

the **POWER** of...

torq[®]

PRODUCT BROCHURE



FUELLING SYSTEM™

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to learn more



We don't think we could have made fuelling optimal endurance performances any easier than this.

Our guidelines are simple. For optimal performances, take 2-3 TORQ units per hour. 1 TORQ unit equals 30g of multiple-transportable carbohydrate and we have made consuming your TORQ units easy by creating uniformity across our product range.

If the weather is hot and/or perspiration rates are high, consume more 500ml TORQ Energy drink units, because you'll be taking on board both fluid and electrolytes with your carbohydrate to facilitate hydration.

In cooler weather, overconsumption of TORQ Energy will fill your bladder, so gaining your TORQ units through concentrated TORQ fuel sources (Gels, Bars and Chews) makes more sense.

Irrespective of perspiration rates, your fuelling requirements remain constant, but the more you sweat, the greater the need to replace fluid and vital electrolytes. This why the TORQ Fuelling System works so beautifully, adapting to your hydration needs whilst providing the constant supply of fuel essential for optimal performances. Whether you're a runner, open water swimmer or triathlete, the fuelling principles remain the same.



FUELLING SIMPLICITY - EASY AS 1 2 3



LEISURE

1 TORQ UNIT PER HOUR

INTERMEDIATE

2 TORQ UNITS PER HOUR

ADVANCED

3 TORQ UNITS PER HOUR

	Energy Drink	Energy Gel	Energy Bar	Energy Chew
TORQ UNITS	1	1	1	1
Carbohydrate	30g	30g	30g	30g
Dose	500ml	1 Gel	1 Bar	1 Chew
Texture	WET	<i>Smooth</i>	SDFP	CHEWY



FUELLING SYSTEM™



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torqfitness.co.uk/tfs

TORQ ENERGY DRINK

- Part of the TORQ Fuelling System™
- Multiple Transportable Carbohydrates
- With 5 electrolytes

FLAVOURS

Orange
Lemon
Lime & Lemon

Pink Grapefruit
Blackcurrant
Vanilla



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to learn more



TORQ GEL

- ▶ Part of the TORQ Fuelling System™
- ▶ Multiple Transportable Carbohydrates
- ▶ With 5 electrolytes
- ▶ 3 naturally caffeinated options

FLAVOURS

Cherry Bakewell
Lemon Drizzle
Raspberry Ripple
Rhubarb & Custard
Apple Crumble
Orange & Banana

Strawberry Yoghurt
Black Cherry Yoghurt
Forest Fruits (with guarana)
Banoffee (with guarana)
Caramel Latte (with guarana)



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Smooth



vegan



NATURAL
FLAVOURS



NO COLOURS



NO ARTIFICIAL
SWEETENERS

TORQ BAR

- Part of the TORQ Fuelling System™
- Multiple Transportable Carbohydrates
- Moist & chewy
- Very low in fat
- Organic Certification
- Softest ever formulation with 2 brand new flavours

FLAVOURS

Organic Zesty Orange
Organic Sundried Banana
Organic Juicy Mango
Organic Zingy Apple



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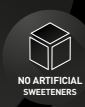
SOFT



=

30g
CARBS

1
UNIT



TORQ CHEW

- Part of the TORQ Fuelling System™
- Organic Certification
- Very low in fat
- Cold pressed
- Multiple Transportable Carbohydrates

FLAVOURS

Organic Mango
Organic Pineapple



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to learn more



CHEWY



vegan



NATURAL
FLAVOURS



NO COLOURS



NO ARTIFICIAL
SWEETENERS



PRESERVATIVE
FREE

TORQ HYDRATION

- The fastest possible hydration method.
- Hydrates significantly faster than an electrolyte tablet
- Perfect for high intensity indoor training
- Can be used as part of the TORQ Fuelling System™ for longer endurance efforts
- Available to purchase as 10 individual sachets in a bag or as a single flavour 540g powder pouch

FLAVOURS

Watermelon

Lemon

Tangerine



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to learn more



WET



=



1/2
UNIT



vegan



NATURAL
FLAVOURS



NO COLOURS



NO ARTIFICIAL
SWEETENERS



PRESERVATIVE
FREE



RECOVERY SYSTEM™

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The TORQ Recovery System is simple and progressive. We've worked tirelessly to build a 4-phase system focused on optimising all aspects of post exercise recovery and adaptation.

Phase 1: Involves following the TORQ Fuelling System. Fuelling properly in the first place reduces muscle breakdown, maintains hydration and prevents the degradation of muscle and liver glycogen.

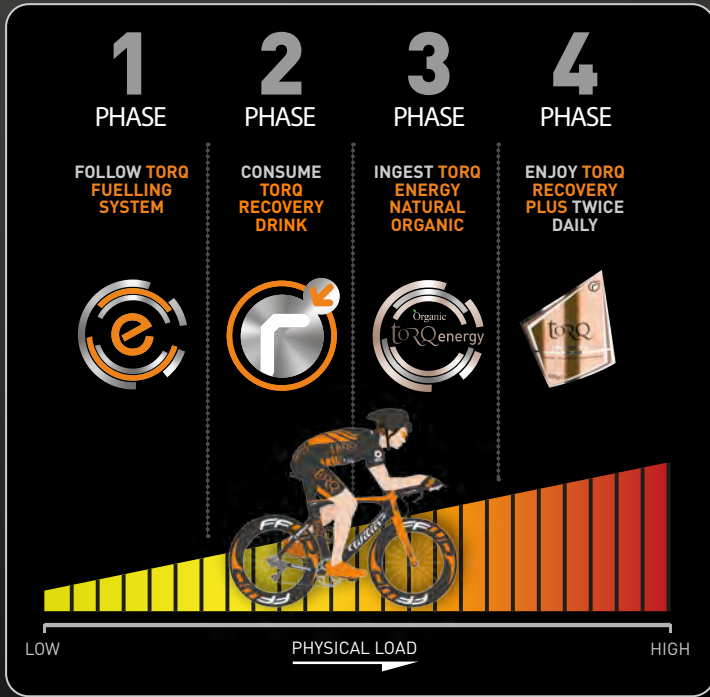
Phase 2: Involves the use of TORQ Recovery Drink within 15 minutes of exercise completion to rehydrate the tissues of the body, restock muscle and liver glycogen, repair damaged muscle fibres and recharge cellular energy levels.

Phase 3: Is about hunting for rich carbohydrate and protein sources within your diet. As exercise load increases, your need for high quality nutrients increases. TORQ Energy Organic is a pure unflavoured source of carbohydrate. It represents the ideal way to increase the carbohydrate content of regular foods and because it's flavourless, you'll hardly know it's there.

Phase 4: Involves the use of our TORQ Recovery Plus+ product. Containing Beta-Alanine, HMB and Sodium Phosphate, this product supports the maintenance of high intensity/high load/quality training and the repair/adaptation processes required to progress. TORQ Recovery Plus+ really is the icing on the cake.



4 PHASE RECOVERY SYSTEM



RECOVERY SYSTEM™



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TORQ RECOVERY DRINK

- Part of the TORQ Recovery System™
- 3:1 Carbohydrate : Whey protein
- Glutamine for muscle protection
- Ribose for cellular recharge
- Silky smooth
- Vegan options

FLAVOURS

Chocolate Mint
Cookies & Cream
Strawberries & Cream
Banana & Mango
Vegan Flavours
Robust & Fruity
Creamy Cocoa



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TORQ RECOVERY PLUS HOT COCOA

- Part of the TORQ Recovery System™
- HMB for muscular repair & development
- Beta-Alanine for anaerobic gain
- Sodium Phosphate for aerobic support
- High potassium cocoa
- No colours, artificial sweeteners, or preservatives
- Deliciously smooth hot cocoa drink



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ORGANIC ENERGY DRINK

- Part of the TORQ Recovery System™
- Complex carbohydrate energy drink
- Neutral (flavourless)
- Can be added to food
- Soil Association Certified Organic
- No colours, artificial sweeteners or preservatives



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torq SNAQ
Performance Snacking

Research suggests that athletes and physically active people should consume the 'golden' 5-6 doses of 20-25g of high quality protein per day outside of exercise to promote muscle maintenance and drive adaptation from training.

Every SNAQ Breakfast or SNAQ Meal contains a standardised 25g of high quality vegetarian protein and we have carefully manipulated the carbohydrate content between products enabling you to choose one that suits your level of activity.

The more active you are, the more carbohydrate you will need, yet protein requirements remain constant. SNAQ Breakfasts and Meals are available in 2:1, 3:1 and 5:1 Carbohydrate:Protein ratios (50g, 75g, 125g of carbohydrate respectively).



SNAQ BREAKFASTS

Our delicious SNAQ Breakfasts are exceptionally low in fat to facilitate swift nutrient absorption and have been developed with precise doses of carbohydrate and protein, manipulated between product lines to suit your specific needs. Ideal for before or after hard physical exercise or for use during an expedition.

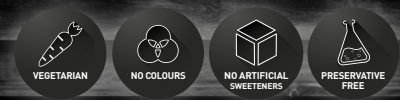
Our instant breakfasts simply need hot or cold water adding and they are ready to eat. They are developed from entirely natural ingredients and are precisely formulated in 2:1, 3:1 and 5:1 Carbohydrate:Protein ratios for flexible meal and snack planning.

FLAVOURS:

Banana & Mango
Natural Raisin
Cinnamon & Raisin



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SNAQ MEALS

Our SNAQ meals are very easy to prepare. Simply add the pack contents to boiling water and cook for 12 minutes. Our unique vegetarian 60% protein pasta delivers high quality protein and we combine this with other natural ingredients to create our delicious meals.

SNAQ meals are precisely formulated in the same 2:1, 3:1 and 5:1 Carbohydrate:Protein ratios as our SNAQ Breakfasts for flexible meal and snack planning.

FLAVOURS:

Field Mushroom
Smoked Tomato
Chilli Bean



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ANCE NUTRITION

torq



Vegetarian



Explore
BREAKFAST

142g e

ENRICHED CINNAMON & RAISIN

Instant energy enriched, protein fortified breakfast containing oats, rice crisps, whey protein crisps, raisins and aromatic cinnamon.

torq



Explore



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Our wholesome new Explore range of products are designed to help fuel physically active people to do whatever they want or need to do.

Clean functional foods and tremendous flavours.



Explore BREAKFAST



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Our TORQ Explore instant super-charged breakfasts have been designed to provide easily accessible, useful and effective nutritional fuel in a convenient, lightweight, low volume package.

Each pack contains over 500 calories of high quality functional food to provide the energy needed to get the most out of your adventurous activities.

FLAVOURS:

Enriched Banana & Mango
Enriched Cinnamon and Raisin and
Enriched Apricot & Ginger



Explore FLAPJACK



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Enjoy our energy-enriched, soft, syrupy and deliciously tasty organic, vegan-friendly TORQ Explore Flapjack as a convenient natural snack at any time of day or why not take this scrumptious homely goodness with you as you pursue your next adventure, wherever that might be?

- 📶 Energy-Enriched Organic Flapjack
- 📶 Moist, Syrupy & Homely Goodness
- 📶 Organic Soil Association Certified
- 📶 Suitable for Vegans
- 📶 No Preservatives, colours or artificial sweeteners

FLAVOURS:

Organic Apple Strudel
Organic Bakewell Slice
Organic Banana Cake
Organic Ginger Cake and
Organic Carrot Cake.





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torq FITNESS CONSULTANCY

We have an enormous wealth of experience in this area having been consulting with athletes and physically active people since 1999.

- ↗ Fitness testing & evaluation
- ↗ Fitness & nutrition education
- ↗ Health & lifestyle consultancy
- ↗ **Performance Weight Loss™** specialists
- ↗ Type 1 and Type 2 diabetes specialists
- ↗ Coaching and ongoing support options



torq CAMEL LATTE GEL



At TORQ we are incredibly proud to be **the only company in the World** to have an energy gel using real freshly brewed coffee.

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to learn more

We gently extract the flavour from our coffee beans within a week of them being roasted. The rich, dark coffee is then blended with natural caramel flavours into a silky smooth syrup and the sublime flavour is locked away in our performance-optimised 2:1 Maltodextrin:Fructose formulation for the ultimate in performance indulgence.

A true pleasure for coffee lovers.





You loved the gel,
Now savour the coffee



CLICK HERE
to learn more

From bean selection to roasting, our passion and pride is expressed within our distinctly delicate coffee flavours and aromas.


Explore our range of lovingly crafted coffees and enjoy the exquisite flavours released everytime you brew or extract.

To learn more, scan the QR code or browse to torqfitness.co.uk or torqpresscoffee.co.uk




torq®

RESEARCH DRIVEN **PREMIUM QUALITY** INTEGRAL **2:1 MALTODEXTRIN:FRUCTOSE**
FOUNDED 1999 ORGANIC NO COMPROMISE **EDUCATION SPECIALISTS** FITNESS CO
ANCE COACHING NATURAL FLAVOURS UNIQUE **EDUCATION SPECIALISTS** ORGAN
CY **2:1 GLUCOSE:FRUCTOSE** RESEARCH DRIVEN **PREMIUM QUALITY** NO COMPRO

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