

Award Winning Research Proven

- Ultimate Energy Boost
- Start your race on full power
- Isotonic for on the move energy
- Gets you out of Trouble and Back Home
- Easy to Use and Digest



Tropical Flavour Carbohydrate Gel with added sweetener 60 ml^e

INGREDIENTS		
Water, Maltodextrin (from maize), Natural Flavour, Gelling Agents: Xanthan Gum and Gellan Gum, Acidity regulators: Citric Acid and Sodium Citrate, Sweetener: Acesulfame K, Preservatives: Potassium Sorbate & Sodium Benzoate, Sodium Chloride, Antioxidant: Ascorbic Acid.		
NUTRITIONAL INFORMATION		
Typical Values	per 100ml	per sachet
Energy	612kJ/144kcal	374kJ/88kcal
Protein	0 g	0 g
Carbohydrates (of which sugars)	36 g	22 g
Fat	0 g	0 g
Fibre	0 g	0 g
Sodium	15 mg	9 mg

MADE IN THE UK SUITABLE FOR VEGETARIANS



- 3 Great Flavours
ORANGE, BLACKCURRANT & TROPICAL
- 60ml Fast Flow Gel
- Suitable for Vegetarians
- 12 Month Shelf Life
- Enough Energy for 20-30 mins Exercise

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Award Winning



GO-GEL Receives Queen's Award for Innovation

The Queen's Award innovation category recognises companies that have demonstrated commercial success through innovative products or services. GO-Gel, the world's first isotonic energy gel, uses a unique formulation that makes it possible for athletes and sportspeople to take on board significant carbohydrate without compromising hydration.



Runner's World Product of the Year

"The advantage of an isotonic solution is that it's already in balance with your body's fluids, which means it slips down your throat as easily as a normal drink. It's also very light on your stomach and doesn't need diluting with extra water. It's so good, it's disconcerting"

Runner's World, February 2000

"It's the easiest gel to swallow, and the easiest to digest"

"You can pop a sachet between water stops"

Runner's World, April 2004

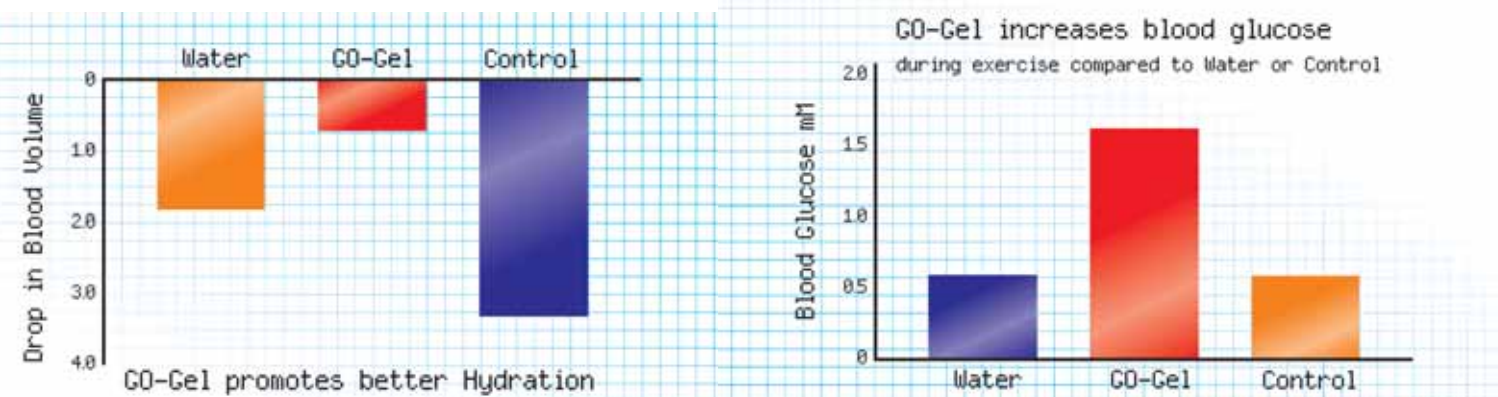


Sir Ranulph Fiennes

The Worlds Greatest Explorer

"I use SIS GO-GEL'S for 500Km Adventure Race Team events lasting up to eight days/nights and for shorter competitions like the LAMM, KIMM, Ace Races and High Peaks Marathon. Over the years I have tried many different energy and sports nutrition products and find SiS GO-GEL'S by far the best in terms of ease of use on the move and immediate results."

Research Proven



In independent tests GO-Gels have been shown to provide energy better than a solid carbohydrate source (Kendal Mint Cake, Control) and to hydrate better than water alone.

Over a 5km time trial in endurance trained runners, isotonic carbohydrate energy gel (Go-Gel) produced a significantly lower fall in blood volume and greater rise in blood glucose than control and water, and control conditions respectively.

Brooks et al, 2002. Medicine and Science in Sport and Exercise



22g carbohydrate energy

9mg of sodium

Bradley Wiggins
Olympic Champion

"I certainly believe that Science in Sport's products have helped me to reach the top in cycling and will continue to help me win more medals and titles"



leaders in sports nutrition

NEW Easy to Open Packaging

