

FUEL GEL 30

**30 g carbohydrates/serving in the new 1:0.8 ratio.
Unleash your power!**



FLAVOURS

Lemon Lemon + Caffeine
Cola-Orange Cola-Orange + Caffeine
Peach Grapefruit

PRODUCT DESCRIPTION

Unleash your power with the Powerbar products of the Black Line: The Powerbar Fuel Gel 30 contains 30 g of carbohydrates per serving in a ratio of 1:0.8 of glucose and fructose sources - for an optimal energy supply during sports performance.

According to current scientific knowledge, the carbohydrate formula of 1:0.8 contributes to increased carbohydrate oxidation and improved intestinal tolerance (O'Brien & Rowlands DS, 2011 and O'Brien et al. 2013).

- > Contains carbohydrates: 30 g carbohydrates per serving
- > Carbohydrate ratio of 1:0.8 of glucose and fructose sources
- > Developed for use during moderate to intense exercise
- > Easy to use in the Powerbar carbohydrate system with other Black Line products; e. g. with a required amount of 90g carbohydrates:
1 Fuel Gel 30 Lemon + 1 Fuel Drink 30 Lemon + 1 Fuel Gel 30 Lemon + Caffeine

All Powerbar Black Line products are also listed on the Cologne List® and have been tested and certified by Informed Sport (LGC) for banned substances. As a result, we can offer athletes even more safety and trust.

SUGGESTED USAGE

Lemon, Cola-Orange, Peach and Grapefruit Flavour: Consume as required 1-3 pouches per hour during moderate to intense exercise.

Lemon + Caffeine and Cola-Orange + Caffeine Flavour: Consume 1 pouch per day during intense exercise. High caffeine content (200 mg/100 ml). Not recommended for children or pregnant or breast-feeding women.

FUEL GEL 30

Lemon Flavour



INGREDIENTS

Water, maltodextrin (28%), fructose (22%), acid (citric acid), sodium citrate, salt, natural lemon flavouring.

LEGAL DENOMINATION

Lemon flavoured concentrated carbohydrate gel for athletes with sodium.

Nutritional information	per 100 ml	per pouch (50 ml)
Energy kJ (kcal)	1032 (243)	516 (122)
Fat	0 g	0 g
- of which saturates	0 g	0 g
Carbohydrate	60 g	30 g
- of which sugars	31 g	15 g
Protein	0 g	0 g
Salt	1,0 g	0,50 g
Sodium	404 mg	202 mg

FUEL GEL 30

Lemon Flavour + Caffeine



INGREDIENTS

Water, maltodextrin (28%), fructose (22%), acid (citric acid), sodium citrate, salt, caffeine (0,2%), natural lemon flavouring.

LEGAL DENOMINATION

Lemon flavoured concentrated carbohydrate gel for athletes with caffeine and sodium.

Nutritional information	per 100 ml	per pouch (50 ml)
Energy kJ (kcal)	1028 (242)	514 (121)
Fat	0 g	0 g
- of which saturates	0 g	0 g
Carbohydrate	60 g	30 g
- of which sugars	31 g	15 g
Protein	0 g	0 g
Salt	1,0 g	0,50 g
Sodium	404 mg	202 mg
Caffeine	200 mg	100 mg

FUEL GEL 30

Cola-Orange Flavour



INGREDIENTS

Water, maltodextrin (28%), fructose (22%), acid (citric acid), sodium citrate, salt, natural flavouring.

LEGAL DENOMINATION

Cola-Orange flavoured concentrated carbohydrate gel for athletes with sodium.

Nutritional information	per 100 ml	per pouch (50 ml)
Energy kJ (kcal)	1049 (246)	525 (123)
Fat	0 g	0 g
- of which saturates	0 g	0 g
Carbohydrate	61 g	30 g
- of which sugars	30 g	15 g
Protein	0 g	0 g
Salt	1,0 g	0,51 g
Sodium	407 mg	204 mg

FUEL GEL 30

Cola-Orange Flavour + Caffeine



INGREDIENTS

Water, maltodextrin (28%), fructose (22%), acid (citric acid), sodium citrate, salt, caffeine (0,2%), natural flavouring.

LEGAL DENOMINATION

Cola-Orange flavoured concentrated carbohydrate gel for athletes with caffeine and sodium.

Nutritional information	per 100 ml	per pouch (50 ml)
Energy kJ (kcal)	1048 (247)	524 (124)
Fat	0 g	0 g
- of which saturates	0 g	0 g
Carbohydrate	61 g	30 g
- of which sugars	30 g	15 g
Protein	0 g	0 g
Salt	1,0 g	0,51 g
Sodium	410 mg	205 mg
Caffeine	200 mg	100 mg

FUEL GEL 30

Peach Flavour



INGREDIENTS

Water, maltodextrin (28%), fructose (22%), acid (citric acid), sodium citrate, salt, natural flavouring.

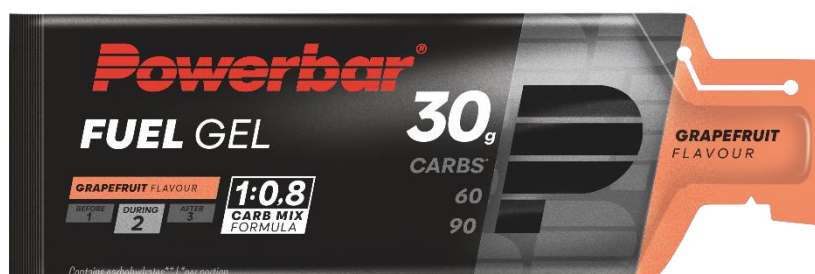
LEGAL DENOMINATION

Peach flavoured concentrated carbohydrate gel for athletes with sodium.

Nutritional information	per 100 ml	per pouch (50 ml)
Energy kJ (kcal)	1046 (246)	523 (123)
Fat	0 g	0 g
- of which saturates	0 g	0 g
Carbohydrate	61 g	30 g
- of which sugars	30 g	15 g
Protein	0 g	0 g
Salt	1,0 g	0,51 g
Sodium	407 mg	204 mg

FUEL GEL 30

Grapefruit Flavour



INGREDIENTS

Water, maltodextrin (28%), fructose (22%), acid (citric acid), sodium citrate, salt, natural flavouring.

LEGAL DENOMINATION

Grapefruit flavoured concentrated carbohydrate gel for athletes with sodium.

Nutritional information	per 100 ml	per pouch (50 ml)
Energy kJ (kcal)	1046 (246)	523 (123)
Fat	0 g	0 g
- of which saturates	0 g	0 g
Carbohydrate	61 g	30 g
- of which sugars	30 g	15 g
Protein	0 g	0 g
Salt	1,0 g	0,51 g
Sodium	407 mg	204 mg

TECHNICAL INFORMATION

50 ml per pouch

Flavour	Version code	SKU	EAN pouch	EAN box
Lemon	VC02	22060000	4029679681019	4029679681026
Lemon + Caffeine	VC02	22060001	4029679681033	4029679681040
Cola-Orange	VC01	22060100	4029679682313	4029679682320
Cola-Orange + Caffeine	VC01	22060110	4029679682344	4029679682382
Peach	VC01	22060300	4029679682351	4029679682399
Grapefruit	VC01	22060200	4029679682443	4029679682450

12 pouches per box

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Store in a cool, dry place.



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