



90 Tablets
6 Tablet Tubes

MSRP: \$39.95
MSRP: \$4.50

Caffè Latte Flavor Nutrition Facts

	Amount/Serving	%DV*
Calories 100	Calories from Fat 10	
Total Fat 1g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 80mg	3%	
Potassium 40mg	1%	
Total Carbohydrate 20g	7%	
Dietary Fiber 0g	0%	
Sugars 3g		
Protein 2g	4%	
Calcium 2%	•	Iron 2%
Folate 2%	•	Phosphorus 8%
Iodine 6%	•	Copper 0%
Manganese 20%	•	Chromium 30%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Maltodextrin, isolated Soy Protein, Energy Smart® (Grape Juice, Rice Dextrin), Soy Lecithin, Coffee, Natural Flavor, Trisodium Phosphate, Amino Acids (L-Carnosine, L-Carnitine, L-Tartrate), Choline Bitartrate, Stevia, Chromium Polynicotinate, Caffeine.
Contains: Soy.

Perpetuem Solids®

The Healthy Chewable Energy Source



- Fresh and tasty even in the heat
- Sustained energy with no sugar crash
- Convenient and easy to carry

The search for a convenient, yet high-quality, solid-fuel source that isn't candy is over. With Perpetuem Solids, you have the same time-proven Perpetuem formula in easy-to-chew, easy-to-digest, extremely portable tablets. Just be sure to eat them slowly!

USAGE: During exercise and competition lasting 2 hours or more to augment other Hammer Nutrition fuels, or as a sole source of calories. Especially beneficial when carrying premixed bottles or concentrated flasks of Perpetuem may not be practical, or when an effective, easily digestible solid-food source of calories is desired.

As a pre-race snack: Consume 1-3 tablets 15 minutes prior to exercise or race (3 tablets = 100 cals)

Throughout exercise or competition: Consume with water every 15-20 minutes, or as needed

How to use: Perpetuem Solids tablets are not meant to be dissolved in water. Consume during periods of reduced intensity (not in the middle of a tough climb!) and wash down with water or liquid fuel from a hydration source.



Our Customers Say It Best

*"I've used **Perpetuem** exclusively for the last three seasons. **Perpetuem** is not too sweet and causes no GI distress - ever."*

