# **Sports Nutrition Guide**



# CIRANDA

Ingredients That Inspire Change.

#### Scan to Learn More!



Scan the QR code to request a free sample kit. access resources, and more.

# Fuel Performance with Clean Nutrition

CIRANDA ingredients power the next generation of sports nutrition with clean-label organic and non-GMO solutions.

From endurance and recovery to everyday wellness, athletes and active consumers are looking for on the go convenient products—without compromising on quality or transparency. CIRANDA delivers functional ingredients backed by certifications that inspire confidence and meet today's market expectations.

#### **Perfomance Bars**

Organic syrups provide binding, chew, and balanced sweetness. Fiber and chocolate inclusions help boost nutrition and functionality in protein and energy bars, all while keeping labels clean.

#### **Soft Nutrition**

Syrups and starches shape chew and pliability, while clean sweeteners and fibers add balanced energy and digestive support for gummies, chews, and gels.

#### **Ready-to-Mix Beverages**

Organic carbohydrates, inulin, and cocoa deliver smooth mixability, clean energy, gut health benefits, and great taste in hydration, recovery, and performance powders.













Our Ingredient
Functionality Guide
highlights how CIRANDA
ingredients perform
based on your specific
application needs.

**Functionality** 

### **CIRANDA Ingredients for Sports Nutrition Formulations**

how CIRANDA ts perform your specific n needs.	Agave Inulin (organic)	Agave Syrup (organic)	Chocolate (organic, fair trade avail.)	Cocoa Butter (organic, fair trade avail.)	Cocoa Powder (organic, fair trade avail.)	Coconut Oil (organic, fair trade avail.)	Desiccated Coconut (organic, fair trade avail.)	Lecithin (organic, conventional avail.)	Sunflower Oil, High Ole (organic, conventional* avail.)	Tapioca Dextrose (organic)	Tapioca & Rice Maltode (organic, conventional* avail.)	Tapioca & Rice Syrup (organic, conventional* avail.)	Tapioca & Rice Syrup S (organic, conventional* avail.)	Tapioca Starch (organic, conventional* avail.)
Binding		<b>/</b>	<b>/</b>								<b>/</b>	<b>/</b>	<b>/</b>	<b>/</b>
Body											<b>/</b>	<b>/</b>	<b>/</b>	<b>/</b>
Browning	<b>/</b>	<b>/</b>								<b>/</b>		<b>/</b>	<b>/</b>	
Bulking Agent										<b>/</b>	<b>/</b>		<b>/</b>	<b>/</b>
Carrier										<b>/</b>	<b>/</b>		<b>/</b>	
Chewiness		<b>/</b>								<b>/</b>		<b>/</b>	<b>/</b>	<b>/</b>
Crystal Control		<b>/</b>						<b>/</b>		<b>/</b>			<b>/</b>	<b>/</b>
Dispersibility	<b>/</b>							<b>/</b>		<b>/</b>	<b>/</b>		<b>/</b>	
Dough Improvement								<b>/</b>						<b>/</b>
Emulsifier								<b>/</b>						
Energy		<b>/</b>									<b>/</b>	<b>/</b>	<b>/</b>	
Extrusion Aid								<b>/</b>						
Fat Replacement	<b>/</b>							<b>/</b>			<b>/</b>	<b>/</b>	<b>/</b>	<b>/</b>
Fiber Enrichment	<b>/</b>		<b>/</b>		<b>/</b>		<b>/</b>							
Film-Forming												<b>/</b>		
Flavor		<b>/</b>	<b>/</b>	<b>/</b>	<b>/</b>	<b>/</b>	<b>/</b>			<b>/</b>		<b>/</b>		
Gelling Agent														<b>/</b>
Gum Replacement														<b>/</b>
Humectant	<b>/</b>	<b>/</b>								<b>/</b>		<b>/</b>		
Inclusions			<b>/</b>				<b>/</b>							
Mouthfeel				<b>/</b>		<b>/</b>						<b>/</b>	<b>/</b>	
Prebiotic	<b>/</b>													
Release Agent						<b>/</b>		<b>/</b>	<b>/</b>					
Shelf Life Extension	<b>/</b>	<b>/</b>				<b>/</b>		<b>/</b>	<b>/</b>	<b>/</b>		<b>/</b>	<b>/</b>	<b>/</b>
Stabilizer								<b>/</b>			<b>/</b>		<b>/</b>	
Sweetness	<b>/</b>	<b>/</b>	<b>/</b>							<b>/</b>		<b>/</b>	<b>/</b>	
Syneresis Control														
Texture Enhancement		<b>/</b>	<b>/</b>	<b>/</b>			<b>/</b>	<b>/</b>			<b>/</b>	<b>/</b>	<b>/</b>	<b>/</b>
Thickening												<b>/</b>	<b>/</b>	<b>/</b>
Viscosity Reducer						<b>/</b>		<b>/</b>						
Water Activity Control	<b>/</b>	<b>/</b>						<b>/</b>				<b>/</b>		<b>/</b>
Wetting Agent								<b>✓</b>						

\*Conventional Non-GMO Project Verified

## Ask about our full portfolio application guide!



CIRANDA, INC. 708 2nd Street Hudson, WI 54016 CIRANDA.com

715-386-1737 888-329-3577 toll free

Sales@CIRANDA.com

The information provided herein is for general information purposes only. CIRANDA makes no representation, warranty, or covenant of any kind, express or implied, regarding the accuracy, adequacy, validity, reliability, availability, or completeness of any information provided herein. CIRANDA hall not be liable for any damages resulting from any action the recipient takes in reliance on this document. CIRANDA does not make any representation regarding what nutrient content claims, or any other claims, the recipient may or may not make in their own products, using these ingredients as inputs. The recipient should rely on their own legal counsel regarding labeling, claims, marketing, advertising and compliance. This document contains confidential and proprietary information that is not intended for further distribution.