

# ENERGY UP! GEL

## Non Stop Energy!

**Fast energy supply**

**High in carbohydrates**

**Plus sodium**

**Energy Up! Gel**, is a concentrated carbohydrate gel that provides additional power during peak performance, it is available in three delicious flavours: lemon, orange and watermelon.

Gel with a fast absorption due to its combination of dextrose, fructose and sucrose. The gel is easily assimilated due to its consistency in form of liquid gel, especially during exercise, and it is ideal to take when an extra supply of energy is necessary.

### COMPOSITION:

- **Simple carbohydrates MIX:** dextrose, fructose, y sucrose, in proportion of 2:1:1. These components are rapidly absorbed to provide immediate energy when most needed, making Energy Up an ideal extra supply of energy.
- **Extra supply of sodium:** 100 mg per 40g. Sodium is an electrolyte that allows recovery, sodium is lost in sweat during exercise, so this extra amount of sodium encourages the consumption of water, therefore increasing overall hydration performance is improved. The consumption of water is recommended with Energy Up! Gel.

Moreover, Energy Up! Gel is presented in a special designed package to make it easy to transport and use during sport.

**Ingredients:** Water, Dextrose, Fructose, Saccharose, Acid: Citric Acid; Sodium Citrate, Sodium Chloride, Flavour, Gelling Agent: Xanthan Gum; Preservatives: Potassium Sorbate, Sodium Benzoate; Colour: Carmines (E-120).

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

**PRESENTATION:** Gel 40g.

**FLAVOURS:** Lemon, Orange and Watermelon



	per Portion (40 g)
Energy	442 Kj 104 Kcal
Fat	0 g
- of which sat. fatty Acids	0 g
Carbohydrates	26 g
- of which Sugars	26 g
Fibres	0 g
Protein	0 g
Salt	0,25 g
Sodium	100 mg
Glucose	12,5 mg
Fructose	6,3 g
Saccharose	6,3 g