

2329264 – Liquid Energy Gel Cola – 60g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine

Ingredients

Water, maltodextrin, fructose, amino acids (L-leucine, L-valine, L-isoleucine), cola flavour, acid: citric acid, fruit and vegetable juice concentrate, acidity regulator sodium citrate, green tea leaf extract Camellia sinensis (**containing** caffeine), sea salt, L-valine, thickener (gellan gum), L-isoleucine

Nutritional information	per 100 g		per 60 g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	655	156	393	94
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	38		23	
of which sugars [g]	12		7	
Protein [g]	0.0		0.0	
Salt [g]	0.31		0.1	
Nutritional information	per 100 g		per 60 g (1 pouch)	
Camellia sinensis [mg]	133		80	
of which caffeine [mg]	67		40	
Amino acids (BCAA) [mg]	750		450	

Recommended usage

Eat a GU Energy Gel 15 minutes before exercise and every 45 minutes for the duration of the activity.

Do not exceed the recommended daily intake. This dietary supplement is no substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: 40mg per 60g (1 pouch) / 67mg per 100g

Increased caffeine content. Not recommended for children and pregnant or breastfeeding women!

This information serves for a better understanding. The decisive information and values are printed on the packaging

2329263 – Liquid Energy Gel Coffee – 60g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine

Ingredients

Water, maltodextrin, fructose, natural flavours, L-leucine, acidity regulator disodium citrate, acid: citric acid, green tea extract (**with** caffeine), sea salt, L-valine, thickener (gellan gum), L-soleucine.

Nutritional information	per 100 g		per 60 g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	697	167	418	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	38		23	
of which sugars [g]	10		6	
Protein [g]	0.0		0.0	
Salt [mg]	313		188	
Nutritional information	per 100 g	per 60 g (1 pouch)		
Amino acids (BCAA) [mg]	750	450		

How to use it

GU Energy Liquid Gel should be taken 15 minutes before exercise and every 45 minutes for the duration of the activity.

Do not exceed the recommended daily intake. This dietary supplement is no substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: 40mg per 60g (1 pouch) / 67mg per 100g

Increased caffeine content. Not recommended for children and pregnant or breastfeeding women!

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2329265 – Liquid Energy Gel Orange – 60g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine

Ingredients

Water, maltodextrin, fructose, L-leucine, acidity regulator disodium citrate, natural flavourings, acid: citric acid, L-valine, green tea extract (**with** caffeine), sea salt, thickener (gellan gum), L-iso-leucine, colouring: paprika extract

Nutritional information	per 100 g		per 60 g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	697	167	418	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	38		23	
of which sugars [g]	10		6	
Protein [g]	0.0		0.0	
Salt [mg]	313		188	
Nutritional information	per 100 g		per 60 g (1 pouch)	
Amino acids (BCAA) [mg]	750		450	

How to use it

GU Energy Liquid Gel should be taken 15 minutes before exercise and every 45 minutes for the duration of the activity.

Do not exceed the recommended daily intake. This dietary supplement is no substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: 40mg per 60g (1 pouch) / 67mg per 100g

Increased caffeine content. Not recommended for children and pregnant or breastfeeding women!

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2329267 – Liquid Energy Gel Strawberry Banana – 60g

Sales description

Energy Gel – Food supplement with carbohydrates

Ingredients

Water, maltodextrin, fructose, L-leucine, acidity regulator disodium citrate, natural flavourings, acid: citric acid, L-valine, sea salt, thickener (gellan gum), L-isoleucine, colouring: fruit and vegetable juice

Nutritional information	per 100 g		per 60 g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	697	167	418	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	38		23	
of which sugars [g]	12		7	
Protein [g]	0.0		0.0	
Salt [mg]	313		188	
Nutritional information	per 100 g	per 60 g (1 pouch)		
Amino acids (BCAA) [mg]	750	450		

How to use it

GU Energy Liquid Gel should be taken 15 minutes before exercise and every 45 minutes for the duration of the activity.

Do not exceed the recommended daily intake. This dietary supplement is no substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

This information serves for a better understanding. The decisive information and values are printed on the packaging

2329266 – Liquid Energy Gel Lemonade – 60g

Sales description

Energy Gel – Food supplement with carbohydrates

Ingredients

Water, maltodextrin, fructose, L-leucine, natural flavours, acidity regulator disodium citrate, acid: citric acid, sea salt, L-valine, thickener (gellan gum), L-isoleucine

Nutritional information	per 100 g		per 60 g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	697	167	418	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	38		23	
of which sugars [g]	10		6	
Protein [g]	0.0		0.0	
Salt [mg]	313		188	
Nutritional information	per 100 g	per 60 g (1 pouch)		
Amino acids (BCAA) [mg]	750	450		

How to use it

GU Energy Liquid Gel should be taken 15 minutes before exercise and every 45 minutes for the duration of the activity.

Do not exceed the recommended daily intake. This dietary supplement is no substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

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