

Further information: [SiS Beta Fuel Energy Gel Strawberry Lime](#)

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
Energy	1122kj/673kcal	264kj/158kcal
Fat	0.0g	0.0g
of which saturates	0.0g	0.0g
Carbohydrate	66g	40g
of which sugar	31g	19g
Protein	0.0g	0.0g
Salt	0.05g	0.03g

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

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.

No allergens