


GUENERGY.COM

# ENERGY GEL




## WHEN: EVERYDAY TRAINING & RACING

**GU Energy Gel** packs energy-dense calories in a portable packet to help sustain energy demands of any duration or activity. The 100-calorie packet contains **carbohydrates** (**maltodextrin** and **fructose**) that use non-competing pathways to help maximize carbohydrate absorption and utilization while diminishing stomach distress. The primary **electrolyte** (**sodium**) aids in hydration by maintaining water balance. The **branched-chain amino acids** (**L-Leucine**, **L-Valine** and **L-Isoleucine**) may also reduce mental fatigue and decrease muscle damage.

| BRAND | GU | CLIF SHOT | HONEY STINGER | HAMMER | HUMA |
|---|---|---|---|---|---|
| PRODUCT | ENERGY GEL | ENERGY GEL | ENERGY GEL | GEL | CHIA ENERGY GEL |
| SERVING SIZE | 1 packet (32g) | 1 packet (34g) | 1 packet (32-34g) | 1 packet (33g) | 1 packet (36-44g) |
| CALORIES PER SERVING | 100 | 100-110 | 100 | 90-100 | 100 |
| CARBS PER SERVING | 21-23g | 22-24g | 24-27g | 20-22g | 21-25g |
| SUGAR PER SERVING | 5-7g | 12g | 11-27g | 2-5g | 11-16g |
| SODIUM PER SERVING | 50-125mg | 60-90mg | 50mg | 15-35mg | 105mg, 110mg, 240mg, 245mg |
| CAFFEINE PER SERVING* | 0mg, 20mg, 40mg | 25mg, 50mg, 100mg | 32mg | 25mg, 50mg | 25mg, 50mg |
| BCAAs PER SERVING | 450mg | – | – | 11.5mg | – |
| TYPES OF CARBS | Maltodextrin, fructose | Organic maltodextrin, organic dried cane syrup | Organic tapioca syrup, organic honey, organic sugar, organic grape juice concentrate | Maltodextrin, apple juice concentrate, grape juice, rice dextrin | Fruit puree, grape juice concentrate, cane sugar, brown rice syrup |

* LEVELS VARY BY FLAVOR




24-CT. BOX

## LINE AT A GLANCE

| FLAVORS | SODIUM | CAFFEINE |
|---|---|---|
| CARAMEL MACCHIATO | 60mg | 40mg |
| ESPRESSO LOVE | 60mg | 40mg |
| JET BLACKBERRY | 55mg | 40mg |
| CHOCOLATE OUTRAGE | 50mg | 20mg |
| MANDARIN ORANGE | 55mg | 20mg |
| MINT CHOCOLATE | 50mg | 20mg |
| SALTED CARAMEL | 125mg | 20mg |
| SALTED WATERMELON | 125mg | 20mg |
| TASTEFULLY NUDE™ | 60mg | 20mg |
| TRI-BERRY | 55mg | 20mg |
| VANILLA BEAN | 60mg | 20mg |
| BIRTHDAY CAKE | 60mg | 0mg |
| CAMPFIRE S'MORES | 60mg | 0mg |
| FRENCH TOAST | 60mg | 0mg |
| GINGERADE | 65mg | 0mg |
| LEMON SUBLIME | 55mg | 0mg |
| STRAWBERRY BANANA | 55mg | 0mg |
| TOASTED MARSHMALLOW | 60mg | 0mg |

**KEY FEATURES**

- > Gluten Free
- > Kosher
- > Vegan
- > TerraCycle®

**AMINO ACIDS**
Reduce mental fatigue and decrease muscle damage.

**ELECTROLYTES**
Maintain water balance and aid in optimum hydration.

**CAFFEINE**
Enhances performance by increasing focus and concentration and decreasing perceived effort during exercise.

**CARBOHYDRATES**
Deliver ready-to-use energy and help delay bonking by sparing glycogen.

| PACKAGE TYPE | SINGLE PK. | | | 24-CT. BOX | | |
|---|---|---|---|---|---|---|
| FLAVORS | ITEM# | UPC | MSRP | ITEM# | UPC | MSRP |
| CARAMEL MACCHIATO | 123031 | 769493200518 | €1.99 | 123056 | 769493200525 | €47.76 |
| ESPRESSO LOVE | 123021 | 769493100078 | €1.99 | 123050 | 769493200082 | €47.76 |
| JET BLACKBERRY | 123022 | 769493100122 | €1.99 | 123044 | 769493200129 | €47.76 |
| CHOCOLATE OUTRAGE | 123018 | 769493100016 | €1.99 | 124046 | 769493200013 | €47.76 |
| MANDARIN ORANGE | 123026 | 769493100139 | €1.99 | 123043 | 769493200143 | €47.76 |
| MINT CHOCOLATE | 124250 | 769493100108 | €1.99 | 124943 | 769493200136 | €47.76 |
| SALTED CARAMEL | 123027 | 769493100184 | €1.99 | 123041 | 769493200198 | €47.76 |
| SALTED WATERMELON | 123030 | 769493100207 | €1.99 | 123055 | 769493200211 | €47.76 |
| TASTEFULLY NUDE™ | 123835 | 769493200976 | €1.99 | 123836 | 769493200983 | €47.76 |
| TRI-BERRY | 123020 | 769493100054 | €1.99 | 123049 | 769493200068 | €47.76 |
| VANILLA BEAN | 123017 | 769493100023 | €1.99 | 123045 | 769493200020 | €47.76 |
| BIRTHDAY CAKE | 124418 | 769493102843 | €1.99 | 124417 | 769493102836 | €47.76 |
| CAMPFIRE S'MORES | 124357 | 769493102614 | €1.99 | 124358 | 769493102621 | €47.76 |
| FRENCH TOAST | 124527 | 769493103239 | €1.99 | 124528 | 769493103246 | €47.76 |
| GINGERADE | 124297 | 769493102409 | €1.99 | 124296 | 769493102393 | €47.76 |
| LEMON SUBLIME | 123023 | 769493100085 | €1.99 | 123051 | 769493200099 | €47.76 |
| STRAWBERRY BANANA | 123024 | 769493100092 | €1.99 | 123052 | 769493200105 | €47.76 |
| TOASTED MARSHMALLOW | 124366 | 769493102638 | €1.99 | 124367 | 769493102645 | €47.76 |


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# LINE AT A GLANCE

























































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# ENERGY GEL
# 15-SERVING
















## WHEN: TRAINING & RACING

We've 'bulked up' our Energy Gels into a larger **15-serving pouch** to give athletes more ways to fuel while training and racing. Loose trash and sticky pockets are hard to avoid when out on the trail or road for hours, that's why we partnered with **Hydrapak** to create a custom 5.5oz soft **flask** and **nozzle** designed specifically for GU Energy Gels. Our flask makes it easy to carry the fuel you need while reducing trail litter along the way. Less mess, less litter, more Energy Gel!

## LINE AT A GLANCE

| PACKAGE TYPE | 15-SERVING POUCH | | |
|---|---|---|---|
| FLAVORS | ITEM# | UPC | MSRP |
| CHOCOLATE OUTRAGE | 124252 | 769493102089 | €22.00 |
| SALTED CARAMEL | 124098 | 769493100863 | €22.00 |
| STRAWBERRY BANANA | 124100 | 769493100887 | €22.00 |
| TRI-BERRY | 124253 | 769493102096 | €22.00 |
| VANILLA BEAN | 124099 | 769493100870 | €22.00 |




5.5oz FLASK = 5 GELS

| | ITEM# | UPC | MSRP |
|---|---|---|---|
| GU FLASK | 124119 | 769493101006 | €12.99 |



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ULTRA ENDURANCE

# ROCTANE ENERGY GEL

## WHEN: HARD TRAINING & CHASING PRs

**GU Roctane Energy Gel** stands out from our original GU Energy Gel with more **sodium** and **amino acids**. **Sodium** is an **electrolyte** that aids in hydration and the **branched-chain amino acids (L-Leucine**, **L-Valine** and **L-Isoleucine**) reduce mental fatigue and decrease muscle damage. The **amino acid beta-alanine** helps promote formation of the intramuscular buffer carnosine, while the **amino acid Taurine** helps promote heart contractility and improve cardiac output during long exercise sessions. Each 100-calorie serving contains **carbohydrates** (**maltodextrin** and **fructose**) that use non-competing pathways to maximize carbohydrate absorption and utilization while diminishing stomach distress.




| BRAND | GU ROCTANE | CLIF SHOT | HONEY STINGER | HAMMER |
|---|---|---|---|---|
| PRODUCT | ENERGY GEL | ENERGY GEL | ENERGY GEL | ENERGY GEL |
| **SERVING SIZE** | 1 packet (32g) | 1 packet (34g) | 1 packet (32-34g) | 1 packet (33g) |
| **CALORIES** PER SERVING | 100 | 100-110 | 100 | 90-100 |
| **CARBS** PER SERVING | 19-21g | 22-24g | 24-27g | 20-22g |
| **SUGAR** PER SERVING | 6-7g | 12g | 11-27g | 2-5g |
| **SODIUM** PER SERVING | 125mg, 180mg | 60-90mg | 50mg | 15-35mg |
| **CAFFEINE** PER SERVING* | 0mg, 35mg | 25mg, 50mg, 100mg | 32mg | 25mg, 50mg |
| **BCAAs** PER SERVING | 1425mg | – | – | 11.5mg |
| **TYPES** OF CARBS | Maltodextrin, fructose | Organic maltodextrin, organic dried cane syrup | Organic tapioca syrup, organic honey, organic sugar, organic grape juice concentrate | Maltodextrin, apple juice concentrate, grape juice, rice dextrin |

* LEVELS VARY BY FLAVOR

### KEY FEATURES

- > Gluten Free
- > Kosher
- > Vegan
- > TerraCycle®




## LINE AT A GLANCE

| KEY INGREDIENTS | SODIUM | CAFFEINE | BCAAs |
|---|---|---|---|
| BLUEBERRY POMEGRANATE | 125mg | 35mg | 1425mg |
| CHOCOLATE COCONUT | 125mg | 35mg | 1425mg |
| CHAI LATTE | 125mg | 35mg | 1425mg |
| CHERRY LIME | 125mg | 35mg | 1425mg |
| SEA SALT CHOCOLATE | 150mg | 35mg | 1425mg |
| TUTTI FRUTTI | 125mg | 35mg | 1425mg |
| VANILLA ORANGE | 125mg | 35mg | 1425mg |
| LEMONADE | 150mg | 0mg | 1425mg |
| PINEAPPLE | 125mg | 0mg | 1425mg |
| STRAWBERRY KIWI | 125mg | 0mg | 1425mg |

**AMINO ACIDS**
Reduce mental fatigue and decrease muscle damage.

**ELECTROLYTES**
Maintain water balance and aid in optimum hydration.

**CAFFEINE**
Enhances performance by increasing focus and concentration and decreasing perceived effort during exercise.

**CARBOHYDRATES**
Deliver ready-to-use energy and help delay bonking by sparing glycogen.

| | PACKAGE TYPE | SINGLE PK. | | | 24-CT. BOX | | |
|---|---|---|---|---|---|---|---|
| FLAVORS | ITEM# | UPC | MSRP | ITEM# | UPC | MSRP |
| BLUEBERRY POMEGRANATE | 123058 | 769493105011 | €3.30 | 123065 | 769493205018 | €79.20 |
| CHOCOLATE COCONUT | 124126 | 769493101051 | €3.30 | 124127 | 769493101068 | €79.20 |
| CHAI LATTE | 124506 | 769493103192 | €3.30 | 124507 | 769493103208 | €79.20 |
| CHERRY LIME | 123061 | 769493105059 | €3.30 | 123068 | 769493205056 | €79.20 |
| SEA SALT CHOCOLATE | 123901 | 769493201966 | €3.30 | 123904 | 769493201959 | €79.20 |
| TUTTI FRUTTI | 124315 | 769493102478 | €3.30 | 124314 | 769493102461 | €79.20 |
| VANILLA ORANGE | 123059 | 769493105028 | €3.30 | 123066 | 769493205025 | €79.20 |
| LEMONADE | 123064 | 769493200440 | €3.30 | 123071 | 769493200457 | €79.20 |
| PINEAPPLE | 123060 | 769493105035 | €3.30 | 123067 | 769493205032 | €79.20 |
| STRAWBERRY KIWI | 123063 | 769493105080 | €3.30 | 123070 | 769493205094 | €79.20 |



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# LINE AT A GLANCE

































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ROCTANE
ULTRA ENDURANCE

# ENERGY GEL
# 15-SERVING










## LINE AT A GLANCE

### WHEN: HARD TRAINING & CHASING PRs

We've 'bulked up' our Energy Gels into a larger **15-serving pouch** to give athletes more ways to fuel while training and racing. Loose trash and sticky pockets are hard to avoid when out on the trail or road for hours, that's why we partnered with **Hydrapak** to create a custom 5.5oz soft **flask** and **nozzle** designed specifically for GU Energy Gels. Our flask makes it easy to carry the fuel you need while reducing trail litter along the way. Less mess, less litter, more Energy Gel!

| PACKAGE TYPE | 15-SERVING POUCH | | |
|---|---|---|---|
| FLAVORS | ITEM# | UPC | MSRP |
| BLUEBERRY POMEGRANATE | 124103 | 769493100917 | €36.00 |
| SEA SALT CHOCOLATE | 124102 | 769493100900 | €36.00 |
| STRAWBERRY KIWI | 124254 | 769493102102 | €36.00 |




| 5.5oz FLASK = 5 GELS | ITEM# | UPC | MSRP |
|---|---|---|---|
| GU FLASK | 124119 | 769493101006 | €12.99 |


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# ENERGY CHEWS

## WHEN: EVERYDAY TRAINING & RACING

**GU Energy Chews** pack energy-dense calories in a portable packet to help sustain energy demands of long-duration activities. The 160-calorie, 2-serving, packet contains **carbohydrates** to keep you fueled while delaying bonking by sparing your glycogen stores. **Sodium**, the primary **electrolyte** lost in sweat, aids in hydration by maintaining water balance. The **branched-chain amino acids** (**L-Leucine**, **L-Valine and L-Isoleucine**) may reduce mental fatigue and decrease muscle damage.




| FLAVORS | BCAAs | SODIUM | CAFFEINE |
|---|---|---|---|
| STRAWBERRY | 400mg | 40mg | 20mg |
| BLUEBERRY POMEGRANATE | 400mg | 40mg | 0mg |
| ORANGE | 400mg | 40mg | 0mg |
| WATERMELON | 400mg | 40mg | 0mg |

**ELECTROLYTES**
Maintain water balance and aid in optimum hydration.

**CARBOHYDRATES**
Deliver ready-to-use energy and help delay bonking by sparing glycogen.

**AMINO ACID**
Reduce mental fatigue and decrease muscle damage.

**CAFFEINE**
Enhances performance by increasing focus and concentration and decreasing perceived effort during exercise.

| BRAND | GU | CLIF | HONEY STINGER | SKRATCH |
|---|---|---|---|---|
| PRODUCT | ENERGY CHEWS | BLOKS | ENERGY CHEWS | ENERGY CHEWS |
| SERVING SIZE | 4 pieces (27g) | 3 pieces (30g) | 1 bag (50g) | 5 pieces (25g) |
| CALORIES PER SERVING | 80 | 90-100 | 160 | 80 |
| CARBS PER SERVING | 20g | 24g | 39g | 20g |
| SUGAR PER SERVING | 10g | 12g | 27g | 14g |
| SODIUM PER SERVING | 40mg | 50mg, 100mg, 150mg | 80mg | 80mg |
| CAFFEINE PER SERVING* | 0mg, 20mg | 25mg, 50mg | 32mg | — |
| BCAAs PER SERVING | 400mg | — | — | — |
| TYPES OF CARBS | Tapioca syrup, sugar, maltodextrin | Tapioca syrup, dried cane syrup, maltodextrin | Tapioca syrup, sugar, honey, grape juice concentrate | Cane sugar, tapioca syrup, grape juice concentrate |
| SERVINGS PER PACKAGE | 2 | 2 | 1 | 2 |

* LEVELS VARY BY FLAVOR

## KEY FEATURES

> **Gluten Free**

> **2 servings** per sleeve

> **Vegan**

> **TerraCycle®**




## LINE AT A GLANCE

| PACKAGE TYPE | SINGLE PK. | | | 18-CT. BOX | | |
|---|---|---|---|---|---|---|
| FLAVORS | ITEM# | UPC | MSRP | ITEM# | UPC | MSRP |
| STRAWBERRY | 124180 | 769493101433 | €4.20 | 124176 | 769493101396 | €75.60 |
| BLUEBERRY POMEGRANATE | 124181 | 769493101440 | €4.20 | 124177 | 769493101402 | €75.60 |
| ORANGE | 124182 | 769493101457 | €4.20 | 124178 | 769493101419 | €75.60 |
| WATERMELON | 124183 | 769493101464 | €4.20 | 124179 | 769493101426 | €75.60 |


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# LINE AT A GLANCE















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ENERGY

# Stroopwafel




| FLAVORS | SODIUM | CAFFEINE | GLUTEN FREE |
|---|---|---|---|
| COCONUT | 150mg | 0mg | Yes |
| SALTED CHOCOLATE | 150mg | 0mg | Yes |
| WILD BERRIES | 75mg | 0mg | Yes |
| CARAMEL COFFEE | 75mg | 20mg | No |
| CAMPFIRE S'MORES | 75mg | 0mg | No |
| GINGERADE | 75mg | 0mg | No |
| HOT CHOCOLATE | 150mg | 0mg | No |
| SALTY'S CARAMEL | 150mg | 0mg | No |

## WHEN: EVERYDAY TRAINING & RACING

We've been inspired by 18th century Netherlands to create our irresistible **Energy Stroopwafel**. This addition to the GU Nutrition Matrix tastes great with your morning coffee, during a gran fondo or ultra-marathon, and anytime you are looking for an alternative energy source to power your performance. Not your average waffle, this syrup-filled creation has the nutrients that make GU products great like essential **amino acids**, **electrolytes**, and **carbohydrates**. We can't wait to see where you'll take us.

| BRAND | GU | HONEY STINGER | RIP VAN WAFEL | UNTAPPED |
|---|---|---|---|---|
| PRODUCT | ENERGY STROOPWAFEL | | | |
| SERVING SIZE | 1 wafel (30-32g) | 1 waffle (30g) | 1 wafel (33g) | 1 wafel (30g) |
| CALORIES PER SERVING | 140-150 | 140-160 | 120-130 | 140-150 |
| CARBS PER SERVING | 21-23g | 19-21g | 18-20g | 19-20g |
| SUGAR PER SERVING | 10g | 9-11g | 7-9g | 11g |
| SODIUM PER SERVING | 75mg, 150mg | 60mg, 80mg, 90mg, 150mg | 55mg, 60mg, 65mg, 80mg | 65mg, 70mg, 75mg |
| CAFFEINE PER SERVING* | 0mg, 20mg | – | – | – |
| BCAAs PER SERVING | 450mg | – | – | – |
| TYPES OF CARBS > GLUTEN FREE | Organic rice flour, organic tapioca flour, organic potato starch, organic tapioca syrup, organic cane sugar | Organic rice flour, organic potato starch, organic tapioca flour, organic brown rice syrup, organic cane sugar | – | – |
| TYPES OF CARBS > WITH GLUTEN | Wheat flour, organic tapioca syrup, organic cane sugar | Organic wheat flour, organic rice syrup, organic cane sugar, organic whole wheat flour, organic honey | Wheat flour, tapioca syrup, organic honey, cane sugar, wheat sugar | Organic wheat flour, organic pure maple syrup, organic maple sugar, organic invert maple syrup |

* LEVELS VARY BY FLAVOR

## KEY FEATURES

- > Gluten-free flavors available
- > Kosher
- > Easy to carry single-serve packet
- > TerraCycle®




## LINE AT A GLANCE

**AMINO ACIDS**
Reduce mental fatigue and decrease muscle damage.

**CAFFEINE**
Enhances performance by increasing focus and concentration and decreasing perceived effort during exercise.

**CARBOHYDRATES**
Deliver ready-to-use energy and help delay bonking by sparing glycogen.

| | PACKAGE TYPE | SINGLE PK. | | | 16-CT. BOX | | |
|---|---|---|---|---|---|---|---|
| FLAVORS | ITEM# | UPC | MSRP | ITEM# | UPC | MSRP |
| COCONUT | 124323 | 769493102515 | €2.70 | 124320 | 769493102485 | €43.20 |
| SALTED CHOCOLATE | 124204 | 769493101648 | €2.70 | 124200 | 769493101600 | €43.20 |
| WILD BERRIES | 124206 | 769493101662 | €2.70 | 124202 | 769493101624 | €43.20 |
| CARAMEL COFFEE | 124203 | 769493101631 | €2.50 | 124199 | 769493101594 | €40.00 |
| CAMPFIRE S'MORES | 124380 | 769493102683 | €2.50 | 124379 | 769493102676 | €40.00 |
| GINGERADE | 124325 | 769493102522 | €2.50 | 124321 | 769493102492 | €40.00 |
| HOT CHOCOLATE | 124326 | 769493102539 | €2.50 | 124322 | 769493102508 | €40.00 |
| SALTY'S CARAMEL | 124205 | 769493101655 | €2.50 | 124201 | 769493101617 | €40.00 |



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# LINE AT A GLANCE



























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# ENERGY DRINK MIX










| FLAVORS | SODIUM | CAFFEINE |
|---|---|---|
| BLUEBERRY POMEGRANATE | 750mg | 0mg |
| LEMON BERRY | 375mg | 0mg |
| ORANGE | 375mg | 0mg |

## WHEN: EVERYDAY TRAINING & RACING

Created for athletes, **GU Energy Drink Mix** delivers a great-tasting source of **complex** and **simple carbohydrates** that use non-competing pathways to help maximize absorption while diminishing stomach distress. Each 100-calorie serving also contains **sodium**, **the primary electolyte** lost in sweat, to help maintain fluid balance for optimal hydration.

| BRAND | GU | POWERBAR | SiS | HIGH 5 |
|---|---|---|---|---|
| PRODUCT | ENERGY DRINK MIX | ISOMAX ISOTONIC SPORTS DRINK | GO ENERGY | ENERGY DRINK |
| SERVING SIZE | 3 scoops (42g) | 5 tablespoons (50g) | 3 full scoops (50g) | 1 packet (47g) |
| CALORIES PER SERVING | 150 | 180 | 189 | 175 |
| CARBS PER SERVING | 39-41g | 44g | 47g | 44g |
| SUGAR PER SERVING | 15g | 33g | 3.5g | 18g |
| SODIUM PER SERVING* | 370-750mg | 350mg | 0g | 240mg |
| CAFFEINE PER SERVING | 0mg | 75mg | 0mg | 0mg |
| BCAAs PER SERVING | 0mg | 400mg | 0mg | 0mg |
| TYPES OF CARBS | Maltodextrin, fructose | Dextrose, maltodextrin, fructose | Maltodextrin, fructose | Maltodextrin, fructose |
| SERVINGS PER PACKAGE | 20 | 24 | 10 | 1 |

*LEVELS VARY BY FLAVOR

### KEY FEATURES

> Gluten-Free

> Vegan

# LINE AT A GLANCE

**ELECTROLYTES**
Maintain water balance and aid in optimum hydration.

**CARBOHYDRATES**
Deliver ready-to-use energy and help delay bonking by sparing glycogen.

| PACKAGE TYPE | 30-SERVING | | |
|---|---|---|---|
| | ITEM# | UPC | MSRP |
| BLUEBERRY POMEGRANATE | 124170 | 769493101365 | €29.00 |
| LEMON BERRY | 124403 | 769493102805 | €29.00 |
| ORANGE | 124168 | 769493101341 | €29.00 |



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# LIQUID ENERGY




| FLAVORS | SODIUM | CAFFEINE |
|---|---|---|
| COFFEE | 188mg | 40mg |
| ORANGE | 188mg | 20mg |
| LEMONADE | 188mg | 0mg |
| STRAWBERRY BANANA | 188mg | 0mg |

**ELECTROLYTES**
Maintain water balance and aid in optimum hydration.

**CAFFEINE**
Enhances performance by increasing focus and concentration and decreasing perceived effort during exercise.

**CARBOHYDRATES**
Deliver ready-to-use energy and help delay bonking by sparing glycogen.

## WHEN: EVERYDAY TRAINING & RACING

Created to provide energy for training and competition, **GU Liquid Energy** delivers a great-tasting source of complex and simple carbohydrates with a refreshing light and smooth consistency.

| BRAND | GU | SiS | PowerBar | HIGH 5 |
|---|---|---|---|---|
| PRODUCT | LIQUID ENERGY | GO ISOTONIC ENERGY GEL | POWERGEL HYDRO | GEL |
| SERVING SIZE | 1 packet (60g) | 1 packet (41g) | 1 packet (40g) | 1 packet (60ml) |
| CALORIES PER SERVING | 100 | 102 | 91 | 90 |
| CARBS PER SERVING | 23g | 25-26g | 23g | 22g |
| SUGAR PER SERVING* | 6-7g | 9.3-11g | 2.5-3.0g | 0.6g |
| SODIUM PER SERVING | 188mg | 205mg | 0mg | 10mg |
| CAFFEINE PER SERVING* | 0-40mg | 0-50mg | 0mg | 0-150mg |
| BCAAs PER SERVING | 450mg | 0mg | 0mg | 0mg |
| TYPES OF CARBS | Maltodextrin, fructose | Maltodextrin | Maltodextrin, fructose | Glucose syrup, maltodextrin |

*LEVELS VARY BY FLAVOR

**KEY FEATURES**

> **Gluten-Free**

> **Vegan**




## LINE AT A GLANCE

| PACKAGE TYPE | SINGLE PK. | | | 24-CT. BOX | | |
|---|---|---|---|---|---|---|
| | ITEM# | UPC | MSRP | ITEM# | UPC | MSRP |
| COFFEE | 124397 | 769493102751 | €1.99 | 124393 | 769493102713 | €47.76 |
| ORANGE | 124398 | 769493102768 | €1.99 | 124394 | 769493102720 | €47.76 |
| LEMONADE | 124399 | 769493102775 | €1.99 | 124395 | 769493102737 | €47.76 |
| STRAWBERRY BANANA | 124400 | 769493102782 | €1.99 | 124396 | 769493102744 | €47.76 |



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# LINE AT A GLANCE















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HYDRATION

# DRINK TABS




| FLAVORS | SODIUM | CAFFEINE |
|---|---|---|
| LEMON LIME | 320mg | 0mg |
| ORANGE | 320mg | 0mg |
| STRAWBERRY LEMONADE | 320mg | 0mg |
| TRI-BERRY | 320mg | 0mg |

**ELECTROLYTES**
Maintain water balance and aid in optimum hydration.

**HOW TO USE** + 16 oz = **STAY HYDRATED**

## WHEN: TRAINING & RACING

**GU Hydration Drink Tabs** were created to optimize hydration and deliver athletes a low-calorie, naturally sweetened way to replenish electrolytes any time of day. Taken before, during, and after exercise, they restore the primary electrolyte lost in sweat (**sodium**) and help maintain fluid balance.

| BRAND | GU | NUUN | HAMMER | SKRATCH |
|---|---|---|---|---|
| PRODUCT | HYDRATION DRINK TABS | ELECTROLYTES | ENDUROLYTES FIZZ | SPORTS HYDRATION |
| SERVING SIZE | 1 tab (4.5-4.7g) | 1 tab (5.4g) | 1 tab (4.4g) | 1 stick (22g) |
| CALORIES PER SERVING | 10 | 10 | 7 | 80 |
| CARBS PER SERVING | 3g | 4g | <1g | 20-21g |
| SUGAR PER SERVING | 1g | 1g | – | 19g |
| SODIUM PER SERVING | 320mg | 360mg | 200mg | 380mg |
| CAFFEINE PER SERVING* | – | 0mg, 40mg | – | 0mg, 16mg |
| BCAAs PER SERVING | – | – | – | – |
| SWEETENED WITH | Organic stevia | Monk fruit, stevia | Sorbitol, stevia monk fruit | Cane sugar, dextrose |
| SERVINGS PER PACKAGE | 12 | 10 | 13 | 20 |

*LEVELS VARY BY FLAVOR

## KEY FEATURES

- > Low calorie
- > Naturally sweetened
- > Caffeine free
- > Vegan




## LINE AT A GLANCE

| PACKAGE TYPE | SINGLE PK. | | | 8-CT. BOX | | |
|---|---|---|---|---|---|---|
| FLAVORS | ITEM# | UPC | MSRP | ITEM# | UPC | MSRP |
| LEMON LIME | 123922 | 769493501585 | €9.50 | 123139 | 769493200648 | €76.00 |
| ORANGE | 123923 | 769493501592 | €9.50 | 123140 | 769493200631 | €76.00 |
| STRAWBERRY LEMONADE | 123925 | 769493201935 | €9.50 | 123143 | 769493200730 | €76.00 |
| TRI-BERRY | 123924 | 769493201911 | €9.50 | 123142 | 769493200723 | €76.00 |


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# LINE AT A GLANCE















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ROCTANE
ULTRA ENDURANCE

# ENERGY DRINK MIX




## WHEN: HARD TRAINING & HARD RACING

**GU Roctane Energy Drink Mix** packs amino acids with high levels of **electrolytes** and **carbohydrates** to help sustain energy and hydration demands from ultra-endurance activities. The 250-calorie serving contains **carbohydrates** (**maltodextrin** and **fructose**) that use non-competing pathways to help maximize carbohydrate absorption and utilization while diminishing stomach distress. It provides **sodium**, the primary **electrolyte lost in sweat**, that aids in hydration by maintaining water balance. It also contains **branched-chain amino acids** (**L-Leucine**, **L-Valine** and **L-Isoleucine**) that may reduce mental fatigue and help prevent muscle damage. The **amino acid Taurine** helps maintain heart contractility and improve cardiac output during long exercise sessions while the **amino acid beta-alanine** helps promote formation of the intramuscular buffer carnosine.

| BRAND | GU ROCTANE | TAILWIND | UCAN | HAMMER |
|---|---|---|---|---|
| PRODUCT | ENERGY DRINK MIX | ENDURANCE FUEL | SUPERSTARCH DRINK MIX | PERPETUEM |
| SERVING SIZE | 1 packet (65g) | 1/2 stick (27g) | 1 packet (34g) | 1 packet (69g) |
| CALORIES PER SERVING | 250 | 100 | 110 | 260-280 |
| CARBS PER SERVING | 59-60g | 25g | 21-31g | 52-54g |
| SUGAR PER SERVING | 15-16g | 25g | 0-1g | 7g |
| SODIUM PER SERVING | 320mg | 303mg | 180mg | 200-210mg |
| CAFFEINE PER SERVING* | 0mg, 35mg | 0mg, 35mg | – | 25mg |
| BCAAs PER SERVING | 1900mg | – | – | – |
| TYPES OF CARBS | Maltodextrin, fructose | Dextrose, sucrose | Modified cornstrarch | Maltodextrin, grape juice, rice dextrin |
| TAURINE | Yes | No | No | No |

* LEVELS VARY BY FLAVOR

| FLAVORS | BCAAs | SODIUM | SODIUM |
|---|---|---|---|
| LEMON BERRY | 1900mg | 320mg | 35mg |
| SUMMIT TEA | 1900mg | 320mg | 35mg |
| TROPICAL FRUIT | 1900mg | 320mg | 35mg |
| GRAPE | 1900mg | 320mg | 0mg |

**ELECTROLYTES**
Maintain water balance and aid in optimum hydration.

**CARBOHYDRATES**
Deliver ready-to-use energy and help delay bonking by sparing glycogen.

**AMINO ACIDS**
Reduce mental fatigue and decrease muscle damage.

**CAFFEINE**
Enhances performance by increasing focus and concentration and decreasing perceived effort during exercise.

## KEY FEATURES

- > Gluten Free
- > Kosher
- > Vegan
- > TerraCycle®




## LINE AT A GLANCE

| PACKAGE TYPE | SINGLE PK. | | | 10-CT. BOX | | | 12-SERVING CANISTER | | | 24-SERVING CANISTER | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| FLAVORS | ITEM# | UPC | MSRP | ITEM# | UPC | MSRP | ITEM# | UPC | MSRP | ITEM# | UPC | MSRP |
| LEMON BERRY | 124292 | 769493102355 | €3.99 | 124293 | 769493102362 | €39.90 | 124294 | 769493102379 | €39.00 | 124295 | 769493102386 | €59.00 |
| SUMMIT TEA | 124232 | 769493101907 | €3.99 | 124195 | 769493101556 | €39.90 | 124190 | 769493101501 | €39.00 | 124192 | 769493101525 | €59.00 |
| TROPICAL FRUIT | 123133 | 769494140028 | €3.99 | 123130 | 769494150027 | €39.90 | 123124 | 769494120020 | €39.00 | 123127 | 769494130029 | €59.00 |
| GRAPE | 123132 | 769494140011 | €3.99 | 123129 | 769494150010 | €39.90 | 123123 | 769494120013 | €39.00 | 123126 | 769494130012 | €59.00 |



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# LINE AT A GLANCE















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ROCTANE
ULTRA ENDURANCE

# ELECTROLYTE CAPSULES




**ELECTROLYTES**
Maintain water balance and aid in optimum hydration.

**HOW TO USE** + = **REPLENISH ELECTROLYTE LOSSES**

## WHEN: HARD TRAINING & HARD RACING

**GU Roctane Electrolyte Capsules** were created to supplement additional electrolyte replacement needs, especially in hot and humid conditions. They provide **electrolytes sodium**, **magnesium**, and **chloride** to aid in hydration by maintaining water balance and plasma volume. **Vitamin D** is important for calcium absorption and bone health. Take GU Roctane Electrolyte Capsules before, during, or after exercise to replenish electrolyte losses from any energy-demanding activity resulting in heavy sweat loss.

| BRAND | GU ROCTANE | HAMMER | SALT STICKS | SUCCEED! |
|---|---|---|---|---|
| PRODUCT | ELECTROLYTE CAPSULES | ENDUROLYTES CAPSULES | ELECTROLYTE CAPS | S!CAPS ELECTROLYTES |
| SERVING SIZE | 1 capsule | 2 capsules | 1 capsule | 1 capsule |
| SODIUM PER SERVING | 140mg | 80mg | 215mg | 341mg |
| CHLORIDE PER SERVING | 125mg | 120mg | 350mg | – |
| MAGNESIUM PER SERVING | 9mg | 50mg | 11mg | – |
| VITAMIN B6 PER SERVING | 1mg | 13.2mg | – | – |
| VITAMIN D PER SERVING | 75 IU | – | 100 IU | – |
| GINGER ROOT POWDER | 50mg | 10mg | – | – |

### KEY FEATURES

- Vitamin D is important for calcium absorption and bone health.
- Ginger root powder may help soothe occasional GI distress.
- Gluten-Free







## LINE AT A GLANCE

| PACKAGE TYPE | SINGLE PK. | | | 50-CT. BOX | | |
|---|---|---|---|---|---|---|
| FLAVORS | ITEM# | UPC | MSRP | ITEM# | UPC | MSRP |
| ELECTROLYTE CAPSULES | 123156 | 769494130043 | €1.50 | 124129 | 769493101082 | €16.00 |


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ROCTANE
ULTRA ENDURANCE

# BCAA CAPSULES




## WHEN: BEFORE, DURING OR AFTER HARD TRAINING & RACING

**Branched-Chain Amino Acid Capsules** help maintain mental clarity, promote muscle recovery, and enhance muscle growth. Each capsule delivers a 4:1:1 ratio of the three BCAAs (**L-Leucine**, **L-Valine**, **L-Isoleucine**) along with **B Vitamins** that facilitate amino acid metabolism and energy production.

| BRAND | GU ROCTANE | HAMMER | OPTIMUM NUTRITION |
|---|---|---|---|
| PRODUCT | BCAA CAPSULES | AMINO | BCAA CAPSULES |
| **SERVING SIZE** | 2 capsules | 4 capsules | 2 capsules |
| **BCAA** RATIO | 4:1:1 | 2:1:1 | 2:1:1 |
| **BCAAs** TOTAL | 1500mg | 1600mg | 1000mg |
| **L-LEUCINE** PER SERVING | 1000mg | 800mg | 500mg |
| **L-VALINE** PER SERVING | 250mg | 400mg | 250mg |
| **L-ISOLEUCINE** PER SERVING | 250mg | 400mg | 250mg |
| **VITAMIN B2** PER SERVING | 0.5mg | - | - |
| **VITAMIN B6** PER SERVING | 1mg | - | - |
| **VITAMIN B12** PER SERVING | 3mcg | - | - |

### AMINO ACIDS
Reduce mental fatigue and support muscle recovery.

HOW TO USE + = SUPPORT MUSCLE RECOVERY

### KEY FEATURES

> **Maximize training adaptations**
BCAAs may help the body improve protein synthesis to achieve maximum gains from training sessions.

> **B vitamins**
Often deficient in athletes because of strenuous exercise, B vitamins can assist in breaking down carbohydrates for energy and metabolizing proteins.

> **Vegan**

> **Kosher**




## LINE AT A GLANCE

| PACKAGE TYPE | 60-CT. BOTTLE | | |
|---|---|---|---|
| FLAVORS | ITEM# | UPC | MSRP |
| BCAA CAPSULES | 124188 | 769493101488 | €23.00 |


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# RECOVERY DRINK MIX




## WHEN: POST-TRAINING & POST-RACING

**GU Recovery Drink Mix** was created for athletes to refuel after demanding activities. It packs energy-dense **whey protein isolate** to promote protein synthesis and reduce muscle-protein breakdown. The rapidly absorbed **carbohydrate dextrose** helps to replenish muscle glycogen stores and facilitate rapid recovery. The **branched-chain amino acid L-Leucine** provides the building blocks for producing new proteins and plays a critical role in initiating the protein synthesis process. The **amino acid Arginine** is the rate-limiting amino acid in nitric oxide production, which can potentially increase vasodilation and improve oxygen transport. The **amino acid Glutamine** helps promote proper immune function. **Sodium**, the primary **electrolyte** lost in sweat, aids in rehydration by maintaining water balance.

| BRAND | GU | HAMMER | CLIF | SKRATCH | TAILWIND | CHOCOLATE MILK |
|---|---|---|---|---|---|---|
| PRODUCT | RECOVERY DRINK MIX | RECOVERITE | RECOVERY | RECOVERY | REBUILD RECOVERY | 2% LOWFAT |
| SERVING SIZE | 1 packet (49-50g) | 1 packet (49g) | 2.5 scoops (46g) | 1 packet (50g) | 1 packet (59g) | 8oz |
| CALORIES PER SERVING | 180-190 | 170 | 160 | 200 | 240 | 150-210 |
| CARBS PER SERVING | 30g | 33g | 31g | 35g | 43g | 23-32g |
| SUGAR PER SERVING | 21-25g | 3g | 28g | 33g | 39g | 22-30g |
| SODIUM PER SERVING | 250mg | 50-55mg | 250mg | 270mg | 442mg | 110-180g |
| AMINO ACIDS | L-Glutamine, L-Arginine, L-Leucine | L-Glutamine, glycine | – | – | 10 aminos | – |
| PROTEIN PER SERVING | 10g | 10g | 10g | 8g | 8g | 8g |

**PROTEIN**
Helps promote muscle recovery and reduces muscle protein breakdown.

**AMINO ACIDS**
Reduce mental fatigue and decrease muscle damage.

**CARBOHYDRATES**
Deliver ready-to-use energy and help delay bonking by sparing glycogen.

**ELECTROLYTES**
Maintain water balance and aid in optimum hydration.




| FLAVORS | BCAAs | SODIUM | PROTEIN |
|---|---|---|---|
| CHOCOLATE SMOOTHIE | 5200mg | 250mg | 10mg |
| VANILLA CREAM | 5200mg | 250mg | 10mg |

## KEY FEATURES

> Gluten Free

> TerraCycle®







## LINE AT A GLANCE

| PACKAGE TYPE | SINGLE PK. | | | 12-CT. BOX | | | 15-SERVING CANISTER | | |
|---|---|---|---|---|---|---|---|---|---|
| FLAVORS | ITEM# | UPC | MSRP | ITEM# | UPC | MSRP | ITEM# | UPC | MSRP |
| CHOCOLATE SMOOTHIE | 123121 | 769493501196 | €3.99 | 123109 | 769493501288 | €47.88 | 123107 | 769493501707 | €43.50 |
| VANILLA CREAM | 124081 | 769493100764 | €3.99 | 124079 | 769493100740 | €47.88 | 124080 | 769493100757 | €43.50 |


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# ΟΡΟΙ

**ΟΡΟΙ ΠΛΗΡΩΜΗΣ**
Μετρητοίς κατά την παράδοση ή με έμβασμα σε τράπεζα πριν την αποστολή της παραγγελίας. Σε περίπτωση αποστολής της παραγγελίας με courier, η πληρωμή γίνεται με αντικαταβολή.

**ΕΛΑΧΙΣΤΕΣ ΠΑΡΑΓΓΕΛΙΕΣ**
Υπάρχουν ελάχιστες παραγγελίες. Παρακαλούμε ζητήστε να ενημερωθείτε για σχετικές λεπτομέρειες από τον αρμόδιο πωλητή μας.

**ΛΗΓΜΕΝΑ ΠΡΟΪΟΝΤΑ**
Η GU ENERGY GREECE δεν δέχεται επιστροφές ληγμένων προϊόντων. Η εταιρία δεν ευθύνεται για προϊόντα που λήγουν στις αποθήκες σας.

**BEST BY DATES - ΗΜΕΡΟΜΗΝΙΕΣ "ΑΝΑΛΩΣΗ ΚΑΤΑ ΠΡΟΤΙΜΗΣΗ ΠΡΙΝ"**
Οι ημερομηνίες στα προϊόντα GU είναι "BEST BY DATES", που σημαίνει "ΑΝΑΛΩΣΗ ΚΑΤΑ ΠΡΟΤΙΜΗΣΗ ΠΡΙΝ". 12 μήνες από την ημερομηνία παραγωγής για τα Roctane Energy Gels και τα Stroopwafels, 15 μήνες από την ημερομηνία παραγωγής για τα GU Energy Chews, 18 μήνες από την ημερομηνία παραγωγής για τα GU Energy Gels, 24 μήνες από την ημερομηνία παραγωγής για τα Roctane Energy Drink Mix, Recovery Drink Mix, Electrolyte Capsules, BCAA Capsules και Hydration Drink Tabs.

## ΓΙΑ ΠΑΡΑΓΓΕΛΙΕΣ

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ΓΕΝΙΚΗ ΤΑΧΥΔΡΟΜΙΚΗ • ΠΡΑΚΤΟΡΕΙΑ

## ΕΜΒΑΣΜΑΤΑ

**Alpha Bank**
Αρ. Λογαριασμού: 142 / 00-2002-006640
IBAN: GR1201401420142002002006640

**Eurobank**
Αρ. Λογαριασμού: 0026.0032.80.0200451715
IBAN: GR7802600320000800200451715

**Πειραιώς**
Αρ. Λογαριασμού: 5026-038675-467
IBAN: GR2601720260005026038675467

**Δικαιούχος**
THIRD WIND ΕΠΕ

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