

2329278 – Energy Gel Mandarin Orange – 32g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine

Ingredients

Maltodextrin, water, fructose, amino acids (leucine, valine, histidine, isoleucine), citric acid, acidity regulators (potassium citrate, sodium citrate), antioxidants [vitamin C (ascorbic acid), vitamin E (d-alpha-tocopheryl acetate)], flavouring, calcium carbonate, sea salt, flavouring, calcium carbonate, herbs [green tea leaf extract (contains **caffeine**), chamomile extract, ginger extract], thickeners (gellan gum, pectin powder), preservatives (sodium benzoate, potassium sorbate), colouring (oleoresin paprika).

Nutritional information	per 100 g		per 32g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	1328	312	425	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	69		22	
of which sugars [g]	15		5	
Fibre [g]	0.0		0.0	
Protein [g]	0.0		0.0	
Salt [mg]	172		55	
Nutritional information	per 100 g		per 32g (1 pouch)	
Potassium [mg]	141		45	
Caffeine [mg]	63		20	
Amino acids (BCAA) [mg]	1406		450	
Vitamins/Minerals	per 100 g	% ¹	per 32g (1 pouch)	% ¹
Vitamin C [mg]	125	156	40	50
Vitamin E [mg]	31	258	10	83

¹ percent of the reference value according to VO (EU) no. 1169/2011

Recommended intake

GU Energy Gel should be taken 15 minutes before exercise and every 45 minutes during exercise, together with 150ml of liquid.

Do not exceed the recommended daily intake. This dietary supplement is not a substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: 20mg per 32g / 63mg 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

2329284 – Energy Gel Jet Blackberry – 32g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine

Ingredients

Maltodextrin, water, fructose, amino acids (leucine, valine, histidine, isoleucine), citric acid, acidity regulators (potassium citrate, sodium citrate), antioxidants [vitamin C (ascorbic acid), vitamin E (d-alpha-tocopheryl acetate)], acids (citric acid, fumaric acid, malic acid), calcium carbonate, sea salt, preservatives (sodium benzoate, potassium sorbate), herbs [chamomile, cola nut (with **caffeine**), ginger], thickener (pectin).

Nutritional information	per 100 g		per 32g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	1328	325	425	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	78		25	
of which sugars [g]	16		5	
Fibre [g]	0.0		0.0	
Protein [g]	0.0		0.0	
Salt [mg]	453		113	
Nutritional information	per 100 g		per 32g (1 pouch)	
Potassium [mg]	109		35	
Caffeine [mg]	125		40	
Amino acids (BCAA) [mg]	n.a.		n.a.	
L-leucine	1134		363	
L-valine	156		50	
L-isoleucine	41		13	
L-histidine	119		38	
Vitamins/Minerals	per 100 g	% ¹	per 32g (1 pouch)	% ¹
Vitamin C [mg]	178	225	57	72
Vitamin E [mg]	59	500	19	163

¹ Percent of the reference quantity according to Regulation (EU) No 1169/2011

Recommended intake

GU Energy Gel should be taken 15 minutes before exercise and every 45 minutes during exercise, together with 150ml of liquid.

Do not exceed the recommended daily intake. This dietary supplement is not a substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: Caffeine: 40mg per 32g (1 pouch) / 125mg 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

2329283 – Energy Gel Strawberry Banana – 32g

Sales description

Energy Gel – Food supplement with carbohydrates

Ingredients

Maltodextrin, water, fructose, flavouring, amino acids (leucine, valine, isoleucine), acidity regulators (potassium citrate, sodium citrate), calcium carbonate, sea salt, green tea extract, acids (citric acid, malic acid), thickener (gellan gum), preservatives (sodium benzoate, potassium sorbate), colouring (fruit juice, vegetable juice).

Nutritional information	per 100 g		per 32g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	1306	312	418	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	69		22	
of which sugars [g]	19		6	
Protein [g]	0.0		0.0	
Salt [mg]	430		138	
Nutritional information	per 100 g		per 32g (1 pouch)	
Potassium [mg]	94		30	
Amino acids (BCAA) [mg]	1406		450	

Recommended intake

GU Energy Gel should be consumed 15 minutes before exercise and every 45 minutes for the duration of the activity together with 150ml of liquid.

Do not exceed the recommended daily intake. This dietary supplement is not a 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 information and values provided on the packages are of major importance.

2329277 – Energy Gel Salted Caramel – 32g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine

Ingredients

Maltodextrin, water, fructose, amino acids (leucine, valine, histidine, isoleucine), flavouring, acidity regulator (potassium citrate, sodium citrate), GU antioxidant blend (natural vitamin E and C), citric acid, calcium carbonate, sea salt, preservatives (sodium benzoate, potassium sorbate), fumaric acid, malic acid, GU herbal blend [chamomile, cola nut (with **caffeine**), ginger], thickener (pectin).

Nutritional information	per 100 g		per 32g (1 pouch)	
Energy	kJ	kcal	kJ	kcal
	1306	312	418	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	69		22	
of which sugars [g]	22		7	
Fibre [g]	0.0		0.0	
Protein [g]	0.0		0.0	
Salt [mg]	975		312	
Nutritional information	per 100 g		per 32g (1 pouch)	
Potassium [mg]	125		40	
Caffeine [mg]	63		20	
Amino acids (BCAA) [mg]	n.a.		n.a.	
L-leucine	1172		375	
L-valine	156		50	
L-isoleucine	47		15	
L-histidine	125		40	
Vitamins/Minerals	per 100 g	%¹	per 32g (1 pouch)	%¹
Vitamin C [mg]	125	156	40	50
Vitamin E [mg]	31	258	10	83

¹ Percent of the reference quantity according to Regulation (EU) No 1169/2011

Recommended intake

GU Energy Gel should be consumed 15 minutes before exercise and every 45 minutes for the duration of the activity together with 150ml of liquid.

Do not exceed the recommended daily intake. This dietary supplement is not a substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: 20mg per 32g (1 pouch) / 63mg per 100g

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

This information serves for a better understanding. The information and values provided on the packages are of major importance.

2329275 – Energy Gel Vanilla Bean – 32g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine

Ingredients

Maltodextrin, water, fructose, amino acids (leucine, valine, histidine, isoleucine), flavouring, acidity regulator (potassium citrate, sodium citrate), GU antioxidant blend (natural vitamin E and C), citric acid, calcium carbonate, sea salt, preservatives (sodium benzoate, potassium sorbate), fumaric acid, GU herbal blend [chamomile, cola nut (with **caffeine**), ginger], thickener (pectin).

Nutritional information	per 100 g		per 32g (1 pouch)	
Energy	kJ	kcal	kJ	kcal
	1328	312	425	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	69		22	
of which sugars [g]	15		5	
Fibre [g]	0.0		0.0	
Protein [g]	0.0		0.0	
Salt [mg]	172		55	
Nutritional information	per 100 g		per 32g (1 pouch)	
Potassium [mg]	141		45	
Caffeine [mg]	63		20	
Amino acids (BCAA) [mg]	1406		450	
Vitamins/Minerals	per 100 g	% ¹	per 32g (1 pouch)	% ¹
Vitamin C [mg]	125	156	40	50
Vitamin E [mg]	31	258	10	83

¹ Percent of the reference quantity according to Regulation (EU) No 1169/2011

Recommended intake

GU Energy Gel should be consumed 15 minutes before exercise and every 45 minutes for the duration of the activity together with 150ml of liquid.

Do not exceed the recommended daily intake. This dietary supplement is not a substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: 20mg per 32g (1 pouch) / 63mg per 100g

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

This information serves for a better understanding. The information and values provided on the packages are of major importance.

2329276 – Energy Gel Cola Me Happy – 32g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine

Ingredients

Maltodextrin, water, fructose, amino acid (L-leucine), flavourings, citric acid, acidity regulators (potassium citrate, sodium citrate), herbs [extract from green tea leaves (contains **caffeine**), colouring (fruit and vegetable juice), calcium carbonate, amino acid (L-valine), sea salt, thickener (gellan gum), amino acid (L-isoleucine), medium chain triglycerides, preservatives (sodium benzoate, potassium sorbate).

Nutritional information	per 100 g		per 32g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	1306	325	418	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	69		22	
of which sugars [g]	22		7	
Fibre [g]	0.0		0.0	
Protein [g]	0.0		0.0	
Salt [mg]	469		150	
Nutritional information	per 100 g		per 32g (1 pouch)	
Potassium [mg]	125		40	
Caffeine [mg]	125		40	
L-leucine [mg]	1203		385	
L-valine [mg]	156		50	
L-isoleucine [mg]	47		15	

Recommended intake

GU Energy Gel should be consumed 15 minutes before exercise and every 45 minutes for the duration of the activity together with 150ml of liquid.

Do not exceed the recommended daily intake. This dietary supplement is not a substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: 40mg per 32g (1 pouch) / 125mg per 100g

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

This information serves for a better understanding. The information and values provided on the packages are of major importance.

2329279 – Energy Gel Chocolate Outrage – 32g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine, contains chocolate

Ingredients

Maltodextrin, water, fructose, unsweetened chocolate, amino acids (leucine, valine, histidine, isoleucine), acidity regulator (potassium citrate, sodium citrate), antioxidants [vitamin C (ascorbic acid), vitamin E (d-alpha-tocopheryl acetate)], flavouring, calcium carbonate, herbs [green tea leaves extract (contains **caffeine**), camomile extract, ginger extract], calcium chloride, acid (citric acid, malic acid), thickeners (gellan gum, pectin powder), preservatives (sodium benzoate, potassium sorbate), sea salt.

Nutritional information	per 100 g		per 32g (1 pouch)	
Energy	kJ	kcal	kJ	kcal
	1328	312	425	100
Fat [g]	5		1.5	
of which saturates [g]	3.0		1.0	
Carbohydrates [g]	66		21	
of which sugars [g]	22		7	
Fibre [g]	0.0		0.0	
Protein [g]	0.0		0.0	
Salt [mg]	391		125	
Nutritional information	per 100 g		per 32g (1 pouch)	
Potassium [mg]	266		85	
Caffeine [mg]	63		20	
L-leucine [mg]	991		317	
L-valine [mg]	278		89	
L-isoleucine [mg]	41		13	
L-histidine [mg]	144		46	
Vitamins/Minerals	per 100 g	% ¹	per 32g (1 pouch)	% ¹
Vitamin C [mg]	178	225	60	72
Vitamin E [mg]	59	500	19	160

¹ Percent of the reference quantity according to Regulation (EU) No 1169/2011

Recommended intake

GU Energy Gel should be consumed 15 minutes before exercise and every 45 minutes for the duration of the activity together with 150ml of liquid.

Do not exceed the recommended daily intake. This dietary supplement is not a substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: 20mg per 32g (1 pouch) / 63mg per 100g

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

This information serves for a better understanding. The information and values provided on the packages are of major importance.

2329280 – Energy Gel Tri Berry – 32g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine

Ingredients

Maltodextrin, water, fructose, flavouring, amino acids (leucine, valine, isoleucine), acidity regulators (potassium citrate, sodium citrate), calcium carbonate, sea salt, green tea extract (contains **caffeine**), acids (citric acid, malic acid), thickener (gellan gum), preservatives (sodium benzoate, potassium sorbate), sunflower seed oil.

Nutritional information	per 100 g		per 32g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	1306	312	418	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	72		23	
of which sugars [g]	19		6	
Protein [g]	0.0		0.0	
Salt [mg]	430		138	
Nutritional information	per 100 g		per 32g (1 pouch)	
Potassium [mg]	94		30	
Caffeine [mg]	63		20	
Amino acids (BCAA) [mg]	1406		450	

Recommended intake

GU Energy Gel should be consumed 15 minutes before exercise and every 45 minutes for the duration of the activity together with 150ml of liquid.

Do not exceed the recommended daily intake. This dietary supplement is not a substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: 20mg per 32g (1 pouch) / 63mg per 100g

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

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

2329281 – Energy Gel Espresso Love – 32g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine

Ingredients

Maltodextrin, water, fructose, amino acids (leucine, valine, histidine, isoleucine), acidity regulators (potassium citrate, sodium citrate), natural coffee flavour, GU antioxidant blend (natural vitamin E and C), citric acid, calcium carbonate, sea salt, preservatives (sodium benzoate, potassium sorbate), fumaric acid, malic acid, GU herbal blend [chamomile, cola nut (with caffeine), ginger], thickener (pectin).

Nutritional information	per 100 g		per 32g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	1328	312	425	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	69		22	
of which sugars [g]	15		5	
Fibre [g]	0.0		0.0	
Protein [g]	0.0		0.0	
Salt [mg]	172		55	
Nutritional information	per 100 g		per 32g (1 pouch)	
Potassium [mg]	141		45	
Caffeine [mg]	125		40	
Amino acids (BCAA) [mg]	1406		450	
Vitamins/Minerals	per 100 g	% ¹	per 32g (1 pouch)	% ¹
Vitamin C [mg]	125	156	40	50
Vitamin E [mg]	31	258	10	83

¹ Percent of the reference quantity according to Regulation (EU) No 1169/2011

Recommended intake

GU Energy Gel should be consumed 15 minutes before exercise and every 45 minutes for the duration of the activity together with 150ml of liquid.

Do not exceed the recommended daily intake. This dietary supplement is not a substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: 40mg per 32g (1 pouch) / 125mg per 100g

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

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

2329282 – Energy Gel Lemon Sublime – 32g

Sales description

Energy Gel – Food supplement with carbohydrates

Ingredients

Maltodextrin, water, fructose, amino acids (leucine, valine, histidine, isoleucine), acidity regulators (potassium citrate, sodium citrate), GU antioxidant blend (natural vitamin E and C), calcium carbonate, sea salt, malic acid, natural lemon flavouring, preservatives (sodium benzoate, potassium sorbate), citric acid, fumaric acid, GU herbal blend (camomile, ginger), thickener (pectin).

Nutritional information	per 100 g		per 32g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	1306	312	418	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	69		22	
of which sugars [g]	19		6	
Protein [g]	0.0		0.0	
Salt [mg]	431		138	
Fibre [g]	0.0		0.0	
Nutritional information	per 100 g		per 32g (1 pouch)	
Potassium [mg]	94		30	
Caffeine [mg]	0.0		0.0	
Amino acids (BCAA) [mg]	n.a.		n.a.	
L-leucine [mg]	1172		375	
L-valine [mg]	156		50	
L-isoleucine [mg]	47		15	
Vitamins/Minerals	per 100 g	% ¹	per 32g (1 pouch)	% ¹
Vitamin C [mg]	125	156	40	50
Vitamin E [mg]	31	258	10	83

¹ Percent of the reference quantity according to Regulation (EU) No 1169/2011

Recommended intake

GU Energy Gel should be consumed 15 minutes before exercise and every 45 minutes for the duration of the activity together with 150ml of liquid.

Do not exceed the recommended daily intake. This dietary supplement is not a 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

2329285 – Energy Gel Caramel Macchiato – 32g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine

Ingredients

Maltodextrin, water, fructose, amino acids (leucine, valine, histidine, isoleucine), flavouring, acidity regulators (potassium citrate, sodium citrate), herbs (green tea leaf extract (contains **caffeine**), chamomile extract, ginger extract), citric acid, antioxidants (natural vitamin E and C), calcium carbonate, sea salt, thickeners (sodium benzoate, potassium sorbate), preservatives (sodium benzoate, potassium sorbate).

Nutritional information	per 100 g		per 32g (1 pouch)	
	kJ	kcal	kJ	kcal
Energy	1328	312	418	100
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	69		22	
of which sugars [g]	21		7	
Protein [g]	0.0		0.0	
Salt [mg]	469		150	
Fibre [g]	0.0		0.0	
Nutritional information	per 100 g		per 32g (1 pouch)	
Potassium [mg]	125		40	
Caffeine [mg]	125		40	
Amino acids (BCAA) [mg]	1406		450	
Vitamins/Minerals	per 100 g	% ¹	per 32g (1 pouch)	% ¹
Vitamin C [mg]	125	156	40	50
Vitamin E [mg]	31	258	10	83

¹ Percent of the reference quantity according to Regulation (EU) No 1169/2011

Recommended intake

GU Energy Gel should be consumed 15 minutes before exercise and every 45 minutes for the duration of the activity together with 150ml of liquid.

Do not exceed the recommended daily intake. This dietary supplement is not a substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: 40mg per 32g (1 pouch) / 125mg per 100g

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

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

2329286 – Energy Gel Salted Watermelon– 32g

Sales description

Energy Gel – Food supplement with carbohydrates and caffeine

Ingredients

Maltodextrin, water, fructose, leucine, sea salt, citric acid, natural flavouring, potassium citrate, sodium citrate, calcium carbonate, valine, herbs (green tea leaf extract (contains **caffeine**), gellan gum, isoleucine, sunflower oil, sodium benzoate (preservative), potassium sorbate (preservative).

Nutritional information	per 100 g		per 32g (1 pouch)	
Energy				
Fat [g]	0.0		0.0	
of which saturates [g]	0.0		0.0	
Carbohydrates [g]	69		22	
of which sugars [g]	15		5	
Protein [g]	0.0		0.0	
Salt [mg]	172		55	
Fibre [g]	0.0		0.0	
Nutritional information	per 100 g		per 32g (1 pouch)	
Potassium [mg]	141		45	
Caffeine [mg]	63		20	
Amino acids (BCAA) [mg]	1406		450	
Vitamins/Minerals	per 100 g	% ¹	per 32g (1 pouch)	% ¹
Vitamin C [mg]	125	156	40	50
Vitamin E [mg]	31	258	10	83

¹ Percent of the reference quantity according to Regulation (EU) No 1169/2011

Recommended intake

GU Energy Gel should be consumed 15 minutes before exercise and every 45 minutes for the duration of the activity together with 150ml of liquid.

Do not exceed the recommended daily intake. This dietary supplement is not a substitute for a balanced diet. Keep out of reach of young children. Store in a cool and dry place.

Caffeine: 20mg per 32g (1 pouch) / 63mg per 100g

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

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