

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.



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

Flow: ingredients

LINGONBERRY

Lingonberries are superberries in their own right, but combined with the effects of guarana and nettle, lingonberries are absolutely unbeatable!

In the wild, lingonberries grow in tough conditions, storing energy and vitality.

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

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

NO ADDED SUGAR

VEGAN

MILK-FREE

**DOES NOT
CONTAIN TAURINE**

GLUTEN-FREE



Product information / EN / 2022

NATURAL Flow

TRIPLE EFFECT ENERGY DRINK

Lingonberry energy drink concentrate

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

NUTRITION INFORMATION	100 g	Portion 20 g
Energy	225 kJ	45 kJ
Energy	53 kcal	11 kcal
Fat	0,1	0,0
incl.saturated	0,0	0,0
Carbohydrates	12,6	2,5
incl.sugars	3,5	0,7
Fibre	0,7	0,1
Protein	0,2	0,0
Salt	0,0	0,0

LINGONBERRY CONTENT 56 %

Contains natural sugars.

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

Ingredients: Water, lingonberry juice concentrate (lingonberry content 56 %), starch, guarana extract (natural caffeine), acidity regulator (citric acid), flavour, nettle extract, sweetener (steviol glycosides).

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

Recommended daily dosage:
2 servings.
Store 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.



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.