

## Nutrition Facts

Serving Size 1 Waffle (32g)

Calories 150

Fat Calories 60

Not a significant source of trans fat,  
vitamin A, vitamin C, and calcium.

\*Percent Daily Values (DV) are based  
on a 2,000 calorie diet.

Amount Per Serving	%DV*	Amount Per Serving	%DV*
<b>Total Fat</b> 6g	<b>9%</b>	<b>Total Carb.</b> 23g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>	Dietary Fiber 1g	<b>4%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>	Sugars 10g	
<b>Sodium</b> 150mg	<b>6%</b>	<b>Protein</b> 1g	
Iron 4%			

### 55% ORGANIC

INGREDIENTS: WHEAT FLOUR, ORGANIC TAPIOCA SYRUP, ORGANIC PALM FRUIT OIL, ORGANIC CANE SUGAR, ORGANIC EGGS, SOY FLOUR, AMINO BLEND (L-LEUCINE, L-VALINE, L-BOLENE), SEA SALT, NATURAL FLAVOR, SOY LECTHIN, ORGANIC RICE EXTRACT, BAKING SODA, CONTAINS WHEAT, EGG AND SOY. MAY CONTAIN MILK.

DISTRIBUTED BY: GU ENERGY LABS, BERKELEY, CA 94710, 1-800-400-8995, [Guenergy.com](http://Guenergy.com)

© 2017 GU ENERGY LABS. ALL RIGHTS RESERVED. GU® IS A REGISTERED TRADEMARK OF ADVANCED FOOD CONCEPTS, INC. | PRODUCT OF CANADA



ENERGY

# Stroopwafel

Dutch-style syrup waffle

## SALTY'S CARAMEL

Naturally flavored

450mg **AMINO ACIDS**  
150mg **SODIUM**  
**NO CAFFEINE**

150 Calories

NET WT 1.1 OZ (32g)



HOW TO Stroopwafel:



Stroopwafel [Ströp] + [vā+fēl]

*noun: Dutch-style syrup waffle. Origin: Late 18th century, The Netherlands.*

We've been inspired by 18th century Netherlands to create our irresistible **Energy Stroopwafel**. This addition to the GU Nutrition Matrix tastes great with your morning coffee, during a gran fondo or ultra-marathon, and anytime you are looking for an alternative energy source to power your performance. Not your average waffle, this syrup-filled creation has the nutrients that make GU products great like essential amino acids, electrolytes, and carbohydrates.

We can't wait to see where you'll take us!



[Guenergy.com](http://Guenergy.com)

BEST BY

PRINTER TO STRIP IN UPC  
769493101655

124205\_R1.2