

**Further information: SiS Beta Fuel Energy Gel Orange 60ml**

**THE SCIENCE BEHIND BETA FUEL HAS EVOLVED**

Through our Performance Solutions team, we have worked closely with elite athletes in the research and development of the new Beta Fuel range to bring you a scientifically superior fuel in a range of formats that allow you to use +17% more carbohydrate (O'Brien et al, 2013).

- A ratio of 1:0.8 enhances exogenous CHO oxidation compared with 2:1 ratio by 17% (O'Brien et al) and 10% (O'Brien et al)
- A ratio of 1:0.8 enhances mean power output during 10 maximal sprint efforts by 3% compared with 2:1 ratio (O'Brien et al)
- A ratio of 1:0.8 increases % of ingested CHO that was oxidised (efficiency) from 62% (2:1) to 74% (1:0.8) (O'Brien et al)
- A ratio of 1:0.8 reduces symptoms of stomach fullness and nausea when compared with a ratio of 2:1 (O'Brien et al)

**NUTRITIONAL INFORMATION**

Typical Values	Per 100ml	Per Serving 60ml
<b>Energy</b>	<b>1122kj/673kcal</b>	<b>264kj/158kcal</b>
Fat	0.0g	0.0g
<b>of which saturates</b>	<b>0.0g</b>	<b>0.0g</b>
Carbohydrate	66g	40g
<b>of which sugar</b>	<b>31g</b>	<b>19g</b>
Protein	0.0g	0.0g
<b>Salt</b>	<b>0.05g</b>	<b>0.03g</b>

**\*Reference intake of an average adult (8400kj/2000kcal)**

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**Ingredients:**

**Water, Maltodextrin (from Maize) (30%), Fructose (23%), Flavourings, Acidity Regulators (Citric Acid, Sodium Citrate), Gelling Agents (Gellan Gum, Xanthan Gum), Preservatives (Sodium Benzoate, Potassium Sorbate), Sodium Chloride.**

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**No allergens**