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Table 1. Contents of the two beverages provided during the high and moderate carbohydrate trials

Per 100 ml	High carbohydrate (24 %)	Moderate carbohydrate (12 %)
Energy (kcal)	96.8	48.8
Maltodextrin (g)	12	6
Fructose (g)	12	6
Water (ml)	90	90
Non-caloric sweetener (ml)	10	10