



GU® ENERGY GEL

WHEN: TRAINING & RACING

Created for daily training and competition, GU Energy Gel packs energy-dense calories in a portable packet to help sustain energy demands of any duration or activity. The 100-calorie packet contains **carbohydrates (maltodextrin and fructose)** that use non-competing pathways to help maximize carbohydrate absorption and utilization while diminishing stomach distress. The primary **electrolyte (sodium)** aids in hydration by maintaining water balance. The **branched-chain amino acids (leucine, valine, isoleucine)** may reduce mental fatigue and decrease muscle damage.



HYDRATION ENERGY RECOVERY

GU NUTRITION MATRIX

Our athlete-tested Nutrition Matrix is designed to help you perform your best. Our products help you hydrate, energize, and recover optimally before, during, and after demanding endurance activities. Discover your potential with True Performance Nutrition. Find out more @ guendurance.com

Nutrition Facts

Serving Size 1 Packet (32g)
Servings Per Container 24

Amount Per Serving	Calories from Fat 0
Calories 100	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 60mg	3%
Potassium 40mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

ABOUT US

Since 1993, we've combined heart and science to create performance nutrition products for ourselves and for our passionate community of endurance athletes. We know the sacrifice it takes to train for glory and the heart-breaking failures that are the building blocks of true athletic accomplishment. From our headquarters in Berkeley, CA, we approach what we do with the same humility and hunger for greatness we've learned from you. Our purpose is to assist, educate and inspire you to achieve your highest athletic potential.

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naturally flavored ESPRESSO LOVE

INGREDIENTS: MALTODEXTRIN, WATER, FRUCTOSE, LEUCINE, NATURAL FLAVOR, POTASSIUM CITRATE, SODIUM CITRATE, GREEN TEA (LEAF) EXTRACT (CONTAINS CAFFEINE), CITRIC ACID, CALCIUM CARBONATE, VALINE, SESAMEL MALLIC ACID, GELLAN GUM, ISOLEUCINE, SUNFLOWER OIL, SODIUM BENZOATE (PRESERVATIVE), POTASSIUM SORBATE (PRESERVATIVE).

K Gluten-free. Vegan.

MADE IN USA FROM IMPORTED AND DOMESTIC INGREDIENTS

GU ENDURANCE

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GUENDURANCE.COM



IRONMAN®
OFFICIAL GEL & CHEW
SUSPENSIONS



TERRACYCLE®
We can achieve zero waste!
Find out how to recycle gel packets.
terracycle.com

Proof of Purchase
Espresso Love Energy Gel 24 Pack

769493200082

NET WT. 271 OZ. (1.69 lb.) 768g

24 1.1 oz. (32g) PACKETS



TM

ESPRESSO LOVE

naturally flavored
performance food

450mg AMINO ACIDS per serving
60mg SODIUM per serving
40mg CAFFEINE per serving

ENERGY GEL