



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 100 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Potassium 30mg **1%**

Total Carbohydrate 23g **8%**

Dietary Fiber 0g **0%**

Sugars 6g

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 heartbreaking 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 TRI-BERRY

INGREDIENTS: MALTODEXTRIN, WATER, FRUCTOSE, LEUCINE, NATURAL FLAVOR, CITRIC ACID, SODIUM CITRATE, POTASSIUM CITRATE, CALCIUM CARBONATE, VALINE, SEA SALT, GREEN TEA (LEAF) EXTRACT, (CONTAINS CAFFEINE), MALIC ACID, GELAN GUM, ISOLEUCINE, SUCRALOSE, SODIUM BENZOATE (PRESERVATIVE), POTASSIUM SORBATE (PRESERVATIVE).



Gluten-free. Vegan.

MADE IN USA FROM IMPORTED AND DOMESTIC INGREDIENTS

GU ENDURANCE

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GUENDURANCE.COM



IRONMAN®
OFFICIAL GEL & CHEW



TERRACYCLE®

We can achieve zero waste!

Find out how to recycle gel packets.
terracycle.com

Proof of Purchase
Tri-Berry Energy Gel 24 Pack

769493200068



24 1.1 oz. (32g) PACKETS

NET WT. 27.1 oz. (1.69 lb.) 768g

TRI-BERRY
naturally flavored
performance food

450mg AMINO ACIDS per serving
55mg SODIUM per serving
20mg CAFFEINE per serving
ENERGY GEL