**CLAIMS**

1. Pack (100) for the preparation of a food or beverage product comprising an insert (10) and a container (20),
the container (20) being configured by at least one flexible sheet folded in such a way to configure a container where the ingredients for the food or beverage product are stored,
the water to extract and/or infuse and/or dissolve and/or reconstitute the ingredients in the container (20) and to prepare the food or beverage product being introduced through the insert (10) through an injection hole (11) and into an inlet chamber (191), the food or beverage product once prepared being also dispensed through this insert (10),
the pack (100) presenting a generally plane shape and being essentially vertically oriented during food or beverage production with the insert (10) arranged at the lower side of the pack (100) so the water is supplied into the volume of the container in an upward direction;
characterized in that the pack (100) further comprises an inlet channel (30) arranged at the inlet chamber (191) and extending vertically inside the volume of the container (20) in such a way that the water introduced via the insert (10) is conducted by the channel (30) and enters the inner volume of the container (20) through this channel (30), the height ($H_{pipe}$) of the channel (30) in the volume of the container being such that it is arranged above the ingredients in the container and allows the water exiting the channel (30) to wet the ingredients from the upper part of these, avoiding turbulence;
wherein the inlet channel (30) comprises an essentially vertical tube of a certain length ($H_{pipe}$).

2. Pack (100) for the preparation of a food or beverage product according to claim 1 wherein the height ($H_{pipe}$) of the inlet channel (30) with respect to the height of the total volume of the container ($H_{volume}$) is of at least 20%, preferably of at least 30%, more preferably of at least 40%.

3. Pack (100) for the preparation of a food or beverage product according to claim 1 wherein the tube configuring the inlet channel (30) is made of the same material as the insert (10).

4. Pack (100) for the preparation of a food or beverage product according to any of claims 1-2 wherein at least part of the inlet channel (30) is shaped by bringing together the at least one flexible sheet configuring the container (20).

5. Pack (100) for the preparation of a food or beverage product according to any of the previous claims wherein the insert (10) comprises at least two parts (101, 102) moveable with respect to each other, providing open or close communication with the inner volume of the container (20).

6. Pack (100) for the preparation of a food or beverage product according to any of the previous claims wherein the at least one flexible sheet is arranged overwrapping and matching the shape of the insert (10) in its entirety except for the part of the insert (10) in direct communication with the inner volume of the container (20).

7. Pack (100) for the preparation of a food or beverage product according to any of the previous claims wherein the insert (10) further comprises an air inlet providing air from outside of the pack (100) and into the volume of the container (20).

8. Pack (100) for the preparation of a food or beverage product according to any of the previous claims wherein the insert (10) and/or the container (20) comprise identification means with the information on the process parameters for the preparation of the food or beverage product.

9. Pack (100) for the preparation of a food or beverage product according to claim 8 wherein the process parameters comprise one or a plurality of the following: total volume of water to introduce, the temperature of the water, the time of preparation, the pressure at which the water is introduced.

10. Use of a pack (100) according to any of the previous claims for preparing a food or beverage product.

11. Method for preparing a food or beverage product using a pack (100) according to any of claims 1-9, the method comprising the steps of:

- placing the pack (100) in a beverage preparation machine by placing the insert (10) in a corresponding receiver in the machine, the pack (100) being arranged substantially vertically in the machine with the insert (10) placed on the lower side of the pack (100);
- injecting water through the insert (10), into the inlet channel (30), that will flow into the inner volume of the pack (100), wetting the ingredients contained therein during a certain time to extract and/or infuse and/or dissolve and/or reconstitute the ingredients into a food or beverage product;
- delivering the food or beverage product prepared after the required time having elapsed through the insert (10).

12. Method for preparing a food or beverage product according to claim 11 wherein the insert (10) is configured by at least two relatively moveable parts (101, 102), the movement of these two parts (101, 102) blocking or freeing the communication of the inner volume of the pack with the outside of it.

13. Method according to any of claims 11-12 wherein the insert (10) is configured by at least two relatively moveable parts (101, 102) that move with respect to each other to their original position at the end of the preparation of the food or beverage product, blocking any communication of the inner volume of the pack with the outside of the pack, to avoid dripping.