

Gel100
Per 100g / Serving (40g)

Energy	1063 kJ, 250 kcal / 425 kJ, 100 kcal
Fat – of which saturates	0 g / 0 g 0 g / 0 g
Carbohydrates – of which sugar	62.5 g / 25 g 62.5 g / 25 g
Protein	0 g / 0 g
Salt	125 mg / 50 mg

Drink mix 160
Per 100g / Serving (80g)

Energy	1683 kJ, 400 kcal / 663 kJ, 160 kcal
Fat – of which saturates	0 g / 0 g 0 g / 0 g
Carbohydrates – of which sugar	99 g / 39 g 32 g / 13 g
Protein	0 g / 0 g 1 g / 0.4 g
Salt	

Drink mix 320
Per 100g / Serving (80g)

Energy	1683 kJ, 400 kcal / 1343 kJ, 320 kcal
Fat – of which saturates	0 g / 0 g 0 g / 0 g
Carbohydrates – of which sugar	99 g / 79 g 41 g / 33 g
Protein	0 g / 0 g
Salt	0.63 g / 0.5 g

Solid 225
Per 100g / Serving (60g)

Energy	1584 kJ, 375 kcal / 950 kJ, 225 kcal
Fat – of which saturates	6 g / 3.6 g 0.9 g / 0.6 g
Carbohydrates – of which sugar	74.4 g / 44.6 g 31.3 g / 18.8 g
Fiber	3 g / 1.8 g
Protein	4.3 g / 2.6 g
Salt	1.10 g / 0.66 g
Additives	Emulsifier (Lecithin) (E322) from Sunflower