

Table with columns for product names (e.g., APTONIA*, INKOSPORT*) and various nutritional/ingredient categories. Rows include nutrient values (Energy, Protein, Carbohydrates, Fat, Vitamins, etc.), a 'Conditioning' section with prices and quality ratings, and a 'Quality criteria' section. A color-coded legend indicates 'Well-dosed ingredients' and 'Ingredient under dosage but more than 50%'. A 'NOTE GRID' on the right lists product prices and quality scores.

- Rating criteria for quality (according to European regulations):
- Minimum 56 mg of magnesium (contributes to normal muscle function)
- Minimum 300 mg potassium (contributes to normal muscle function)
- Minimum of 12 mg of Vit C or 1.8 mg of Vit E or 1.5 mg of Zinc (help protect cells against oxidative stress = antioxidants)
- Minimum of 2 vitamins of group B (participate in a normal energetic metabolism)

Crères de notation pour la qualité (selon mon expérience) : (en plus des recommandations européennes)
- minimum 30g of carbohydrates per hour (= body fuel)
- sugar / carbohydrate ratio > 75% = 3 pts; between 50 and 74.9% = 1.5 pt and <50% = 0k
- minimum 300mg of sodium per hour (one of the most lost minerals in sweat)
- minimum 1g of BCAA for their role in the fight against central fatigue

- Scale for the quality score :
- # 1.5 points for carbohydrates per 2.5 g
- # 3 points if no more than 50% (by criteria) for other ingredients
- # -1.5 point if at least 50% of the ingredient inputs
- # -3 points if absence of 2 vitamins of group B
- # -2 points for the presence of aspartame

Reading example (iso + drink of Aptonia):
Iso = Aptonia* recommends 38g of powder for 500ml containing 33.2g of carbohydrates, 340mg of sodium (etc.). The drink is marketed in a pot of 650 g at 9.99 € or 0.58 € per 100ml and a cost per kilo of 15.37 € (= 9.99 / 650 * 1000).
Quality score = 20 + 3 (sugar / carbohydrate ratio 75%) + 3 (absence of BCAA) = 14.
Price score = 15.37 + 19.5 => to know that I have always rounded to the nearest. Example: 15.37 € = the note of 15 € and not 17.5 €.
Quality / Price Rating = (14 + 19.5) / 2 = 16.75

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Because your preparation also goes through the diet
Personalized food tracking on www.nicolas-aubineau.com

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NOTE GRID

Table with 2 columns: Prix au kg, Note. Lists various product variants and their corresponding prices per kilogram and quality scores.