

## Lucozade / OGTT

### Lucozade Energy Original and the Oral Glucose Tolerance Test (OGTT) 70kcal/100ml variant

The sole source of carbohydrate (CHO) in Lucozade Sparkling Glucose Drink is glucose syrup (liquid glucose) with a dextrose equivalent of approximately 52.5<sup>1</sup>. The glucose syrup used is a solution, in water, of a mixture of CHO's, obtained by the hydrolysis of starch, ranging from glucose to high molecular weight polysaccharides. The precise CHO composition is controlled to give the optimum balance of taste and performance. The body's digestive processes convert all the sugars quickly and easily to glucose.

**Please note:** Due to manufacturing changes in the production of Lucozade the volume of Lucozade required for a Glucose Tolerance Test (GTT) has changed.

#### **Lucozade: Sparkling Glucose Energy Drink, 70kcal/100ml formulation**

<b>Volume</b> of Lucozade to provide the equivalent of 75g anhydrous glucose or 82.5g glucose monohydrate	<b>Weight</b> of Lucozade to provide the equivalent of 75g anhydrous glucose or 82.5g glucose monohydrate
<b>410ml</b>	<b>438g</b>

**N.B.** For children the recommended test load is 1.75g glucose per kg body weight up to a total of 75 g of glucose, this is equivalent to 9.564ml Lucozade per kg body weight up to a total of 410ml of Lucozade.

**The ingredients of Lucozade Sparkling Glucose Energy Drink are given below.**

#### **Single and multi-serve bottles:**

Carbonated Water, Glucose Syrup, Citric Acid, Lactic Acid, Flavouring, Preservatives (Potassium Sorbate, Sodium Bisulphite), Caffeine, Antioxidant (Ascorbic Acid), Colour (Sunset Yellow).

#### **Cans:**

Carbonated Water, Glucose Syrup, Citric Acid, Lactic Acid, Acidity Regulator (Sodium Citrate), Flavouring, Preservative (Potassium Sorbate), Caffeine, Antioxidant (Ascorbic Acid), Colour (Sunset yellow).

**Volume of Lucozade equivalent to 75g anhydrous glucose = 410ml**