

# ENERGY GEL

Provides the energy you need during exercise in a lightweight, easy to carry format. There are different options to choose from like caffeinated, caffeine-free, BCAA and sodium... as well as a wide range of flavours and sizes.

**HIGH FRUCTOSE GEL** 44g  
Maltodextrin and fructose in a 10:8 ratio  
**CARBS 30g**



**HIGH ENERGY GEL** 45g - 76g  
Maltodextrin and cyclodextrin.  
**CARBS 30g-50g**



# BARs & GUMMIES

Choose from a variety of bars to suit your needs. They provide energy before, during and after exercise, as well as a healthy snack at any time of day.

**VEGAN GUMMY BAR** 30g  
Gummies made with a mixture of carbohydrates and pectin.

**CARBS 17,3g**



**RACE DAY BAR** 40g  
Fig and date bars with vitamins. Gluten free.

**CARBS 23g**



# HYDRATATION

Restoring the mineral salts lost during exercise is crucial to ensure an optimal performance

It is essential to consume mineral salts when exercising, as they help to replenish lost electrolytes and ensure optimal

**HYDRAZERO** 7,5g - 225g

**SODIUM 500mg**

