

Enjoy natural and

LONG-LASTING ENERGY

Flow is an innovative product, made from natural ingredients. The triple effect of this new kind of energy drink is based on the combined effect of these ingredients.

Flow: ingredients

BILBERRY

Bilberry was chosen as the berry of the year in 2013. It is the most well-known of our superberries. Wild forest bilberry, which grows naturally, is richer in nutrients than cultivated blueberry.

GUARANA

The antioxidant-rich guarana gives a real kick to your day, and plenty of energy for sports, for example. Also supports weight management.

NETTLE

Nettle is our best-known wild leafy green vegetable, a truly powerful herb. It is packed with nutrients.

BLACKCURRANT

Blackcurrant is a true vitamin bomb with many health-promoting effects. Compared to other berries, blackcurrant also contains an exceptionally high amount of fiber.

GREEN TEA

This refreshing and popular tea contains plenty of antioxidants and natural caffeine, and it helps to boost metabolism. Green tea is one of the most popular beverages in the world.



Instant & Long
Experience Flow's amazing effects on your well-being immediately, and also enjoy its long-term benefits!

NO ADDED SUGAR

VEGAN

MILK-FREE

DOES NOT
CONTAIN TAURINE

GLUTEN-FREE



Product information / EN / 2023

NATURAL Flow

TRIPLE EFFECT ENERGY DRINK

Bilberry energy drink concentrate

Single-serve sachet **7 x 20 g** / Package

NUTRITION INFORMATION	100 g	Portion 20 g
Energy	197 kJ	39 kJ
Energy	46 kcal	9 kcal
Fat	0,05 g	0 g
incl.saturated	0 g	0 g
Carbohydrates	9,3 g	1,9 g
incl.sugars	2,8 g	0,6 g
Fibre	0,7 g	0,1 g
Protein	0,2 g	0 g
Salt	0 g	0 g

BILBERRY CONTENT 25 %

Contains natural sugars.

Ingredients: Water, starch, bilberry juice concentrate (bilberry content 25%), blackcurrant juice concentrate, acidity regulator (citric acid), guarana extract (natural caffeine), green tea extract (natural caffeine), flavour, nettle extract, sweetener (steviol glycosides from stevia).

Instructions:
Mix 1 single-serve sachet (20 g) of the concentrate with 1,5 dl of water.

Recommended daily dosage:
2 servings.

Storage:
in a dry place at room temperature.

Made in Finland.

Contains sweetener. High caffeine content (67 mg / 100 ml*). Not recommended for children, people who are pregnant, breastfeeding or sensitive to caffeine.

*Product made according to the instructions.

Manufacturer: Arctic Nutrition
Kauppakulma, 49400 Hamina, FINLAND,
Tel. +358 (0)5 229 6777,
www.arcticnutrition.com



Arctic quality guarantee

STRAIGHT FROM NATURE

We use ingredients straight from nature, such as berries and fruit.

JUST THE ESSENTIALS

Our products only contain the most nutritious parts of the ingredients.

ADVANCED TECHNOLOGY

We protect the ingredients during the manufacturing process, preserving the delicate nutrients.

QUALITY GUARANTEE

We manufacture our products in accordance with the international GMP and ISO quality standards.