

HIGH 5

PRODUCT GUIDE



**ENERGY
HYDRATION
RECOVERY**



At **HIGH5** we're committed to creating nutritious products with amazing natural flavours and we're passionate about accommodating your needs – whether you're a new starter or an elite professional.

Discover our range of trusted gels, drinks and bars and be at your ultimate best, any day.

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ENERGY

Our bodies have a limited store of carbohydrate; enough to last 90 minutes of strenuous exercise. This means during endurance activities greater than this time you need to top up your carbohydrate stores to stay at your very best and maintain performance. See below for different ways to supply your body with the carbohydrates it needs.

ENERGY BAR

An easy to chew, great tasting bar filled with real fruits and grains to provide you with both simple and complex carbohydrates during exercise or throughout the day. Energy Bar is a natural mix of real fruits and grains to provide a great tasting balance of simple and complex carbohydrates for your training and racing. It can also be used as a healthy snack throughout the day. It's easy to chew, not too sweet and provides one of your 5-a-day!



PRODUCT INFORMATION

- Simple and complex carbs from oats and fruit
- One of your 5-a-day
- Easy to chew
- Suitable for vegetarians and vegans
- Contents: 25 x 55g Bars



**BEFORE
DURING
AFTER**

NUTRITIONAL INFORMATION

BANANA

Banana and oat bar with dried fruit.

Ingredients: Ingredients: Dried Fruit 49% (Sultanas, Pineapple, Banana, Sugar, Citric Acid, Sunflower Oil, **Sulphites**) **Oats** 25%, Maltodextrin, Humectant (Vegetable Glycerol), **Oat**bran 2%, Sunflower Oil, Coconut Oil (MCT), Natural Flavouring. For allergens see ingredients in **bold**. May contain traces of nuts and peanuts.

| | PER 100 g | PER 55 g |
|--------------------|----------------------|--------------------|
| ENERGY | 1,387 kJ 328 kcal | 763 kJ 180 kcal |
| FAT | 4.3 g | 2.4 g |
| OF WHICH SATURATES | 0.8 g | 0.4 g |
| CARBOHYDRATE | 66 g | 36 g |
| OF WHICH SUGARS | 35 g | 19 g |
| PROTEIN | 4.3 g | 2.4 g |
| SALT | 0.19 g | 0.10 g |

BERRY

Berry fruit and oat bar.

Ingredients: Dried Fruits 60% (Sultanas, Sugar, Cranberries, Pineapple, Apricots, Apple, **Sulphites**), **Oats** 26%, Maltodextrin, **Oat**bran 3%, Humectant (Vegetable Glycerol), Sunflower Oil, Coconut Oil (MCT), Natural Flavourings. For allergens see ingredients in **bold**. May contain traces of nuts and peanuts.

| | PER 100 g | PER 55 g |
|--------------------|----------------------|--------------------|
| ENERGY | 1,453 kJ 344 kcal | 799 kJ 189 kcal |
| FAT | 4.2 g | 2.3 g |
| OF WHICH SATURATES | 0.8 g | 0.4 g |
| CARBOHYDRATE | 70 g | 39 g |
| OF WHICH SUGARS | 39 g | 21 g |
| PROTEIN | 4 g | 2.7 g |
| SALT | 0.1 g | 0.06 g |

BERRY YOGHURT

Yoghurt coated berry flavoured fruit and cereal bar.

Ingredients: Glucose Syrup, Yoghurt Coating 20% (Sugar, Cocoa Butter, Skimmed Yoghurt Powder (**Milk**), Lactose (**Milk**), Emulsifier (**Soy** Lecithin), Natural Flavourings, Food Acid (Citric Acid)), **Oat** Flakes 18%, Raisins 15%, Rice Crisps (Rice Flour, **Wheat** Gluten, Sugar, **Wheat** Malt, Glucose, Salt), Maltodextrin, Sweetened Cranberries 5% (Cranberries, Sugar, Sunflower Oil), Honey, Blueberry Flavoured Pieces 2% (Sugar, Cranberries, Blueberry Juice Solids, Grape Juice Concentrate, Sunflower Oil), Natural Flavourings, Food Acid (Citric Acid).For allergens see ingredients in **bold**. May contain traces of nuts and peanuts.

| | PER 100 g | PER 55 g |
|--------------------|---------------------|--------------------|
| ENERGY | 1654 kJ 392 kcal | 910 kJ 216 kcal |
| FAT | 9.1 g | 5.0 g |
| OF WHICH SATURATES | 4.9 g | 2.7 g |
| CARBOHYDRATE | 71 g | 39 g |
| OF WHICH SUGARS | 35 g | 19 g |
| PROTEIN | 4.8 g | 2.6 g |
| SALT | 0.18 g | 0.10 g |

CARAMEL

Chocolate coated caramel flavour fruit and cereal bar.

Ingredients: Glucose Syrup, Milk Chocolate 20% (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (**Soy** Lecithin), Natural Flavourings), **Oat** Flakes, Raisins, Rice Crisps 10% (Rice Flour, **Wheat** Gluten, Sugar, **Wheat** Malt, Glucose, Salt), Caramel Paste 6% (Sweetened Condensed **Milk**, Glucose Syrup, Palm Oil, Caramelized Syrup, Sugar, Emulsifier (Mono-And Diglycerides Of Fatty-Acids), Salt, Natural Flavourings), Maltodextrin, Honey, Salt, Natural Flavourings. For allergens see ingredients in **bold**. May contain traces of nuts and peanuts.

| | PER 100 g | PER 55 g |
|--------------------|---------------------|--------------------|
| ENERGY | 1643 kJ 390 kcal | 903 kJ 214 kcal |
| FAT | 10 g | 5.5 g |
| OF WHICH SATURATES | 5.4 g | 3.0 g |
| CARBOHYDRATE | 68 g | 37 g |
| OF WHICH SUGARS | 30 g | 17 g |
| PROTEIN | 5.3 g | 2.9 g |
| SALT | 0.5 g | 0.28 g |

ENERGY DRINK

Energy Drink is a scientifically formulated carbohydrate and electrolyte solution to help you sustain your performance and enhance your hydration during endurance exercise.

During endurance exercise your body needs carbohydrates for energy to help maintain your performance. You may also become dehydrated if you do not replace the water and electrolytes lost through sweat.



PRODUCT INFORMATION

- Consume up to 90 g of carbohydrate per hour
- Maintains your endurance performance
- Helps maintain hydration during exercise
- Light tasting and refreshing
- Suitable for vegetarians and vegans

HOW TO USE

Mix 2 level scoops (47 g) into 500 ml of water and shake well.

Drink 150 - 250 ml every 20 minutes during sport.

**BEFORE
DURING
AFTER**

NUTRITIONAL INFORMATION

BERRY

Berry flavour carbohydrate and electrolyte drink mix.

Ingredients: Maltodextrin, Fructose 32%, Natural Flavourings, Food Acids (Citric Acid, Malic Acid), Acidity Regulators (Sodium Citrates, Potassium Citrate), Sodium Chloride. May contain traces of milk.

| | PER 100 g | PER 47 g |
|--------------------|---------------------|--------------------|
| ENERGY | 1581 kJ 372 kcal | 743 kJ 175 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 93 g | 44 g |
| OF WHICH SUGARS | 40 g | 19 g |
| PROTEIN | 0 g | 0 g |
| SALT | 1.3 g | 0.61 g |

ORANGE

Orange flavour carbohydrate and electrolyte drink mix.

Ingredients: Maltodextrin, Fructose 32%, Food Acids (Citric Acid, Malic Acid), Acidity Regulators (Sodium Citrates, Potassium Citrate), Natural Flavourings, Sodium Chloride. May contain traces of milk.

| | PER 100 g | PER 47 g |
|--------------------|---------------------|--------------------|
| ENERGY | 1581 kJ 372 kcal | 743 kJ 175 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 93 g | 44 g |
| OF WHICH SUGARS | 38 g | 18 g |
| PROTEIN | 0 g | 0 g |
| SALT | 1.3 g | 0.61 g |

CITRUS

Citrus flavour carbohydrate and electrolyte drink mix.

Ingredients: Maltodextrin, Fructose 32%, Food Acids (Citric Acid, Malic Acid), Acidity Regulators (Sodium Citrates, Potassium Citrate), Natural Flavourings, Sodium Chloride. May contain traces of milk.

| | PER 100 g | PER 47 g |
|--------------------|---------------------|--------------------|
| ENERGY | 1581 kJ 372 kcal | 743 kJ 175 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 93 g | 44 g |
| OF WHICH SUGARS | 38 g | 18 g |
| PROTEIN | 0 g | 0 g |
| SALT | 1.3 g | 0.61 g |

TROPICAL

Tropical flavour carbohydrate and electrolyte drink mix.

Ingredients: Maltodextrin, Fructose 32%, Food Acids (Citric Acid, Malic Acid), Acidity Regulators (Sodium Citrates, Potassium Citrate), Natural Flavourings, Sodium Chloride. May contain traces of milk.

| | PER 100 g | PER 47 g |
|--------------------|---------------------|--------------------|
| ENERGY | 1581 kJ 372 kcal | 743 kJ 175 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 93 g | 44 g |
| OF WHICH SUGARS | 38 g | 18 g |
| PROTEIN | 0 g | 0 g |
| SALT | 1.3 g | 0.61 g |

Consume as part of a varied and balanced diet and a healthy lifestyle. Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise and contribute to the maintenance of endurance performance during prolonged endurance exercise.



ENERGY DRINK CAFFEINE

Energy Drink Caffeine is a scientifically formulated carbohydrate, caffeine and electrolyte solution to help you sustain your performance and enhance your hydration during endurance exercise.

During endurance exercise your body needs carbohydrates for energy to help maintain your performance. You may also become dehydrated if you do not replace the water and electrolytes lost through sweat. Energy Drink Caffeine is a variation of our Energy Drink with added caffeine.



CITRUS

Citrus flavour carbohydrate and electrolyte drink mix with caffeine.

Ingredients: Maltodextrin, Fructose 32%, Food Acids (Citric Acid, Malic Acid), Acidity Regulators (Sodium Citrates, Potassium Citrate), Natural Flavourings, Sodium Chloride, Caffeine. May contain traces of milk.

| | PER 100 g | PER 47 g |
|--------------------|---------------------|--------------------|
| ENERGY | 1581 kJ 372 kcal | 743 kJ 175 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 93 g | 44 g |
| OF WHICH SUGARS | 38 g | 18 g |
| PROTEIN | 0 g | 0 g |
| SALT | 1.3 g | 0.61 g |

SODIUM: 240 mg per 47 g serving

CAFFEINE: 28 mg per 47 g serving

Consume as part of a varied and balanced diet and a healthy lifestyle. Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise and contribute to the maintenance of endurance performance during prolonged endurance exercise



PRODUCT INFORMATION

- Contains 28mg caffeine per 500ml serving
- Consume up to 90g of carbohydrate per hour
- Maintains your endurance performance
- Helps maintain hydration during exercise
- Light tasting and refreshing
- Suitable for vegetarians and vegans

HOW TO USE

Mix 2 level scoops (47 g) into 500 ml of water and shake well.

Drink 150 - 250 ml every 20 minutes during sport.

**BEFORE
DURING
AFTER**

ENERGY DRINK CAFFEINE HIT

Energy Drink Caffeine Hit has been formulated with a high dose of caffeine to help you increase your performance during exercise.

In the search for a boost in performance, caffeine can help deliver the extra kick you need. Caffeine stimulates the brain, lowering your perception of effort and helping you train harder and longer. It contributes to clearer thinking and greater concentration.



CITRUS

Citrus flavour carbohydrate and electrolyte drink mix with caffeine.

Ingredients: Maltodextrin, Fructose 33%, Sucrose, Food Acids (Citric Acid, Malic Acid), Magnesium Gluconate, Acidity Regulators (Sodium Citrates, Potassium Citrate), Calcium Gluconate, Natural Flavourings, Sodium Chloride, Caffeine. May contain traces of milk.

| | PER 100 g | %RI* | PER 47 g |
|--------------------|---------------------|------|--------------------|
| ENERGY | 1581 kJ 372 kcal | | 743 kJ 175 kcal |
| FAT | 0 g | | 0 g |
| OF WHICH SATURATES | 0 g | | 0 g |
| CARBOHYDRATE | 93 g | | 44 g |
| OF WHICH SUGARS | 47 g | | 22 g |
| PROTEIN | 0 g | | 0 g |
| SALT | 1.3 g | | 0.61 g |
| MAGNESIUM | 120 mg | 32% | 56 mg |

SODIUM: 240 mg per 47 g serving

CAFFEINE: 28 mg per 47 g serving

*Reference intake of an average adult (8,400 kJ, 2,00 kcal)



PRODUCT INFORMATION

- Contains 140mg caffeine per 500ml serving
- Consume up to 90g of carbohydrate per hour
- Maintains your endurance performance
- Helps maintain hydration during exercise
- Light tasting and refreshing
- Suitable for vegetarians and vegans

HOW TO USE

Mix 2 level scoops (47 g) into 500 ml of water and shake well.

Drink 150 - 250 ml every 20 minutes during sport.

**BEFORE
DURING
AFTER**

Consume as part of a varied and balanced diet and a healthy lifestyle. Caffeine contributes to an increase in endurance performance and capacity. Consume 3 mg/kg body weight caffeine at least one hour prior to exercise and avoid caffeine consumption for at least 12 hours prior to consumption. It is recommended to not exceed a daily intake of 400 mg of caffeine from all sources. Caffeine helps to increase alertness and improve concentration. It is not recommended to exceed a daily intake of 400mg of caffeine from all sources (200mg for pregnant or breast-feeding women). Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise and contribute to the maintenance of endurance performance during prolonged endurance exercise.

ENERGY GEL

A convenient, fruity gel which delivers carbohydrate straight to your muscles during exercise. Energy Gel is smooth with a light consistency, making it easy to have on the go. And, because it's made with natural fruit juice, it tastes great too! Easy to open and swallow, each sachet delivers 23g of carbohydrate energy.



PRODUCT INFORMATION

- 23g of carbohydrate energy
- Caffeine free
- Real fruit juice for a light refreshing taste
- Suitable for vegetarians and vegans
- Contents: 20 x 40g Gels

HOW TO USE

Tear the top of the sachet and drink the gel directly from the sachet. Take one gel every 20 minutes during exercise.



x1 GEL EVERY
20 MINS

BEFORE
DURING
AFTER

NUTRITIONAL INFORMATION

BANANA

Banana flavour gel.

Ingredients: Glucose Syrup, Water, Maltodextrin, Acidity Regulators (Sodium Citrates, Citric Acid), Sodium Chloride, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavourings.

| | PER 100 g | PER 40 g |
|--------------------|--------------------|-------------------|
| ENERGY | 969 kJ 228 kcal | 388 kJ 91 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 57 g | 23 g |
| OF WHICH SUGARS | 6.1 g | 2.4 g |
| PROTEIN | 0 g | 0 g |
| SALT | 0.12 g | 0.05 g |

CITRUS

Citrus flavoured gel.

Ingredients: Glucose Syrup, Water, Maltodextrin, Fruit Juice Concentrate (Lemon 1%, Lime), Acidity Regulator (Sodium Citrates), Sodium Chloride, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavouring.

| | PER 100 g | PER 40 g |
|--------------------|--------------------|-------------------|
| ENERGY | 969 kJ 228 kcal | 388 kJ 91 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 57 g | 23 g |
| OF WHICH SUGARS | 6.2 g | 2.5 g |
| PROTEIN | 0 g | 0 g |
| SALT | 0.12 g | 0.05 g |

BERRY

Berry flavoured gel.

Ingredients: Glucose Syrup, Water, Maltodextrin, Fruit Juice Concentrate (Cranberry 1%, Raspberry 1%), Acidity Regulators (Sodium Citrates, Citric Acid), Sodium Chloride, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavourings.

| | PER 100 g | PER 40 g |
|--------------------|--------------------|-------------------|
| ENERGY | 969 kJ 228 kcal | 388 kJ 91 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 57 g | 23 g |
| OF WHICH SUGARS | 7.4 g | 3.0 g |
| PROTEIN | 0 g | 0 g |
| SALT | 0.12 g | 0.05 g |



ENERGY GEL CAFFEINE

A convenient, fruity gel which delivers carbohydrate and caffeine straight to your muscles during exercise. Energy Gel Caffeine is smooth with a light consistency, making it easy to have on the go. And, because it's made with natural fruit juice, it tastes great too! Easy to open and swallow, each sachet delivers 23g of carbohydrate energy and 30mg caffeine.



PRODUCT INFORMATION

- 23g of carbohydrate energy
- With caffeine (30mg/sachet)
- Real juice flavours for a light refreshing taste
- Suitable for vegetarians and vegans

HOW TO USE

Tear the top of the sachet and drink the gel directly from the sachet. Take one gel every 20 minutes during exercise.



x1 GEL EVERY
20 MINS

BEFORE
DURING
AFTER

NUTRITIONAL INFORMATION

ORANGE

Orange flavoured gel with caffeine.

Ingredients: Glucose Syrup, Water, Maltodextrin, Fruit Juice Concentrate (Orange 2%, Blood Orange, Lemon), Acidity Regulators (Sodium Citrates, Citric Acid), Caffeine, Sodium Chloride, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavourings.

| | PER 100 g | PER 40 g |
|--------------------|--------------------|-------------------|
| ENERGY | 952 kJ 224 kcal | 381 kJ 90 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 57 g | 23 g |
| OF WHICH SUGARS | 7.0 g | 2.8 g |
| PROTEIN | 0 g | 0 g |
| SALT | 0.11 g | 0.04 g |

CAFFEINE: 30 mg per 40 g serving

RASPBERRY

Raspberry flavoured gel with caffeine.

Ingredients: Glucose Syrup, Water, Maltodextrin, Fruit Juice Concentrate (Raspberry 1%, Cranberry), Acidity Regulators (Citric Acid, Sodium Citrates, Malic Acid), Caffeine, Sodium Chloride, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavouring.

| | PER 100 g | PER 40 g |
|--------------------|--------------------|-------------------|
| ENERGY | 969 kJ 228 kcal | 388 kJ 91 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 57 g | 23 g |
| OF WHICH SUGARS | 7.0 g | 2.8 g |
| PROTEIN | 0 g | 0 g |
| SALT | 0.12 g | 0.05 g |

CAFFEINE: 30 mg per 40 g serving



ENERGY GEL AQUA

Water and refreshing natural fruit juices give Energy Gel Aqua its extremely light consistency when delivering carbohydrates straight to your muscles during exercise.

Energy Gel Aqua is a refreshing gel that has a consistency more like a sports drink so, unlike many other gels, you don't need to drink extra water with it. This makes it a good option for beginners who are trying out gels for the first time.



PRODUCT INFORMATION

- 23g of carbohydrate energy
- Caffeine free
- More like a drink than a gel
- Real juice flavours for a light refreshing taste
- Suitable for vegetarians and vegans

HOW TO USE

Tear the top off and drink from the sachet.

Consume during exercise.

**BEFORE
DURING
AFTER**

NUTRITIONAL INFORMATION

BERRY

Berry flavoured gel.

Ingredients: Water, Glucose Syrup, Maltodextrin, Fruit Juice Concentrate (Raspberry 1%, Blackcurrant, Blueberry 0.2%), Acidity Regulators (Sodium Citrates, Citric Acid, Malic Acid), Sodium Chloride, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavourings.

| | PER 100 g | PER 66 g |
|--------------------|--------------------|-------------------|
| ENERGY | 612 kJ 144 kcal | 404 kJ 95 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 36 g | 23 g |
| OF WHICH SUGARS | 5.0 g | 3.3 g |
| PROTEIN | 0 g | 0 g |
| SALT | 0.10 g | 0.07 g |

ORANGE

Orange flavoured gel.

Ingredients: Water, Glucose Syrup, Maltodextrin, Fruit Juice Concentrate (Orange 3%, Lemon), Acidity Regulators (Sodium Citrates, Citric Acid, Malic Acid), Sodium Chloride, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavouring.

| | PER 100 g | PER 66 g |
|--------------------|--------------------|-------------------|
| ENERGY | 612 kJ 144 kcal | 404 kJ 95 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 36 g | 23 g |
| OF WHICH SUGARS | 5.0 g | 3.3 g |
| PROTEIN | 0 g | 0 g |
| SALT | 0.10 g | 0.07 g |



ENERGY GEL AQUA CAFFEINE

Water and refreshing natural fruit juices give Energy Gel Aqua its extremely light consistency when delivering carbohydrates straight to your muscles during exercise.

Energy Gel Aqua is a refreshing gel that has a consistency more like a sports drink so, unlike many other gels, you don't need to drink extra water with it. This makes it a good option for beginners who are trying out gels for the first time.



✓ NATURAL FLAVOURS
✓ NO COLOURINGS
✓ FREE FROM ARTIFICIAL SWEETENERS



PRODUCT INFORMATION

- 23g of carbohydrate energy
- Caffeine free
- More like a drink than a gel
- Real juice flavours for a light refreshing taste
- Suitable for vegetarians and vegans

HOW TO USE

Tear the top off and drink from the sachet.

Consume during exercise.

**BEFORE
DURING
AFTER**

NUTRITIONAL INFORMATION

CITRUS

Citrus flavoured gel with caffeine.

Ingredients: Water, Glucose Syrup, Maltodextrin, Fruit Juice Concentrate (Orange, Lemon 0.2%, Lime), Acidity Regulators (Sodium Citrates, Citric Acid, Malic Acid), Caffeine, Sodium Chloride, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavouring.

| | PER 100 g | PER 66 g |
|--------------------|--------------------|-------------------|
| ENERGY | 612 kJ 144 kcal | 404 kJ 95 kcal |
| FAT | 0 g | 0 g |
| OF WHICH SATURATES | 0 g | 0 g |
| CARBOHYDRATE | 36 g | 23 g |
| OF WHICH SUGARS | 5.0 g | 3.3 g |
| PROTEIN | 0 g | 0 g |
| SALT | 0.1 g | 0.07 g |

CAFFEINE: 30 mg per 66 g serving



ENERGY GUMMIES

Pocket sized chewy gummies, bursting in berry flavour and boosting in energy. For when you need it the most.

Keeping energy levels high is important for any endurance exercise to maintain performance and feel better for longer. Full of both flavour and energy¹, these pocket size chews help you make the most out of your activity and keep you at your best for longer.



PRODUCT INFORMATION

Each resealable pouch contains six individual tasty gummies, which can be taken as and when they are needed. Just tuck a pouch of gummies into your pocket for those shorter distances or use them to top up your energy levels between gels.

- 21g Carbohydrates – similar to our Energy Gel
- Key Electrolytes; Sodium, Potassium
- Vitamin B6
- Suitable for vegetarians and vegans
- Natural great tasting flavours

**BEFORE
DURING
AFTER**

NUTRITIONAL INFORMATION

MIXED BERRY

Mixed berry flavoured fruit gums with sodium and vitamin B6.

Ingredients: Glucose Syrup, Sugar, Modified Starch, Sodium Citrate, Food Acids (Citric Acid, Malic Acid), Potassium Citrate, Concentrates of Carrot, Blackcurrant and Cherry, Natural Flavourings, Vegetable Oil (Coconut, Rapeseed), Glazing Agent (Carnauba Wax), Pyridoxine Hydrochloride.

| | PER 100 g | %RI* | PER SERVING (26 g) |
|--------------------|---------------------|------|-----------------------|
| ENERGY | 1417 kJ 333 kcal | | 374 kJ 88 kcal |
| FAT | 0.2 g | | 0 g |
| OF WHICH SATURATES | 0.2 g | | 0 g |
| CARBOHYDRATE | 80 g | | 21 g |
| OF WHICH SUGARS | 49 g | | 13 g |
| PROTEIN | 0 g | | 0 g |
| SALT | 0.8 g | | 0.2 g |
| VITAMIN B6 | 1.6 mg | 115% | 0.4 mg |

*REFERENCE INTAKE

Consume as part of a varied and balanced diet and a healthy lifestyle.
Vitamin B6 contributes to normal energy-yielding metabolism. Consume as part of a varied and balanced diet and a healthy lifestyle.







HYDRATION

During exercise, not only does your body lose water but also important electrolytes which your body needs to keep moving and stay hydrated. Our hydration products are purposefully designed to replace missing electrolytes and keep you hydrated so you can be at your best for longer.

ZERO

A refreshing sugar free electrolyte drink with zero calories that makes it simple and easy to stay hydrated. When you sweat, you lose vital minerals so it's important that they are replenished. With key electrolytes, sodium and magnesium, ZERO gives you what water can't. This scientific formula includes Vitamin C to support a healthy immune system, protect cells from oxidative stress and reduce tiredness and fatigue. The magnesium in ZERO contributes to electrolyte balance, whilst also supporting muscle protein synthesis.



PRODUCT INFORMATION

- Light & refreshing electrolyte drink with natural fruit flavours
- Sugar free with zero calories
- Reduces tiredness and fatigue
- Contents: 20 tablets per tube
- Suitable for a wide range of sporting activities
- Suitable for vegetarians and vegans

ZERO is designed to be taken before, during and after exercise and in hot weather.

HOW TO USE

Mix 1 tablet (4 g) with 750 ml water.

20 tablets per tube.



NUTRITIONAL INFORMATION

BERRY

Berry flavour food supplement with sweetener.

Ingredients: Acidity Regulators (Citric Acid, Malic Acid), Sodium Bicarbonate, Firming Agent (Sorbitols), Magnesium Carbonate, Sodium Citrate, Potassium Citrate, Natural Flavourings, Beetroot Concentrate, L-Ascorbic Acid (Vitamin C), Calcium Carbonate, Sweetener (Sucralose), Black Carrot Concentrate, Leucine, Curcuma Powder, Green Tea Leaves Extract (*Camellia Sinensis O.Ktze*), Sodium Chloride.

| | PER 4 g SERVING | % RI* PER 4 g |
|----------------|--------------------|------------------|
| MAGNESIUM (mg) | 56 | 15% |
| POTASSIUM (mg) | 70 | 3.5% |
| CALCIUM (mg) | 9 | 1.1% |
| VITAMIN C (mg) | 28 | 35% |
| SODIUM (mg) | 250 | — |
| GREEN TEA (mg) | 1 | — |

*REFERENCE INTAKE

TROPICAL

Tropical flavour food supplement with sweetener.

Ingredients: Acidity Regulators (Citric Acid, Malic Acid), Sodium Bicarbonate, Firming Agent (Sorbitols), Magnesium Carbonate, Sodium Citrate, Potassium Citrate, Natural Flavourings, Sweetener (Sucralose), L-Ascorbic Acid (Vitamin C), Calcium Carbonate, Leucine, Colour (Carotenes), Green Tea Leaves Extract (*Camellia sinensis O.ktze*), Sodium Chloride, Colour (Riboflavins).

| | PER 4 g SERVING | % RI* PER 4 g |
|----------------|--------------------|------------------|
| MAGNESIUM (mg) | 56 | 15% |
| POTASSIUM (mg) | 70 | 3.5% |
| CALCIUM (mg) | 9 | 1.1% |
| VITAMIN C (mg) | 28 | 35% |
| SODIUM (mg) | 250 | — |
| GREEN TEA (mg) | 1 | — |

*REFERENCE INTAKE

CITRUS

Citrus flavour food supplement with sweetener.

Ingredients: Ingredients: Acidity Regulators (Citric Acid, Malic Acid), Sodium Bicarbonate, Firming Agent (Sorbitols), Magnesium Carbonate, Sodium Citrate, Potassium Citrate, Natural Flavouring, L-Ascorbic Acid (Vitamin C), Calcium Carbonate, Sweetener (Sucralose), Maltodextrin, Leucine, Green Leaves Tea Extract (*Camellia Sinensis O.Ktze*), Sodium Chloride, Colour (Riboflavins).

| | PER 4 g SERVING | % RI* PER 4 g |
|----------------|--------------------|------------------|
| MAGNESIUM (mg) | 56 | 15% |
| POTASSIUM (mg) | 70 | 3.5% |
| CALCIUM (mg) | 9 | 1.1% |
| VITAMIN C (mg) | 28 | 35% |
| SODIUM (mg) | 250 | — |
| GREEN TEA (mg) | 1 | — |

*REFERENCE INTAKE

Consume as part of a varied and balanced diet and a healthy lifestyle. Vitamin C contributes to the normal function of the immune system, the protection of cells from oxidative stress, and the reduction of tiredness and fatigue. Magnesium contributes to a reduction of tiredness and fatigue, electrolyte balance and normal protein synthesis.



ZERO CAFFEINE HIT

ZERO Caffeine Hit is a refreshing sugar free electrolyte caffeine drink with zero calories that makes it simple and easy to stay hydrated. When you sweat, you lose vital minerals so it's important that they are replenished. With key electrolytes, sodium and magnesium, ZERO Caffeine Hit gives you what water can't.

One tablet of ZERO Caffeine Hit contains 75mg of caffeine, about the same amount as in a cup of coffee. When taking part in tough sports events, caffeine contributes to an increase in endurance performance and capacity. That means you can go further than before! It also helps to increase concentration and reaction time.



PRODUCT INFORMATION

- Light & refreshing electrolyte drink with natural fruit flavours
- Improves concentration and increases alertness
- Reduces tiredness and fatigue
- Sugar free with zero calories
- Reduces tiredness and fatigue
- Contents: 20 tablets per tube
- Suitable for a wide range of sporting activities
- Suitable for vegetarians and vegans

ZERO is designed to be taken before, during and after exercise and in hot weather.

HOW TO USE

Mix 1 tablet (4 g) with 750 ml water.

20 tablets per tube.



NUTRITIONAL INFORMATION

PINK GRAPEFRUIT

Pink grapefruit flavour food supplement with sweetener and caffeine.

Ingredients: Acidity Regulators (Citric Acid, Malic Acid), Sodium Bicarbonate, Firming Agent (Sorbitols), Magnesium Carbonate, Sodium Citrate, Potassium Citrate, Natural Flavourings, Beetroot Concentrate, Caffeine, Sweetener (Sucralose), L-Ascorbic Acid (Vitamin C), Calcium Carbonate, Leucine, Green Tea Leave Extract (*Camellia Sinensis O. Ktze*), Sodium Chloride, Colour (Riboflavins).

| | PER 4 g SERVING | % RI* PER 4 g |
|----------------|--------------------|------------------|
| MAGNESIUM (mg) | 56 | 15% |
| POTASSIUM (mg) | 70 | 3.5% |
| CALCIUM (mg) | 9 | 1.1% |
| VITAMIN C (mg) | 28 | 35% |
| SODIUM (mg) | 250 | — |
| GREEN TEA (mg) | 1 | — |
| CAFFEINE (mg) | 75 | — |

*REFERENCE INTAKE

Consume as part of a varied and balanced diet and a healthy lifestyle. Caffeine contributes to an increase in endurance performance and capacity. Consume 3 mg/kg body weight caffeine at least one hour prior to exercise and avoid caffeine consumption for at least 12 hours prior to consumption. It is recommended to not exceed a daily intake of 400 mg of caffeine from all sources. Caffeine helps to increase alertness and improve concentration. It is not recommended to exceed a daily intake of 400mg of caffeine from all sources (200mg for pregnant or breast-feeding women). Vitamin C contributes to the normal function of the immune system, the protection of cells from oxidative stress, and the reduction of tiredness and fatigue. Magnesium contributes to a reduction of tiredness and fatigue, electrolyte balance and normal protein synthesis.



ZERO PROTECT

ZERO Protect is a great tasting sugar free, zero calorie immune electrolyte drink with plant extract, and added vitamins to maintain your body's immune system during and after exercise.

ZERO Protect is an advanced ZERO tablet which not only hydrates you, but also maintains your immune system during and after intense exercise¹. You can use this great tasting zero calorie immune electrolyte drink during exercise and throughout the day to rehydrate with vitamins, plant extracts and key electrolytes, including sodium and potassium.



PRODUCT INFORMATION

- Sugar free with zero calories
- With key electrolytes, sodium and potassium
- Active ingredients
- Hydration and vitamin supplement
- Contains vitamin C, vitamin D3 and folic acid
- Contents: 20 tablets per tube
- Suitable for a wide range of sporting activities or throughout the day
- Suitable for vegetarians and vegans

HOW TO USE

Mix 1 tablet (4 g) with 500 ml water. Take 2 tablets daily. 20 tablets per tube.

NUTRITIONAL INFORMATION

ORANGE & ECHINACEA

Food supplement with citrus bioflavonoids (orange), echinacea extract and sweetener.

Ingredients: Acidity Regulators (Citric Acid, Malic Acid), Sodium Bicarbonate, Firming Agent (Sorbitols), Magnesium Carbonate, Sodium Citrate, Potassium Citrate, Natural Flavourings, L-Ascorbic Acid (Vitamin C), Echinacea aerial part extract (Echinacea purpurea), Citrus bioflavonoids (Citrus sinensis), Orange Juice Concentrate, Leucine, Sweetener (Sucralose), Cholecalciferol (Vitamin D), Sodium Chloride, Folic Acid.

| | PER 4 g SERVING | PER 2x 4 g DAILY SERVING | % RI* PER 4 g |
|-----------------|--------------------|-----------------------------|------------------|
| Vitamin C (mg) | 100 | 200 | 250% |
| Vitamin D (µg) | 5 | 10 | 200% |
| Folic Acid (µg) | 200 | 400 | 200% |
| Potassium (mg) | 70 | 140 | 7% |
| Sodium (mg) | 250 | 500 | — |
| MAGNESIUM (mg) | 56.25 | 112.5 | 30% |

| PLANT EXTRACTS | PER 2x 4 g |
|---|------------|
| ECHINACEA EXTRACT (mg) | 200 |
| CITRUS BIOFLAVONOIDS (mg) (HESPERIDIN 35%) | 100 |

*Reference intake

Consume as part of a varied and balanced diet and a healthy lifestyle. Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise. Consume 200mg Vitamin C (2x 4g tablets) in addition to the recommended daily intake of Vitamin C.







RECOVERY

Post exercise nutrition is necessary to reduce the damage left to muscles after strenuous exercise and improve the recovery process through building stronger muscles. Our products below provide a wholesome recovery by replenishing the muscles with both carbohydrate to replace lost glycogen and protein to repair muscle damage.

RECOVERY BAR

A convenient source of protein and carbohydrate with a light texture and great taste, which makes it easy to eat after a tough session. The ingredients used in this scientifically formulated blend of protein and carbs promote recovery of normal muscle function after exercise and contribute to the growth and maintenance of muscle mass.

Muscles become sore and stiff when they are stressed during exercise. The depletion of muscle glycogen (muscle carb stores) can impair muscle function resulting in fatigue and reduced exercise performance. The unique forms of protein and carbohydrate in Recovery Bar are chosen to ensure you recover after intense long lasting exercise and turn up ready to perform at your next training session.



PRODUCT INFORMATION

- High in protein for muscle growth & maintenance
- 24g of carbohydrate
- With chocolate coating for a great taste
- Suitable for vegetarians

Recovery Bar is designed to be taken AFTER exercise.

BEFORE
DURING
AFTER



✓ NO FLAVOURINGS
✓ NO COLOURINGS

NUTRITIONAL INFORMATION

CHOCOLATE

Chocolate coated carbohydrate and protein bar.
Ingredients: **Milk** Protein, Glucose Syrup, **Milk** Chocolate 20% (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Emulsifier (**Soy** Lecithin), Natural Flavourings), Invert Sugar Syrup, **Soy** Protein, Low Fat Cocoa, Sugar, **Soy** Oil, Cocoa Butter, Natural Flavourings, Whole **Milk** Powder, Cocoa Mass, Salt, Emulsifier (**Soy** Lecithin). For allergens see ingredients in **bold**. May contain traces of nuts and peanuts.

| | PER 100 g | PER 50 g |
|--------------------|---------------------|--------------------|
| ENERGY | 1629 kJ 387 kcal | 815 kJ 193 kcal |
| FAT | 10 g | 5.0 g |
| OF WHICH SATURATES | 5.0 g | 2.5 g |
| CARBOHYDRATE | 45 g | 23 g |
| OF WHICH SUGARS | 40 g | 20 g |
| PROTEIN | 28 g | 14 g |
| SALT | 0.69 g | 0.35 g |

Consume as part of a varied and balanced diet and a healthy lifestyle. Protein contributes to growth and maintenance of mass. Carbohydrates (CHOs) contribute to recovery of normal muscle function after intensive/long-lasting exercise leading to muscle fatigue & depletion of muscle glycogen. Consume 4g per kg/bwt of CHOs from all sources within 4-6 hrs post-exercise to achieve claimed effects.



RECOVERY DRINK

A delicious tasting protein drink. The ingredients used in this scientifically formulated blend of protein and carbs promote recovery of normal muscle function after exercise and contribute to the growth and maintenance of muscle mass.

Muscles become sore and stiff when they are stressed during exercise. The depletion of muscle glycogen (muscle carb stores) can impair muscle function resulting in fatigue and reduced exercise performance. The unique forms of protein and carbohydrate in Protein Recovery are chosen to ensure you recover after intense long lasting exercise and turn up ready to perform at your next training session.



PRODUCT INFORMATION

- High in whey protein isolate (which contains BCAA's).
- Contributes to muscle growth and muscle maintenance
- Promotes recovery of normal muscle function
- Suitable for vegetarians

Recovery Drink is designed to be taken AFTER exercise.

BEFORE
DURING
AFTER



✓ NO FLAVOURINGS
✓ NO COLOURINGS

NUTRITIONAL INFORMATION

CHOCOLATE

Chocolate flavoured carbohydrate and protein drink mix.

Ingredients: Dextrose, Whey Protein Isolate 30% (**Milk**), Maltodextrin, Fructose, Cocoa Powder 9%, Stabiliser (Carrageenan Gum), Emulsifier (**Soy** Lecithin), Natural Flavourings. For allergens see ingredients in **bold**.

| | PER 100 g | PER 60 g |
|--------------------|---------------------|--------------------|
| ENERGY | 1610 kJ 380 kcal | 966 kJ 228 kcal |
| FAT | 1.5 g | 0.9 g |
| OF WHICH SATURATES | 1 g | 0.6 g |
| CARBOHYDRATE | 60 g | 36 g |
| OF WHICH SUGARS | 45 g | 27 g |
| PROTEIN | 30 g | 18 g |
| SALT | 0.6 g | 0.36 g |

Consume as part of a varied and balanced diet and a healthy lifestyle. Protein contributes to growth and maintenance of mass. Carbohydrates (CHOs) contribute to recovery of normal muscle function after intensive/long-lasting exercise leading to muscle fatigue & depletion of muscle glycogen. Consume 4g per kg/bwt of CHOs from all sources within 4-6 hrs post-exercise to achieve claimed effects.





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