

**Further information: [SiS Beta Fuel+ Nootropics Energy Gel Lemon Lime](#)**

**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
<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)**

**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**