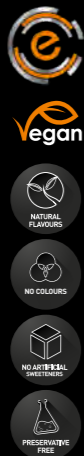


## TORQ ENERGY

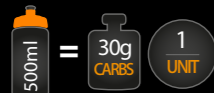
- Part of the TORQ Fuelling System™
- Multiple Transportable Carbohydrates
- With 5 electrolytes



### FLAVOURS

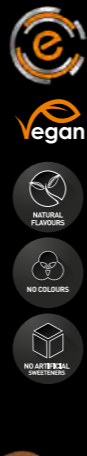
- Orange
- Lemon
- Lime & Lemon
- Pink Grapefruit
- Blackcurrant
- Vanilla

WET



## 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)

Smooth



## 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

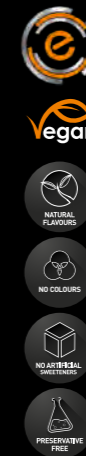
- Organic Zesty Orange
- Organic Sundried Banana
- Organic Juicy Mango
- Organic Zingy Apple

SOFT



## TORQ CHEW

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



### FLAVOURS

- Organic Mango
- Organic Pineapple

CHEWY



2-3 TORQ UNITS PER HOUR

## RECOVERY SYSTEM™



- PHASE
- PHASE
- PHASE
- PHASE

- FOLLOW TORQ FUELLING SYSTEM
- CONSUME TORQ RECOVERY DRINK
- INGEST TORQ ENERGY NATURAL ORGANIC
- ENJOY TORQ RECOVERY PLUS TWICE DAILY



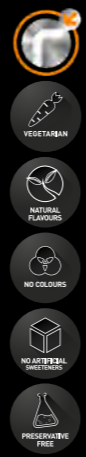
LOW PHYSICAL LOAD HIGH

The TORQ Recovery System™ is composed of 4 phases, which layer TORQ products cumulatively as exercise load increases.

## 4 PHASE RECOVERY SYSTEM

## TORQ RECOVERY

- 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



## TORQ RECOVERY +

- 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



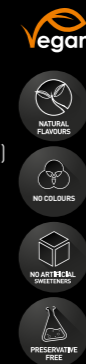
### ORGANIC ENERGY DRINK

- 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



## 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 as 10-sachet pack (makes 10 X 500ml) or 540g powder pouch (makes 30 X 500ml)



### FLAVOURS

- Watermelon
- Lemon
- Tangerine



UNIQUE RESEARCH DRIVEN PREMIUM QUALITY  
 ORGANIC 2:1 MALTODEXTRIN:FRUCTOSE NATURAL FLAVOURS  
 FOUNDED 1999 ORGANIC NO COMPROMISE  
 PERFORMANCE NUTRITION SPECIALISTS FITNESS CONSULTANCY

the POWER of...  
**torq**

PERFORMANCE COACHING NATURAL FLAVOUR  
 UNIQUE RESEARCH DRIVEN PREMIUM QUALITY  
 ORGANIC 2:1 MALTODEXTRIN:FRUCTOSE RESEARCH  
 CONSULTANCY 2:1 GLUCOSE:FRUCTOSE RESEARCH  
 DRIVEN PREMIUM QUALITY NO COMPROMISE ALL

## PERFORMANCE NUTRITION FITNESS CONSULTANCY

- 0344 332 0852
- www.torqfitness.co.uk
- TORQFitnessUK
- TORQFitness
- TORQFitness



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 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.

Available in 3 delicious flavours - Banana & Mango, Natural Raisin and Cinnamon & Raisin.

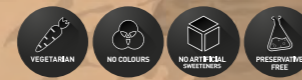
### SNAQ MEALS



Our 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.

Available in 3 delicious flavours - Field Mushroom, Smoked Tomato and Chilli Bean.

# Explore BREAKFAST

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.

Explore Breakfasts are available in 3 delicious flavours - Enriched Banana & Mango, Enriched Cinnamon & Raisin and Enriched Apricot & Ginger.

# Explore FLAPJACK

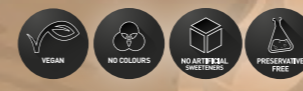


Enjoy our energy-enriched, soft, syrupy and deliciously tasty organic, vegan-friendly TORQ Explore Flapjack as a convenient natural snack at any time of day or why not take this scrumptious homely goodness with you as you pursue your next adventure, wherever that might be?

Soil Association Organic certification means that the ingredients used in these flapjacks are from the purest sources, free from the pesticides and chemicals used in modern intensive farming. Organic ingredients also provide a richer, more wholesome flavour, something that immediately becomes apparent when tasting our flapjacks.

Available in 5 delicious flavours - Organic Apple Strudel, Organic Bakewell Slice, Organic Banana Cake, Organic Ginger Cake and Organic Carrot Cake.

- ✔ Energy-enriched organic flapjack
- ✔ Moist, syrupy & homely goodness
- ✔ Organic Soil Association certified
- ✔ Suitable for Vegans
- ✔ No preservatives, colours or artificial sweeteners



## 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 crafted an energy gel using real freshly brewed coffee.

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 performance indulgence.

A true pleasure for coffee lovers.



## TORQ PRESS COFFEE YOU LOVED THE GEL NOW SAVOUR THE COFFEE

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](http://torqfitness.co.uk) or [torqpresscoffee.co.uk](http://torqpresscoffee.co.uk)

