

FLUID ENERGY GEL

KOLA NUT & LEMON JUICE 50G + 30mg Caffeine

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

Contains caffeine. Not recommended for children, pregnant or lactating women, or individuals sensitive to caffeine.

Supplemented 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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NUTRITION INFORMATION

Servings per package: 1

Serving size: 50g

	Avg Quantity Per Serving	Avg Quantity Per 100g
Energy	411 kJ (98 Cal)	822 kJ (197 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	24.1 g	48.2 g
- sugars	4.8 g	9.6 g
Dietary fibre	0.0 g	0.0 g
Sodium	54 mg	108 mg
Caffeine	30 mg	60 mg

INGREDIENTS: Filtered Water, Maltodextrin, Organic Cane Sugar, Lemon Juice, Mineral Salt (Sodium Citrate), Natural Flavour (including Kola Nut Extract), Acidity Regulator (Phosphoric Acid), Preservatives (Sodium Benzoate, Potassium Sorbate), Caffeine.