

1215964 – Squeezy Gel Bottle 125ml, refillable Lemon

Sales description

Carbohydrate gel (dietary supplement for intensive muscular efforts, especially for athletes).

Ingredients

Maltodextrin, water, fructose, acid: citric acid; preservative: potassium sorbate; flavouring, sodium citrate, table salt, potassium citrate, antioxidant: ascorbic acid.

Gluten-free, lactose-free and no artificial sweeteners or colouring agents

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1124	264	1406	330
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	66		83	
of which sugars [g]	4,1		5,1	
Fibre [g]				
Protein [g]	0		0	
Salt [g]	0,15		0,20	

Suggested usage

The carbohydrate content of a 125 ml bottle (83 g/125 ml) corresponds to approx. five SQUEEZY ENERGY gel sachets (16,2 g/sachet). Consume approx. 25 ml of gel every 20 minutes during exercise.

After the consumption of approx. 25 ml of gel, you should drink 200 ml of water to improve the absorption of carbohydrates in the body.

Please note

Depending on the intensity and temperature, an additional intake of water helps to enable the body to rehydrate.

1215973 – Squeezy Gel Bottle 125ml, refillable Cola + Caffeine

Sales description

Carbohydrate gel (dietary supplement for intensive muscular efforts, especially for athletes).

Ingredients

Maltodextrin, water, glucose, flavouring, sodium citrate, acid: citric acid; potassium citrate, table salt, preservative: potassium sorbate; caffeine*, antioxidant: ascorbic acid.

Gluten-free, lactose-free and no artificial sweeteners or colouring agents

Suitable for people with fructose intolerance, as the ENERGY SUPER GEL contains glucose instead of fructose.

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1228	290	1535	362
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	72		90	
of which sugars [g]	15		19	
Fibre [g]				
Protein [g]	0		0	
Salt [g]	0,38		0,48	

Suggested usage

The carbohydrate content of a 125 ml bottle (90 g/125 ml) corresponds to approx. five SQUEEZY ENERGY SUPER gel sachets (16,3 g/sachet). Consume approx. 25 ml of gel every 20 minutes during exercise.

After the consumption of approx. 25 ml of gel, you should drink 200 ml of water to improve the absorption of carbohydrates in the body.

Please note

Depending on the intensity and temperature, an additional intake of water helps to enable the body to rehydrate.

* High caffeine content, only enjoy in moderation. Not recommended for children, pregnant women and caffeine sensitive people.