

**RUSSIAN FEDERATION MINISTRY OF SPORT, TOURISM AND YOUTH POLICY**

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**EXPERT OPINION**

Certification and registration documents have been used to support expert opinion on the food product ***NORDIC KOIVU BIRCH SAP***, manufactured by NORDIC KOIVU OY (Finland). The following registration documents have been submitted for this purpose:

1. Registration certificate No. 77.01.04.916.П.068682.09.07 issued by the Federal Service for Supervision over Customer Rights' Protection (valid till 09 Sept. 2012);
2. Certificate of conformity No. POCC FI.ПР71.B21604 issued by the Russian Gosstandart

*NORDIC KOIVU BIRCH SAP* is a colorless liquid in 0.5 l glass bottles that contain betulin (up to 0.015 mM), complex of organic acids - nicotinic, glutamic, apple acids - (up to 0.1 mM), net micronutrient element fraction -K, Ca, Mg, Mn, etc. (up to 0.002 mM), sugars – fructose and glucose in trace quantities as well as phytoncides.

On the basis of its composition, *NORDIC KOIVU BIRCH SAP* is a natural food product of high biological value.

Bioactivity:

Due to betulin and phytoncides, birch sap provides liver protection and has an anti-inflammatory, detoxicant and antiseptic effect. It is rapidly absorbed in the stomach. It exhibits antioxidant activity.

Scope of application in sports:

1. A sports drink to regulate water-electrolytic balance during physical exercise.
2. Prompt recovery during physical exercise of maximum and submaximum intensity and volume;
3. Prevention of liver supertension syndrome and liver pain syndrome.

Indications:

1. Recovery of fluid loss due to training and competition loads (especially subject to high temperature and ambient humidity);
2. Afterload recovery against increased peroxidation.

Method of administration:

In the event of loads – by portions of 50 ml (up to 200 ml) and up to 500 ml in the afterload period. The total volume of consumption depends on ambient temperature and humidity.

The product contains no performance-enhancing drugs. There are no similar products in nutrition for athletes.

Thus, *NORDIC KOIVU BIRCH SAP*, a food product of high biological value, may be recommended without any restrictions to optimize the functional state of the body during training

and competition periods of the yearly training cycle of highly skilled athletes and to prevent athletes' overstrain syndrome, subject to specific indications (recovery of fluid loss in the hot and damp climate). The product may be used as an additional component of antioxidant complexes.

The product is recommended for accelerating recovery and preventing metabolic disorders and cardiovascular diseases in athletes as well as others practising strong physical culture to optimize the functional state and enhance general physical endurance and the quality of life.

Deputy Director  
/signature/  
S.N. Portugalov

Signature of S.N. Portugalov is attested  
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Seal: Russian Federation Ministry of Sport, Tourism and Youth Policy. Federal State Institution.  
All-Russian Research Institute of Physical Culture and Sport.