Certified Translator and Interpreter of English
Katarzyna Bereda-Rosołek
Wały Piastowskie 1/1413, 80-958 Gdańsk (Centre)
M: 48 692 265 195; www.tekst-tlumaczenie.pl
Entry in the list of certified translators No. TP/3370/05

Certified translation from Polish
1 page of the source document

[*a logo*] **INSTYTUT SPORTU – PAŃSTWOWY INSTYTUT BADAWCZY-/-**
**INSTITUTE OF SPORT – NATIONAL RESEARCH INSTITUTE-/-**

Summary-/-
The moderately mineralised spring water – JANTAR CHAMPION SPORTS WATER – as the highest quality water may be recommended for sportsmen and sports amateurs for everyday consumption. The advantage of JANTAR CHAMPION SPORTS WATER in comparison with other spring water or mineral water brands, from the point of view of sportsmen, is that the relatively huge content of sodium which helps increasing the retention of liquids by a human body. Therefore, JANTAR CHAMPION SPORTS WATER may be recommended to professional sportsmen as well as physically active individuals as an element of individual hydration strategy adjusted to the environment and intensity and duration of physical effort. JANTAR CHAMPION SPORTS WATER may be useful during workouts lasting for up to 1 hour, but also before and after workout. In case of longer trainings which require carbohydrates supplementation, JANTAR CHAMPION SPORTS WATER may be used as a solvent for mixing special drinks for sportsmen, including isotonic drinks. What is more, JANTAR CHAMPION SPORTS WATER with nutrients or dietary supplements for sportsmen may be used to prepare drinks and shakes useful in other situations, as for instance during regeneration after physical effort. Despite the above-mentioned recommendations, presenting JANTAR CHAMPION SPORTS WATER in nutrition statements as water of sports nature which has special nutritional properties is overinterpretation and may be misleading for consumers.-/-

NOTE!-/-
This opinion has been developed on the basis of the documentation supplied by the producer and of experts' knowledge in this field.-/-

mgr inż. Beata Szczepańska [*a signature*]
Attorney to the Head of The Institute of Sport – National Research Institute for Foodstuffs tests and opinions [*Pełnomocnik Dyrektora Instytutu Sportu – Państwowego Instytutu badawczego ds. badania i opiniowania środków spożywczych*]-/-

Warning! This opinion shall not be used for marketing purposes. Any information connected with the name and/or logo of the Institute may be placed on labels only upon prior consent of the Head of the Institute. This opinion may be reproduced only in whole unless the Head of the Institute agrees otherwise.-/-


Address: ul. Trylogii 2/16, 01-982 Warsaw-/-
Tel. 22 569 99 99, fax 22 835 09 77, e-mail: insp@insp.waw.pl www.insp.waw.pl-/-
NIP 525-000-89-04, REGON 00786093, KRS 0000223239 Capital City of Warsaw District Court-/-

*I hereby certify that this is a true and accurate translation of the source document made in Polish and presented to me as an ~~original/copy~~/scan (its printout enclosed).*
*Translator's register No.: 375/2018*
*Gdańsk, 2 March 2018*
*Charged for 2 units of translation in 1 copy.*