

# BOBK PULSE

PERFORMANCE NUTRITION



Used by the Springboks!



# ENERGY GEL

## Basic design features

Ready to consume energy gel designed for use during exercise and post-exercise recovery.

## During exercise:

1. An individual needs approximately 0.7g carbohydrates/kg per bodyweight/hour. As an example a 100kg individual needs in the region of 94g of carbohydrates for 80 minutes of high intensity exercise

## After exercise:

1. The ready to consume energy gel will assist in providing adequate energy to replace muscle glycogen, fluid loss, and electrolytes to aid rapid recovery.
2. Recommended intake of carbohydrates post-exercise recovery is 1.5g per kilogram of bodyweight (BW) for the first 30 min to 1 hour and thereafter every 2 hours for a total period of 6 hours.
3. 450 – 675 ml of water needs to be consumed for every 0.5 kg lost during exercise (plus a sodium-containing meal to assist rehydration).

## Product Characteristics

Energy Gel

## Packaging Details and Shelf-Life

125ml Pouch with sports-cap

Shelf-life = 9 months

## Ingredient Listing

Water, Glucose, Polydextrose, Citric Acid, Pectin, Flavours, Colours, Sodium Chloride, Sodium Citrate, Di-Potassium Phosphate.

## Nutritional Information (Plain variant)

| TYPICAL NUTRITIONAL INFORMATION | Per 100 ml | Per serving (500 ml) | % NRV* |
|---------------------------------|------------|----------------------|--------|
| Energy (KJ)                     | 1054       | 1318                 |        |
| Protein (g)                     | 0.00       | 0.00                 |        |
| Total fat (g)                   | 0.00       | 0.00                 |        |
| of which saturated fat (g)      | 0.00       | 0.00                 |        |
| trans fat (g)                   | 0.00       | 0.00                 |        |
| mono/poly saturated fat (g)     | 0.00       | 0.00                 |        |
| Cholesterol (g)                 | 0.00       | 0.00                 |        |
| Glycaemic carbohydrate (g)      | 62.00      | 77.50                |        |
| of which total sugar (g)        | 60.50      | 75.63                |        |
| Dietary Fibre (g)               | 0.00       | 0.00                 |        |
| Calcium (mg)                    | 0.00       | 0.00                 |        |
| Potassium (mg)                  | 6.00       | 7.50                 |        |
| Phosphorus (mg)                 | 17.17      | 21.50                |        |
| Total Sodium (mg)               | 20.00      | 25.00                |        |

\* NRV – Nutrient reference values for individuals older than 4 years

