate 2%	•	Phospha	rus 8%
	lodine 6%	•	Copper 0%	
*Percent Daily Values are based on a 2,000 calorie diet.	Manganese 20%	•	Chromiu	m 30%

Ingredients: Maltodextrin,
Isolated Soy Protein, Energy
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Isolated Soy Lecithin, Coffee,
Natrural Flavor, Triscodium
Phosphate, Amino Acids
(L-Carnosine, L-Carmitine,
L-Tartrate), Choline Bitartrate,
Istevia, Chromium Polynicotinate,
Caffeine.
Contains: Soy.

**Perpetuem Solids**<sup>®</sup>

The Healthy Chewable Energy Source

- Fresh and tasty even in the heat
- Sustained energy with no sugar crash
- Convenient and easy to carry



**USEAGE:** During exercise and competition lasting 2 hours or more to augment other Hammer Nutrition fuels, or as a sole source of calories. Especially beneficial when carrying premixed bottles or concentrated flasks of Perpetuem may not be practical, or when an effective, easily digestible solid-food source of calories is desired.

As a pre-race snack: Consume 1-3 tablets 15 minutes prior to exercise or race (3 tablets =100 cals)

Throughout exercise or competition: Consume with water every 15-20 minutes, or as needed

How to use: Perpetuem Solids tablets are not meant to be dissolved in water. Consume during periods of reduced intensity (not in the middle of a tough climb!) and wash down with water or liquid fuel from a hydration source.





Our Customers Say It Best

"I've used **Perpetuem** exclusively for the last three seasons. **Perpetuem** is not too sweet and causes no Gl distress - ever."