



GU [www.guenergy.com](http://www.guenergy.com)

**GU Gels are available in 18 DELICIOUS flavors**

**GU Gels contain the GU carbohydrate mix, branch chain amino acids, electrolytes, and some flavors contain caffeine.**

### **GU® ENERGY GEL**

#### **WHEN DO YOU GU: TRAINING & RACING**

Created for daily training and competition, GU Energy Gel packs energy-dense calories in a portable packet to help sustain energy demands of any duration or activity. The 100-calorie packet contains **carbohydrates (maltodextrin and fructose)** that use non-competing pathways to help maximize carbohydrate absorption and utilization while diminishing stomach distress. **Sodium**, the primary **electrolyte** lost in sweat, aids in hydration by maintaining water balance. The **branched-chain amino acids (leucine, valine, isoleucine)** may reduce mental fatigue and decrease muscle damage.

#### **HOW GU WORKS:**

**ELECTROLYTES** Maintain water balance and aid in optimum hydration. **CARBOHYDRATES** Deliver ready-to-use energy and delay bonking by sparing glycogen. **AMINO ACIDS** Reduce mental fatigue and decrease muscle damage. **CAFFEINE** Enhances performance by increasing focus and concentration and decreasing perceived effort during exercise.

#### **HOW TO GU:**

Consume one packet 5 minutes before and one packet every 30 to 45 minutes during activity.  
Wash down with your favorite GU Hydration Drink or water for optimum absorption.

#### **ABOUT GU**

Since 1993, we've combined heart and science to create performance nutrition products for ourselves and for our passionate community of endurance athletes. We know the sacrifice it takes to train for glory and the heartbreaking failures that are the building blocks of true athletic accomplishment. From our headquarters in Berkeley, CA, we approach what we do with the same humility and hunger for greatness we've learned from you. Our purpose is to assist, educate and inspire you to achieve your highest athletic potential.