

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>	SDFE	CHEWY



**FUELLING
SYSTEM™**



torq
torqfitness.co.uk/tfs