

6 LIQUID ENERGY GELS IN COMPARISON



Key words	high-quality basic formulation	with caffeine and taurine	with caffeine	with BCAA (muscle protection)	with slowly available carbohydrates and sodium	with slowly available carbohydrates and MCT oil
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SPECIFICATION

Carbohydrates (per portion)	Tube: 50 g	Tube: 50 g / Sachet: 25 g	Tube: 50 g	Tube: 38 g	Sachet: 20 g	Sachet: 11 g
Fat (per portion)	0 g	0 g	0 g	0 g	0 g	6.3 g
Flavours	1 (neutral/sweet)	1 (neutral/sweet)	1 (cola-lemon/sweet)	1 (strawberry-banana)	1 (salty/sweet)	1 (coconut-macadamia)
Lactose-free and vegan	✓	✓	✓	✓	✓	—
Gluten-free	✓	✓	✓	✓	—	✓
Without free fructose	—	—	✓	—	✓	✓

RECOMMENDED USAGE

Intensity	■ ■ ■	■ ■ ■	■ ■ ■	■ ■ □	■ ■ □	■ □ □
Duration	■ ■ □	■ ■ □	■ ■ □	■ ■ ■	■ ■ ■	■ ■ ■