

ENERGY UP! GEL + CAFFEINE

Now with caffeine!

Gel preparation containing Caffeine, which provides immediate energy

Improves performance

With Sodium

A combination of simple carbohydrates, caffeine and sodium in gel format to provide energy and delay fatigue during exercise. Supplemented with caffeine and Guarana, which reduce the feeling of fatigue and enhance your metabolism.

The gel has an optimal texture and does not require subsequent fluid intake to be swallowed.

Its unique blend contains:

- **A mixture of simple carbohydrates (dextrose, sucrose and fructose)** with the three Glycemic Indexes (high, medium and low) in the right proportions (2:1:1) to provide immediate energy while avoiding Glucose peaks.
- **Caffeine and Guarana:** ingredients proven to have an ergogenic effect, which improves performance. In the short term, it stimulates the CNS (Central Nervous System) increasing concentration ability, etc. In the long term, it helps: 1) activate fat metabolism, facilitating its use for energy and improving performance (this prevents excessive glycogen breakdown,) 2) improve muscle contraction, and 3) delay the feeling of tiredness.
- **Sodium** (100 mg / gel): this component is essential to prevent dehydration in endurance sports since it retains fluid within muscle cells. Sodium supplements are necessary since the element is lost in sweat.



| | per Portion (40 g) |
|-----------------------------|--------------------|
| Energy | 425 Kj 100 Kcal |
| Fat | 0 g |
| - of which sat. fatty Acids | 0 g |
| Carbohydrates | 25 g |
| - of which Sugars | 25 g |
| Protein | < 0,04 g |
| Salt | 0,25 g |
| Glucose | 12 g |
| Fructose | 6,1 g |
| Saccharose | 6,1 g |
| Caffeine | 60 mg |
| - from Guarana | 30 mg |
| Sodium | 100 mg |

Presented in an ergonomic container for easy transportation and use during exercise.

Ingredients: Water, Dextrose, Fructose, Saccharose, Acid: Citric Acid; Guarana Extract (Paullinia Cupana), Flavourings, Sodium Citrate, Sodium Chloride, Preservatives: Potassium Sorbate, Sodium Benzoate; Gelling Agent: Xanthan Gum; 0,075% Caffeine, Colour: E-133.

DIRECTIONS FOR USE: Take a gel every 30 - 45 minutes during exercise.

PRESENTATION: Gel 40g.

FLAVOURS: Cola, Mojito and Tropical.