

Further information: [SiS Beta Fuel+ Nootropics Energy Gel Apple 60ml](#)

WHY YOU SHOULD USE BETA FUEL DUAL SOURCE ENERGY GEL + NOOTROPICS

As an endurance athlete (your events typically last more than two hours) you need to take in between 80-120g of carbohydrate per hour. The Science in Sport Beta Fuel Dual Source Energy Gel + Nootropics delivers an optimised 40g of carbohydrate in a single, convenient isotonic fuelling solution with minimal GI discomfort. While the carbohydrates will maintain optimum physical power output, the nootropics will ensure you maintain mental performance.

NEW 1:0.8 RATIO REPLACES 2:1 RATIO

- A 1:0.8 ratio of maltodextrin to fructose increases the percentage of ingested carbohydrate that is oxidized (known as efficiency) from 62% to 74% when compared with a ratio of 2:1
- A 1:0.8 ratio of maltodextrin to fructose reduces self-reported symptoms of stomach fullness when compared with a ratio of 2:1

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) (29%), Fructose (22%), L-Taurine, Cognizin(R) Citicoline, Caffeine Anhydrous, L-Theanine, Flavourings, Acidity Regulators (Citric Acid, Sodium Citrate), Gelling Agents (Gellan Gum, Xanthan Gum), Preservatives (Sodium Benzoate, Potassium Sorbate), Sodium Chloride.

No allergens