



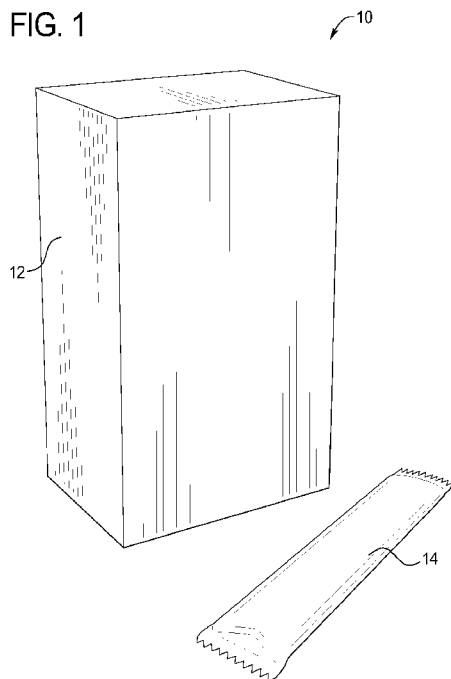
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[Continued on next page]

(54) Title: NUTRITIONAL COMPOSITIONS FOR ENHANCING PERFORMANCE AND METHODS FOR MAKING AND USING SAME

FIG. 1



(57) Abstract: ABSTRACT OF THE DISCLOSURE A nutritional composition comprising a carbohydrate fraction comprising glucose and fructose in a ratio from about 3:1 to about 1:1, wherein: the powder nutritional composition is designed to be dissolved in water, a serving size of the nutritional composition is from about 1 to about 20 g, the carbohydrate fraction comprises at least 30% glucose and fructose, the carbohydrate fraction provides at least 50% of the energy of the nutritional composition; and the nutritional composition comprises an energy density from about 800 kJ/100 g to about 2200 kJ/100 g. The performance may be, for example, athletic, academic, or other performances requiring physical stamina and/or mental alertness.

**Declarations under Rule 4.17:**

- *as to the identity of the inventor (Rule 4.17(i))*
- *as to applicant's entitlement to apply for and be granted a patent (Rule 4.17(ii))*
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