

1922480 – Squeezy Gel Single Sachet Tomato 33g

Sales description

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

Ingredients

Maltodextrin, water, isomaltulose*, tomato powder 4 %, table salt, preservative: potassium sorbate; antioxidant: ascorbic acid

Gluten-free, lactose-free and without artificial sweeteners or colouring agents.

Suitable for people with fructose intolerance, as the ENERGY GEL TOMATE contains isomaltulose instead of fructose.

* isomaltulose is a source of glucose and fructose.

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	952	224	314	74
Fat [g]	< 0,10		< 0,10	
of which saturates [g]	< 0,10		< 0,10	
Carbohydrates [g]	55		18	
of which sugars [g]	11		3,6	
Fibre [g]				
Protein [g]	0,66		0,22	
Salt [g]	1,0		0,33	

Suggested usage

For endurance sports, we recommend to consume 2-3 gel sachets per hour (36-55 g of carbohydrates) during sports, competitions or training.

Please note

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

For short competitions of max. one hour (e.g. 10 km), an intake of nutrition or drinks is not necessary, as the body's own energies are sufficient.

- 2054290 – Squeezy Gel Single Sachet Orange-Peach 33g
 1990232 – Squeezy Gel Single Sachet Banana 33g
 1990241 – Squeezy Gel Single Sachet Raspberry 33g
 1990250 – Squeezy Gel Single Sachet Lemon 33g
 2155368 – Squeezy gel single sachet beer (alcohol-free) 33 g

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 without artificial sweeteners or colouring agents

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1102	259	364	85
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	65		21	
of which sugars [g]	9,5		3,1	
Fibre [g]				
Protein [g]	0		0	
Salt [g]	0,13		0,04	

Suggested usage

For endurance sports, we recommend to consume 2-3 gel sachets per hour (42-63 g of carbohydrates) during sports, competitions or training.

Please note

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

For short competitions of max. one hour (e.g. 10 km), an intake of nutrition or drinks is not necessary, as the body's own energies are sufficient.

1990278 – Squeezy Gel Single Sachet Lemon with Caffeine 33g

1990269 – Squeezy Gel Single Sachet Cola + Caffeine 33g

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 without artificial sweeteners or colouring agents.

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

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1108	261	366	86
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	65		21	
of which sugars [g]	20		6,6	
Fibre [g]				
Protein [g]	0		0	
Salt [g]	0,31		0,10	
Caffeine [mg]	100			

Suggested usage

For endurance sports, we recommend to consume 2-4 SQUEEZY ENERGY SUPER GEL 25 g sachets per hour (32-65 g of carbohydrates) during sports, competitions or training.

Please note

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

For short competitions of max. one hour (e.g. 10 km), an intake of nutrition or drinks is not necessary, as the body's own energies are sufficient.

Due to the high caffeine content not recommended for children, pregnant women and caffeine sensitive people.