

## FLUID ENERGY GEL

### RASPBERRY 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.



**NEW ZEALAND.COM**  
Licence No.100155

Made in New Zealand

## NUTRITION INFORMATION

Servings per package: 1

Serving size: 50g

|                | Avg Quantity<br>Per Serving | Avg Quantity<br>Per 100g |
|----------------|-----------------------------|--------------------------|
| Energy         | 426 kJ<br>(102 Cal)         | 852 kJ<br>(203 Cal)      |
| Protein, total | 0.1 g                       | 0.1 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       | 3.7 g                       | 7.4 g                    |
| Dietary fibre  | 0.0 g                       | 0.0 g                    |
| Sodium         | 30 mg                       | 60 mg                    |
| Caffeine       | 30 mg                       | 60 mg                    |

INGREDIENTS: Maltodextrin, Filtered Water, Reconstituted Fruit (25%) (Apple Juice, Raspberry Puree (9%)), Mineral Salt (Sodium Citrate), Caffeine (0.06%), Preservatives (Potassium Sorbate, Sodium Benzoate), Antioxidant (Ascorbic Acid).