



# Maxim Energy Gel

## - Orange (25 g & 100 g)

Maxim Energy Gel is a highly concentrated carbohydrate gel. The carbohydrates fuel your muscles immediately and will keep you up to speed.

During long intensive exercise your blood sugar level can drop beneath normal values. Result: energy fade, concentration problems, decrease in performance. This problem often arises in endurance athletes such as triathletes, runners, cyclists, etc. On precisely these moments Maxim Energy Gel is the ideal energy booster. Maintain your blood sugar up to the mark and save your glycogen stores.



Maxim Energy Gel is the ideal energy booster



## How to use

### During exercise

During high intensity exercise, start consuming Energy Gel 30 minutes after having started exercise. Consume 1/3 of the content of the (100 g) pouch, immediately followed by a few sips of Energy Drink Electrolyte or water. Repeat this every 20-30 minutes. Consume a maximum of 1 pouch per hour. (If you prefer using single portion tubes, use one tube every 15-20 minutes).

During medium intensity exercise start consuming Energy Gel 45-60 minutes after you started exercise. Consume 1/3 of the content of the (100 g) pouch, immediately followed by a few sips of Energy Drink Electrolyte or water. Repeat this every 30 minutes.

(If you prefer using "single portion" tubes, use one tube every 20 minutes).

Also ideal to be used during breaks\* in soccer, field hockey, basketball matches, etc.

\*Consume during breaks in matches ½ of the content of a (100 g) pouch or 2 "single portion" tubes followed by a sufficient amount of fluid (Energy Drink Electrolyte or water).



<b>Nutritional Value</b>	<b>Per 100g</b>
Energy	1240 kJ/296 kcal
Protein	0 g
Carbohydrates	74,0 g
- of which sugars	51,8 g
Fat	0 g
- of which saturated fat	0 g
Vitamin B1	0.33 mg (30%*)
Niacine	4,8 mg (30%*)
Pantothenic acid	1,8 mg (30%*)
Vitamin B6	0,42 mg (30%*)
Biotin	0,02 mg (30%*)
Vitamin B12	0,75 µg (30%*)
Vitamin C	24 mg (30%*)
Vitamin E	3,6 mg (30%*)

\* percentage of the RDA (Recommended Daily Allowance)

#### **Ingredients**

Glucose syrup, water, maltodextrin, vitamins, guarana extract (0,16%), caffeine citrate (0,12%), flavouring, preservatives (potassium sorbate, sodium benzoate).