

# FLUID ENERGY GEL

## ORANGE 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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## NUTRITION INFORMATION

Servings per package: 1

Serving size: 50g

	Avg Quantity Per Serving	Avg Quantity Per 100g
Energy	447 kJ (107 Cal)	894 kJ (213 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	26.3 g	52.5 g
- sugars	1.0 g	1.9 g
Dietary fibre	0.0 g	0.0 g
Sodium	30 mg	60 mg

INGREDIENTS: Maltodextrin, Filtered Water, Reconstituted Orange Juice (19%), Acidity Regulator (Citric Acid), Mineral Salt (Sodium Citrate), Preservatives (Potassium Sorbate, Sodium Benzoate), Antioxidant (Ascorbic Acid).