

MUIR ENERGY

**PLANT-BASED FOOD
FOR ENDURANCE**

MUIRENERGY.COM

f @MUIRENERGY



MUIR ENERGY

3-6 INGREDIENTS

AUDACIOUS FLAVORS

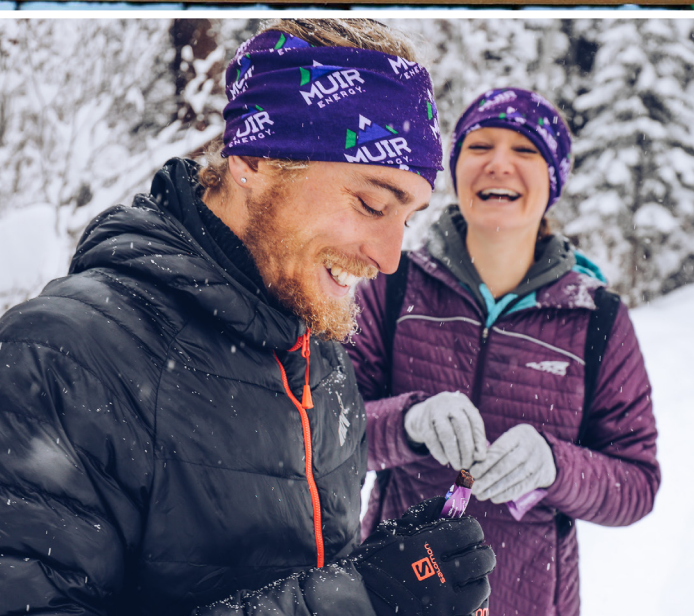
ORGANIC | VEGAN | PALEO

GLUTEN-FREE | NON-GMO

RICH IN MINERALS

LOW GLYCEMIC

EASY ON THE STOMACH



FAST BURNING ENERGY

Our **Fast Burning** products are made with dehydrated fruits and vegetables (we've removed the water to maximize flavor and nutrition density). These simple sugar sources metabolize quickly. When combined with our mineral rich and low glycemic electrolyte base, the result is a clean, fast fuel source for your shorter adventures.

SLOW BURNING ENERGY

Our **Slow Burning** products are made with raw nut and seed butters. The healthy fats and protein in these nut and seed butters metabolize slowly. When combined with our mineral rich and low glycemic electrolyte base, the result is a clean, sustained fuel source for your longer adventures.

YERBA MATE (CAFFEINE)

Some of our energy is caffeinated using **Yerba mate extract** as the caffeine source. You'll be able to tell which of our products are caffeinated by looking for **MATE ⚡ CAFFEINATED**. 90mg per serving (1 serving = 1 packet) - caffeine equivalent to a cup of coffee.

FAST BURNING

BLUEBERRY BERGAMOT

Nutrition Facts

Serv Size: 2tbsp (30g)

Calories 106

Amount Per Serving	%DV
--------------------	-----

Total Fat 0g	0%
---------------------	----

Sodium 100mg	4%
---------------------	----

Potassium 319mg	7%
------------------------	----

Total Carbs 19g	6%
------------------------	----

Sugars 14g

Fiber 1g

Protein 0g

Vitamin C 7% • Calcium 6%

Iron 6% • Magnesium 4%

Manganese 10% • Vitamin A 2%



INGREDIENTS

ORGANIC DEHYDRATED
BLACKBERRY

RAW ORGANIC PALM
COCONUT NECTAR

ORGANIC BLACKSTRAP
MOLASSES

ORGANIC THYME
ESSENTIAL OIL

PINK HIMALAYAN SALT

ORGANIC • VEGAN • PALEO • GLUTEN FREE • NON-GMO

CONSUME LIKE AN ENERGY GEL, EAT BY THE SPOONFUL, OR...



HOT WATER



SCONE



CRACKERS



CREAM CHEESE

TRY WITH

FAST BURNING

PASSION FRUIT PINEAPPLE BANANA

Nutrition Facts

Serv Size: 2tbsp (30g)

Calories 105

Amount Per Serving	%DV
--------------------	-----

Total Fat 0g	0%
---------------------	----

Sodium 100mg	4%
---------------------	----

Potassium 463mg	10%
------------------------	-----

Total Carbs 21g	7%
------------------------	----

Sugars 17g

Fiber 1g

Protein 0g

Vitamin C 25% • Calcium 8%

Iron 9% • Magnesium 19%

Vitamin A 22%



INGREDIENTS

ORGANIC DEHYDRATED
PASSION FRUIT

ORGANIC DEHYDRATED
PINEAPPLE

ORGANIC DEHYDRATED
BANANA

RAW ORGANIC PALM
COCONUT NECTAR

ORGANIC BLACKSTRAP
MOLASSES

PINK HIMALAYAN SALT

ORGANIC • VEGAN • PALEO • GLUTEN FREE • NON-GMO

CONSUME LIKE AN ENERGY GEL, EAT BY THE SPOONFUL, OR...



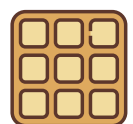
SMOOTHIE



CREAM CHEESE



GREEK YOGURT



WAFFLES

TRY WITH

FAST BURNING

RED RASPBERRY

⚡ ALSO AVAILABLE IN MATE

Nutrition Facts

Serv Size: 2tbsp (30g)

Calories 110

Amount Per Serving	%DV
--------------------	-----

Total Fat 0g	0%
---------------------	----

Sodium 100mg	4%
---------------------	----

Potassium 288mg	6%
------------------------	----

Total Carbs 18g	6%
------------------------	----

Sugars 12g

Fiber 2g

Protein 0g

Vitamin C 20% • Calcium 12%
Iron 12% • Magnesium 6%
Manganese 4% • Vitamin A 2%



INGREDIENTS

ORGANIC DEHYDRATED
RED RASPBERRY

RAW ORGANIC PALM
COCONUT NECTAR

ORGANIC BLACKSTRAP
MOLASSES

PINK HIMALAYAN SALT

ORGANIC • VEGAN • PALEO • GLUTEN FREE • NON-GMO

CONSUME LIKE AN ENERGY GEL, EAT BY THE SPOONFUL, OR...



CHOCOLATE



NUT BUTTER



CREAM CHEESE



BISON

TRY WITH

SLOW BURNING

CACAO ALMOND

⚡ ALSO AVAILABLE IN MATE

Nutrition Facts

Serv Size: 2tbsp (30g)

Calories 150

Amount Per Serving	%DV
--------------------	-----

Total Fat 7g	
---------------------	--

Sodium 100mg	4%
---------------------	----

Potassium 385mg	8%
------------------------	----

Total Carbs 12g	4%
------------------------	----

Sugars 7g	
-----------	--

Fiber 3g	
-----------------	--

Protein 5g	
-------------------	--

Calcium 6% • Iron 8%

Magnesium 7% • Manganese 3%

Copper 5%



INGREDIENTS

RAW ORGANIC CACAO POWDER

RAW ORGANIC ALMOND BUTTER

RAW ORGANIC PALM COCONUT NECTAR

ORGANIC BLACKSTRAP MOLASSES

PINK HIMALAYAN SALT

ORGANIC • VEGAN • PALEO • GLUTEN FREE • NON-GMO

CONSUME LIKE AN ENERGY GEL, EAT BY THE SPOONFUL, OR...



STRAWBERRIES



PROTEIN SHAKE



ICE CREAM



TOAST

TRY WITH

SLOW BURNING

CASHEW LEMON

Nutrition Facts

Serv Size: 2tbsp (30g)

Calories 145

Amount Per Serving	%DV
--------------------	-----

Total Fat 6g	
---------------------	--

Sodium 100mg	4%
---------------------	----

Potassium 357mg	8%
------------------------	----

Total Carbs 12g	4%
------------------------	----

Sugars 7g	
-----------	--

Fiber 1g	
-----------------	--

Protein 3g	
-------------------	--

Calcium 6% • Iron 11%

Magnesium 3% • Manganese 4%



INGREDIENTS

RAW ORGANIC CASHEW BUTTER

RAW ORGANIC PALM COCONUT NECTAR

ORGANIC BLACKSTRAP MOLASSES

ORGANIC LEMON ESSENTIAL OIL

PINK HIMALAYAN SALT

ORGANIC • VEGAN • PALEO • GLUTEN FREE • NON-GMO

CONSUME LIKE AN ENERGY GEL, EAT BY THE SPOONFUL, OR...



OATMEAL



SCONE



GREEK YOGURT



TOAST

TRY WITH

SLOW BURNING

CASHEW VANILLA

⚡ ALSO AVAILABLE IN MATE

Nutrition Facts

Serv Size: 2tbsp (30g)

Calories 145

Amount Per Serving	%DV
--------------------	-----

Total Fat 6g	
---------------------	--

Sodium 100mg	4%
---------------------	----

Potassium 357mg	8%
------------------------	----

Total Carbs 12g	4%
------------------------	----

Sugars 7g	
-----------	--

Fiber 1g	
-----------------	--

Protein 3g	
-------------------	--

Calcium 6% • Iron 11%

Magnesium 3% • Manganese 4%



INGREDIENTS

RAW ORGANIC CASHEW BUTTER

RAW ORGANIC PALM COCONUT NECTAR

ORGANIC BLACKSTRAP MOLASSES

ORGANIC VANILLA EXTRACT

PINK HIMALAYAN SALT

ORGANIC • VEGAN • PALEO • GLUTEN FREE • NON-GMO

CONSUME LIKE AN ENERGY GEL, EAT BY THE SPOONFUL, OR...



OATMEAL



SCONE



ICE CREAM



BANANA

TRY WITH

SLOW BURNING

SUNFLOWER

Nutrition Facts

Serv Size: 2tbsp (30g)

Calories 148

Amount Per Serving	%DV
--------------------	-----

Total Fat 7g	
---------------------	--

Sodium 100mg	4%
---------------------	----

Potassium 357mg	8%
------------------------	----

Total Carbs 10g	4%
------------------------	----

Sugars 17g	
------------	--

Fiber 2g	
-----------------	--

Protein 3g	
-------------------	--

Calcium 4% • Iron 10%

Magnesium 3% • Manganese 3%



INGREDIENTS

ORGANIC SUNFLOWER
SEED BUTTER

RAW ORGANIC PALM
COCONUT NECTAR

ORGANIC BLACKSTRAP
MOLASSES

PINK HIMALAYAN SALT

ORGANIC • VEGAN • PALEO • GLUTEN FREE • NON-GMO

CONSUME LIKE AN ENERGY GEL, EAT BY THE SPOONFUL, OR...



RAW VEGGIES



TOAST



APPLE



BANANA

TRY WITH

SLOW BURNING

SWEET POTATO OREGANO

Nutrition Facts

Serv Size: 2tbsp (30g)

Calories 120

Amount Per Serving	%DV
--------------------	-----

Total Fat 2g	
---------------------	--

Sodium 100mg	4%
---------------------	----

Potassium 288mg	6%
------------------------	----

Total Carbs 20g	7%
------------------------	----

Sugars 14g	
------------	--

Fiber 2g	
-----------------	--

Protein 1g	
-------------------	--

Vitamin C 12% • Calcium 27%

Iron 8% • Magnesium 8%

Vitamin A 85% • Vitamin B6 4%



INGREDIENTS

ORGANIC DEHYDRATED
SWEET POTATO

RAW ORGANIC PALM
COCONUT NECTAR

ORGANIC BLACKSTRAP
MOLASSES

ORGANIC OREGANO
ESSENTIAL OIL

ORGANIC EXTRA VIRGIN
OLIVE OIL

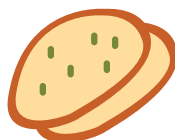
PINK HIMALAYAN SALT

ORGANIC • VEGAN • PALEO • GLUTEN FREE • NON-GMO

CONSUME LIKE AN ENERGY GEL, EAT BY THE SPOONFUL, OR...



BAGEL



GARLIC BREAD



PASTA



STEAK

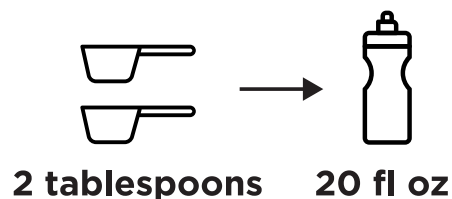
THE MUIR ENERGY WAY

At MUIR, we look to Mother Nature not just for inspiration, but for sustenance. Whether through commanding views or a bountiful harvest, She provides all we need to nourish the soul and the body as we move across Her surface.

THE AUDACITY OF SIMPLE

Our hydration mixes use just 3 real food ingredients in each flavor. That's it! Subtly flavored and low in sugar, MUIR Real Food Hydration replenishes lost electrolytes and provides an immune-boosting supply of Vitamins A & C. Enjoy!

SUGGESTED USE:



This is real food hydration, you may notice some fruit particles do not fully dissolve. For optimal use, consume 20-30 oz of hydration mix per hour. Your intake will vary based on body mass, temperature and sweat rate.

REAL FOOD HYDRATION

MANGO LIME

Nutrition Facts

Serv Size: 2tbsp (15g)

Calories 56

Amount Per Serving	%DV
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Total Fat 0g	
---------------------	--

Sodium 303mg	13%
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Potassium 0mg	0%
----------------------	----

Total Carbs 13g	5%
------------------------	----

Sugars 9g	
-----------	--

Fiber 1g	
-----------------	--

Protein 0g	
-------------------	--

Calcium 1% • Magnesium 0%

Vitamin A 23% • Vitamin C 21%

INGREDIENTS

ORGANIC DEHYDRATED MANGO

ORGANIC DEHYDRATED LIME

PINK HIMALAYAN SALT



ORGANIC • VEGAN • PALEO • GLUTEN FREE • NON-GMO

REAL FOOD HYDRATION

RASPBERRY BEET

Nutrition Facts

Serv Size: 2tbsp (14g)

Calories 54

Amount Per Serving	%DV
--------------------	-----

Total Fat 0g	
---------------------	--

Sodium 328mg	14%
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Potassium 111mg	2%
------------------------	----

Total Carbs 12g	4%
------------------------	----

Sugars 7g	
-----------	--

Fiber 3g	
-----------------	--

Protein 2g	
-------------------	--

Calcium 2% • Magnesium 3%

Vitamin A 7% • Vitamin C 25%

INGREDIENTS

ORGANIC DEHYDRATED RED RASPBERRY

ORGANIC DEHYDRATED BEET

PINK HIMALAYAN SALT



ORGANIC • VEGAN • PALEO • GLUTEN FREE • NON-GMO

REAL FOOD HYDRATION

APRICOT BOYSENBERRY

Nutrition Facts

Serv Size: 2tbsp (15g)

Calories 58

Amount Per Serving	%DV
--------------------	-----

Total Fat 0g	
---------------------	--

Sodium 301mg	13%
---------------------	-----

Potassium 249mg	5%
------------------------	----

Total Carbs 13g	5%
------------------------	----

Sugars 10g	
------------	--

Fiber 3g	
-----------------	--

Protein 1g	
-------------------	--

Calcium 2% • Magnesium 19%

Vitamin A 112% • Vitamin C 14%

INGREDIENTS

ORGANIC DEHYDRATED APRICOT

ORGANIC DEHYDRATED BOYSENBERRY

PINK HIMALAYAN SALT



ORGANIC • VEGAN • PALEO • GLUTEN FREE • NON-GMO



**THE POWER
OF SIMPLE**



**MUIR ENERGY
CACAO ALMOND
MATE**



**HONEY
STINGER
CHOCOLATE**



**GU
CHOCOLATE
OUTRAGE**

SERVING SIZE	30G	34G	32G
CALORIES	150	100	100
TOTAL FAT	7G	-	1.5G
SODIUM	100MG	50MG	50MG
POTASSIUM	350MG	50MG	60MG
CAFFEINE	90MG	35MG	20MG
PROTEIN	5G	0G	0G
CALCIUM	10%	0%	2%
IRON	20%	0%	4%
INGREDIENTS	6	7	20

Raw Organic Cacao Powder
Raw Organic Almond Butter
Raw Organic Palm Nectar
Organic Blackstrap Molasses
Organic Yerba Mate Powder
Pink Himalayan Salt

Organic Tapioca Syrup
Organic Honey
Organic Chocolate Mass
Natural Flavors
Potassium Citrate
Salt
Green Tea Concentrate

Maltodextrin, Water,
Fructose, Organic Cocoa,
Leucine, Potassium Citrate,
Sodium Citrate, Calcium
Carbonate, Valine, Sea
Salt, Liquor, Green Tea
(Leaf) Extract (Contains
Caffeine), Calcium
Chloride, Citric Acid,
Isoleucine, Malic Acid,
Sunflower Oil, Pectin
Powder, Sodium Benzoate
(Preservative), Potassium
Sorbate (Preservative)

**MUIR PROVIDES MORE NUTRITION
WITH FEWER INGREDIENTS**



**THE POWER
OF SIMPLE**



**MUIR ENERGY
RED RASPBERRY
MATE**



**HONEY STINGER
STRAWBERRY KIWI**



**GU
TRI BERRY**

SERVING SIZE	30G	34G	32G
CALORIES	115	100	100
SODIUM	100MG	50MG	55MG
POTASSIUM	250MG	50MG	30MG
CAFFEINE	90MG	32MG	20MG
VITAMIN C	20%	0%	0%
CALCIUM	10%	0%	2%
IRON	15%	0%	0%
INGREDIENTS	5	7	17

Organic Red Raspberry Powder
Organic Coconut Palm Nectar
Organic Blackstrap Molasses
Organic Yerba Mate Powder
Pink Himalayan Salt

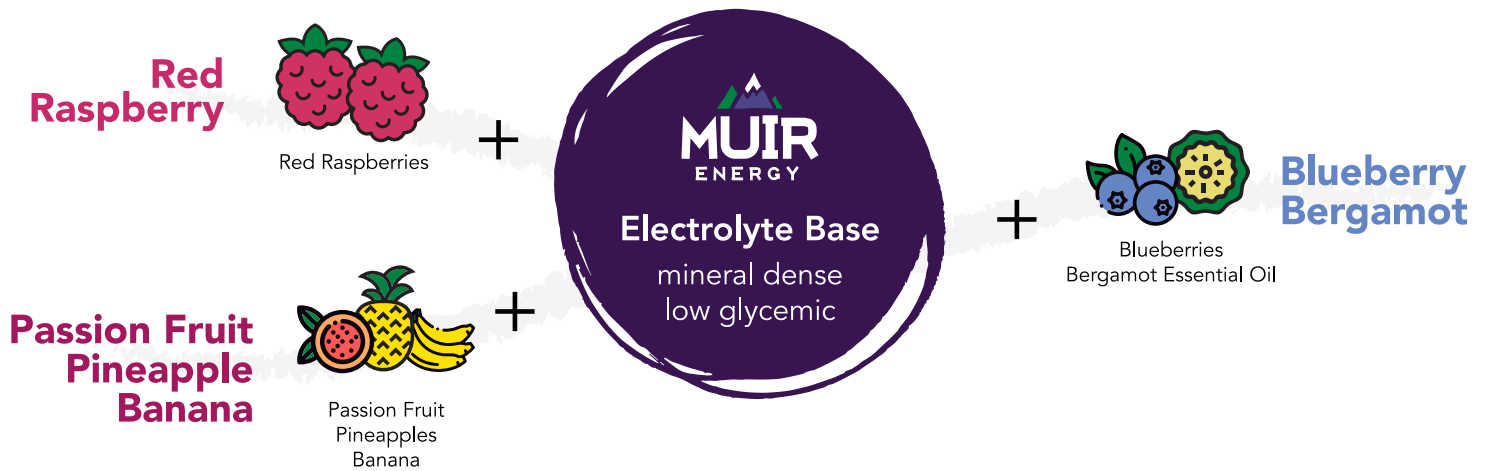
Organic Tapioca Syrup
Organic Honey
Potassium Citrate
Salt
Citric Acid
Natural Flavors
Green Tea Concentrate

Maltodextrin, Water,
Fructose, Leucine, Natural
& Artificial Flavor, Citric
Acid, Potassium Citrate,
Calcium Carbonate, Valine,
Sea Salt, Green Tea (Leaf)
Extract (Contains Caffeine),
Malic Acid, Gellan Gum,
Isoleucine, Sunflower Oil,
Sodium Benzoate
(Preservative), Potassium
Sorbate (Preservative)

**MUIR PROVIDES MORE NUTRITION
WITH FEWER INGREDIENTS**

FAST BURNING

Our **Fast Burning** gels are made with fruits and berries, i.e. simple sugars that metabolize quickly. These work well for moderate to high intensity workouts or activities.



SLOW BURNING

Our **Slow Burning** gels are made with nut and seed butters, which contain fat and protein, i.e. fuel sources that take longer to metabolize. These work well for endurance workouts or activities of low to moderate intensity.

