

ENERGY BOOST GEL

Energy + Recovery + Detoxification

Advanced formula to increase stamina when exercising

Strength-Recovery-Detoxification

Immediate energy

Ideal combination in gel form, with complex and simple carbohydrates, amino acids, electrolytes and vitamins to increase stamina during exercise. Reduces muscle cramping thanks to the immediate replacement of electrolytes lost during exercise.

Presented in an ergonomic packet for easy use and transportation.

Its amazing composition includes:

- **Carbo Optimum Complex:** A combination of simple and complex carbohydrates that improve the absorption and use of energy by the body's cells.
- **Branched-chain amino acids (BCAAs):** These are essential amino acids vital to muscle growth and recovery. They also fight the feeling of tiredness or "central fatigue" caused by an imbalance between the concentration of BCAAs and Tryptophan.
- **L-Arginine:** Amino acid that improves the elimination of toxins that are produced during periods of intense physical activity.
- **Taurine:** Amino acid that improves osmoregulation processes, which are vital in endurance sports.
- **Electrolytes:** In endurance sports, re-establish the electrolyte balance in cells is essential to producing good muscle response.

The most important are:

- **Potassium:** Important in transporting glucose to muscle cells.
- **Magnesium:** Forms part of over 300 enzymes, is related to the transmission of nerve impulses, muscle contraction and the production of ATP (energy molecule).
- **Sodium and Chloride:** These are vital in the proper regulation of the body's hydration balance.
- **Vitamins B6 and B1:** Important in the metabolism of proteins and carbohydrates respectively.



	per 42 g
Energy	399 KJ 94 Kcal
Fat	0 g
Carbohydrates	24 g
Protein	0 g
Salt	0,03 g
Thiamin	0,84 mg (76%*)
Vitamin B6	0,84 mg (60%*)
Potassium	92 mg (5%*)
Magnesium	62 mg (17%*)
Sodium	13 mg
L-Leucine	151,2 mg
L-Isoleucine	75,6 mg
L-Valine	75,6 mg
L-Arginine	75,6 mg
Taurine	50 mg

* NRV = Reference Intake of an average Adult

Ingredients: Water, Maltodextrine, Fructose, Dextrose, Acid: Citric Acid; Magnesium Carbonate, Potassium Chloride, L-Leucine, L-Isoleucine, L-Valine, L-Arginine, Taurine, Flavouring, Preservative: Potassium Sorbate, Sodium Chloride, Thiamin Hydrochloride (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6).

INSTRUCTIONS FOR USE: Take a gel before or each 30 minutes during exercise followed by 200 ml of water.

PRESENTATION: 42g.

FLAVOUR: Orange