

FLUID ENERGY GEL

MANGO 50g

RECOMMENDED USE:

Use 15 minutes prior to activity, then every 30-40 minutes during exercise. Always use gel with 200-300ml of fluids to help prevent gastrointestinal upset. Maximum daily intake 10 servings.



PREMIUM INGREDIENTS



GLUTEN FREE



VEGAN FRIENDLY



NO ADDED COLOUR



DAIRY FREE

Formulated Supplementary Sports Food. This food is not a sole source of nutrition and should be used in conjunction with a nutritious diet and appropriate exercise program.

Not suitable for children under 15 years of age or pregnant women: Should only be used under medical or dietetic supervision.



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Made in New Zealand

NUTRITION INFORMATION

Servings per package: 1

Serving size: 50g

| | Avg Quantity Per Serving | Avg Quantity Per 100g |
|----------------|-----------------------------|--------------------------|
| Energy | 425 kJ (102 Cal) | 850 kJ (203 Cal) |
| Protein, total | 0.0 g | 0.0 g |
| - gluten | 0.0 mg | 0.0 mg |
| Fat, total | 0.0 g | 0.0 g |
| - saturated | 0.0 g | 0.0 g |
| Carbohydrate | 24.9 g | 49.8 g |
| - sugars | 0.9 g | 1.8 g |
| Dietary fibre | 0.0 g | 0.0 g |
| Sodium | 30 mg | 60 mg |

INGREDIENTS: Maltodextrin, Filtered Water, Reconstituted Mango Juice (13%), Acidity Regulator (Citric Acid), Mineral Salt (Sodium Citrate), Preservatives (Potassium Sorbate, Sodium Benzoate), Antioxidant (Ascorbic Acid).