

## NUTRITION FACT SHEET

ENERGY GELS/CHEWS	CALORIES	SERVING SIZE	CARBS	SUGAR	SODIUM	POTASSIUM	AMINO ACIDS	CAFFEINE	CARB SOURCE
1ST ENDURANCE EFS	80	30G	20G	10G	80MG	58MG	YES	NO	MALTODEXTRIN
2ND SURGE	90	29G	18G	13G	115MG	20MG	YES	YES	BROWN RICE SYRUP
ACCEL GEL	90	41G	20G	10G	100MG	50MG	YES	YES	MALTODEXTRIN
BONK BREAKER CHEWS	90	60G	24G	15G	70MG	50MG	NO	YES	TAPIOCA SYRUP
CARB BOOM GEL	110	41G	26G	2G	50MG	45MG	NO	YES	MALTODEXTRIN
CLIF ENERGY FOOD-SAVORY	200	120G	21G	9G	550MG	540MG	NO	NO	VEGETABLE PUREE
CLIF ENERGY FOOD-SWEET	100	90G	17G	15G	65MG	240MG	NO	NO	FRUIT PUREE
CLIF SHOT	110	34G	22G	12G	60MG	80MG	NO	YES	MALTODEXTRIN
CLIF SHOT BLOKS	100	30G	24G	12G	70MG	20MG	NO	YES	BROWN RICE SYRUP
CRANK E-GEL	150	55G	37G	7G	230MG	85MG	YES	NO	MALTODEXTRIN
GU	100	32G	25G	3G	50MG	35MG	YES	YES	MALTODEXTRIN
GU CHEWS	90	30G	23G	11G	50MG	40MG	YES	YES	MALTODEXTRIN
GU ROCTANE	100	32G	25G	5G	125MG	55MG	YES	YES	MALTODEXTRIN
HAMMER GEL	91	36G	23G	2G	25MG	0MG	YES	YES	MALTODEXTRIN
HONEY STINGER GEL	120	37G	29G	29G	50MG	85MG	NO	NO	HONEY
HONEY STINGER CHEWS	160	50G	39G	24G	80MG	40MG	NO	NO	HONEY
HUMA GEL	100	42G	22G	13G	105MG	35MG	NO	NO	BROWN RICE SYRUP
JELLY BELLY SPORT BEANS	100	28G	25G	19G	80MG	40MG	NO	YES	SUCROSE
POWERBAR BLASTS	130	40G	30G	24G	40MG	0MG	NO	YES	MALTODEXTRIN
POWERBAR POWERGEL	110	41G	27G	10G	200MG	20MG	YES	YES	MALTODEXTRIN
PRO BAR ENERGY CHEWS	90	30G	24G	12G	60MG	45MG	NO	YES	TAPIOCA SYRUP
VFUEL GEL	100	32G	23G	6G	10MG	15MG	NO	YES	MALTODEXTRIN

ENERGY DRINKS	CALORIES	SERVING SIZE	CARBS	SUGAR	SODIUM	POTASSIUM	AMINO ACIDS	CARB SOURCE
1ST ENDURANCE EFS	96	30G	24G	16G	270MG	160MG	YES	MALTODEXTRIN
ACCELERADE	120	31G	21G	20G	190MG	65MG	YES	MALTODEXTRIN
GATORADE ENDURANCE	50	16G	14G	14G	200MG	90MG	NO	FRUCTOSE
GENERATION UCAN	110	34G	27G	0G	180MG	130MG	NO	CORN
GU HYDRATION DRINK	70	19G	18G	9G	250MG	30MG	YES	MALTODEXTRIN
GU ROCTANE DRINK	240	65G	59G	16G	320MG	50MG	YES	MALTODEXTRIN
HAMMER HEED	100	29G	25G	2G	100MG	0MG	YES	MALTODEXTRIN
HAMMER PERPETUEM	280	69G	54G	7G	231MG	156MG	YES	MALTODEXTRIN
NUUN	3	5G	0G	0G	180MG	50MG	YES	N/A
POWERBAR ENDURANCE	70	14G	17G	9G	480MG	25MG	NO	MALTODEXTRIN
SKRATCH LABS HYDRATION	80	24G	20G	20G	360MG	40MG	NO	DEXTROSE
TAILWIND NUTRITION	200	54G	50G	50G	606MG	176MG	NO	DEXTROSE
VFUEL DRINK MIX	200	51G	49G	49G	235MG	85MG	NO	DEXTROSE

RECOVERY DRINKS	CALORIES	SERVING SIZE	CARBS	SUGAR	SODIUM	POTASSIUM	PROTEIN	CARB SOURCE
1ST ENDURANCE ULTRAGEN	320	93G	60G	60G	350MG	200MG	20G	GLUCOSE
ENDUROX R4	270	75G	53G	30G	190MG	100MG	13G	MALTODEXTRIN
GU RECOVERY BREW	250	60G	52G	17G	160MG	70MG	8G	MALTODEXTRIN
HAMMER RECOVERITE	170	49G	32G	3G	55MG	0MG	10G	MALTODEXTRIN