

ENERGY BOOST GEL + CAFFEINE

Energy and Performance!

An advanced formula with caffeine that provides long-lasting energy during workouts

Delays the onset of fatigue and improves performance

Ergonomic design

A combination of simple and complex carbohydrates, caffeine, amino acids, electrolytes and vitamins in gel form which delay fatigue and improve performance during workouts. Supplemented with caffeine and guarana, which reduce the feeling of fatigue and optimize your metabolism.

Presented in an ergonomic packet for easy use and transportation.

This unique blend includes:

- **Carbo Optimum Complex:** a blend of carbohydrates with three different glycemic indexes (high, medium and low) in the optimal proportion (1:2:1) to avoid glucose peaks. Quick and long-lasting energy.
- **Caffeine and Guarana:** This ingredient has a proven ergogenic action, i.e. it improves performance. In the short-term, it stimulates the Central Nervous System increasing mental focus, etc.; it also has long-term effects because: 1) it activates the metabolism of fats -facilitating its use as energy- and improves performance by saving glycogen; 2) it improves muscular contraction.
- **L-Arginine:** An amino acid precursor of Nitric Acid with vasodilator effect, it improves the delivery of oxygen and nutrient to cells. Moreover, this amino acid is crucial in the elimination of toxins produced during exercise.
- **L-Taurina:** Aminoácido que mejora los procesos de osmoregulación, fundamental en deportes de resistencia. Mejora la asimilación del resto de nutrientes.
- **Electrolytes:** An amino acid, which improves osmoregulation, essential in endurance sports. It improves the assimilation of other nutrients.
 - o Potassium: essential for the delivery of glucose to muscle cells.
 - o Magnesium: it is composed of more than 300 enzymes; it is related to the transmission of nervous impulses, muscle contraction/relaxation and the production of ATP (energy molecule).
 - o Sodium and Chlorine: indispensable for a proper regulation of the water balance.
- **Vitamins B6 and B1:** Important in the metabolism of protein and carbohydrates respectively.



	per Portion (42 g)
Energy	411 Kj 97 Kcal
Fat	0 g
- of which saturates	0 g
Carbohydrates	24 g
- of which Sugars	12 g
Protein	0 g
Salt	0,16 g
Vitamin B1	0,84 mg (76%*)
Vitamin B6	0,84 mg (60%*)
Potassium	92 mg
Magnesium	63 mg
L-Arginine	75,6 mg
Taurine	50 mg
Total Caffeine	60,50 mg
* % NRV = Reference Intake of an average Adult	

Ingredients cola flavour: Carbohydrates (Maltodextrin, Fructose, Dextrose), Water, Mineral Mix (Magnesium Carbonate, Potassium Chloride, Sodium Chloride), Citric Acid, Natural Guarana Extract, Flavouring, L-Arginine, Taurine, Preservative (Potassium Sorbate), Caffeine, Vitamins (B1, B6).

DIRECTIONS FOR USE: Endurance sports take one gel approx. every 30 minutes of intense workout with 200ml of water. Do not exceed 6 gels a day.

PRESENTATION: Gel monodosis 42g.

FLAVOURS: Cola and Red Energy.

ENERGY