

# Energy Gel Gold

DIETARY SUPPLEMENT



Energy Gel Gold is designed for all sporting moments when you want to replenish carbohydrates. With 30 g of carbohydrates per gel, in a 2:1 ratio.

## Why use an energy gel during exercise?

An energy gel is a quick and practical way to top up your carbohydrate intake during exercise. It is easy to carry and ready to use straight away, without adding water. The carbohydrates are absorbed quickly and are readily available as fuel for your muscles.

During longer or more intensive training sessions, your body uses a large amount of energy. Carbohydrates are the main fuel source during exercise, and their levels gradually decrease. When exercise lasts longer than one hour, it is therefore important to consume additional carbohydrates.

An intake of 30 to 90 grams of carbohydrates per hour contributes to the maintenance of physical performance during exercise lasting longer than 60 minutes. This equals 1 to 3 Virtuoos energy gels per hour, depending on the duration and intensity of your activity.

## USP's

- 30 g of carbohydrates per gel
- 2:1 glucose-fructose ratio
- Lemon and berry flavours

## What is an energy gel?

An energy gel is a concentrated source of fast-absorbing carbohydrates, packed in a small, easy-to-carry sachet with a gel-like texture. Energy gels are specifically developed for use during or around exercise, when your body needs extra energy. They are convenient to carry and quick to use during training and competitions.

## Why choose Energy Gel Gold?

Energy Gel Gold has been developed in collaboration with elite sport. The gel contains a combination of glucose and fructose in a 2:1 ratio. This combination allows carbohydrates to be absorbed via multiple pathways in the body during exercise, helping you to take in higher amounts of carbohydrates without this feeling heavy on your stomach.

Energy Gel Gold also contains electrolytes, providing 204 mg of sodium per gel. Sodium is a mineral that is lost through sweat during exercise.

In addition, Energy Gel Gold is designed for practical use. The gels are easy to carry and quick to consume during training sessions and races. The packaging features an anti-litter tear-off, so the tab remains attached to the gel. This prevents littering and helps keep nature clean.

## When should you take an energy gel?

- **During exercise**

An energy gel is ideal during longer or more intensive efforts, such as training sessions, races or events lasting longer than 60 minutes. The gel helps to maintain your energy levels.

- **Before exercise**

You can also use an energy gel shortly before exercise to top up your energy stores. This can be useful if you have eaten little beforehand or feel you need some extra fuel before starting your workout or competition.

## How many energy gels should you take per hour?

A good guideline is to start with 30 to 60 grams of carbohydrates per hour during exercise. Energy Gel Gold contains 30 grams of carbohydrates per gel, which equals 1 to 2 energy gels per hour.

During intensive and prolonged exercise, experienced athletes may increase their intake to 90 grams, or in some cases even up to 120 grams of carbohydrates per hour.

## Carbohydrate intake guideline

Duration of exercise	Carbohydrate intake
<1 hour	0-30 g per hour
1-2 hours	30-60 g per hour
2-3 hours	60-90 g per hour
>3 hours	90 g per hour

Always test your carbohydrate intake during training sessions first. This allows your body to adapt and helps you find what works best for you before using energy gels during races or events.



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## Our sports nutrition is easy to combine

Energy Gel Gold is designed to be easily combined with our other sports nutrition products. It pairs well with Sports Drink Gold, which also provides 30 grams of carbohydrates per serving. This makes it easy to adjust your carbohydrate intake to the duration and intensity of your exercise.

## For which sports is an energy gel suitable?

Energy gels are ideal for all sports lasting longer than 60 minutes. They can be used during training sessions, races and events where you are active for an extended period of time. Examples include:

### Endurance sports

- Running
- Trail running
- Cycling
- Mountain biking
- Triathlon
- Speed skating
- Rowing
- Winter sports such as skiing and snowboarding

### Team and interval-based sports

- Football
- Hockey
- Tennis
- HYROX

### Walking

- Long walks, such as hikes

## Can an energy gel cause stomach or gut issues?

Some athletes may experience stomach or gut discomfort when using energy gels. This often occurs when the body is not yet used to gels or when too many carbohydrates are consumed in a short period of time.

Energy Gel Gold has been developed to help reduce the likelihood of these issues. By combining glucose and fructose in a 2:1 ratio, carbohydrates can be absorbed more effectively, which helps higher intakes to be better tolerated during exercise.

It is always recommended to test energy gels during training. This allows your body to adapt and helps you understand what works best for you before using gels during a race or event, such as a marathon.

## NZVT-certified

Energy Gel Gold is produced according to the (doping) standards of the NZVT system and therefore carries the NZVT logo. This means that elite athletes can use Energy Gel Gold with confidence. This allows them to focus fully on achieving peak performance.

## Recommended use

Take 1–3 gels per hour during exercise, depending on your carbohydrate needs.

## In same field of vision

- 1 gel (60 g E)
- Box: 12 gels, 720 g E (12 × 60 g E)

## Storage

Store in a cool, dry place.



ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS

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## Nutritional value Lemon flavour & Berry flavour

Typical values	per 100 g	per gel (60 g)
Energy	861 kJ (203 kcal)	517 kJ (122 kcal)
Fat		
- of which saturates	0 g	0 g
Carbohydrates	50 g	30 g
- of which sugars	19 g	11 g
Protein	0 g	0 g
Salt	0.85 g	0.51 g
Sodium	340 mg	204 mg

## Ingredients

Ingredients: Water, maltodextrin, fructose, acid (citric acid), sodium citrates, salt, preservative (potassium sorbate), flavouring.



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