

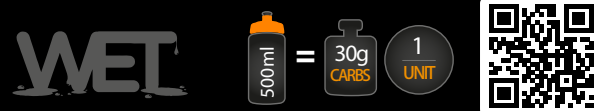
TORQ ENERGY

- Part of the TORQ Fuelling System™
- Multiple Transportable Carbohydrates
- With 5 electrolytes
- Available in single-serve sachets, 500g or 1.5Kg
- 1 naturally caffeinated option



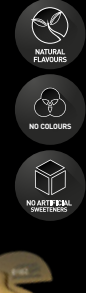
FLAVOURS

Orange
Lemon
Lime & Lemon
Pink Grapefruit
Blackcurrant
Vanilla
NEW Cola Caffeine (with Guarana)



TORQ GEL

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



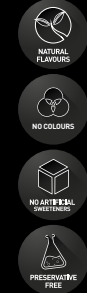
FLAVOURS

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)



TORQ BAR

- Part of the TORQ Fuelling System™
- Multiple Transportable Carbohydrates
- Moist & chewy
- Very low in fat
- Organic Soil Association Certification
- Softest ever formulation



FLAVOURS

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



TORQ CHEW

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

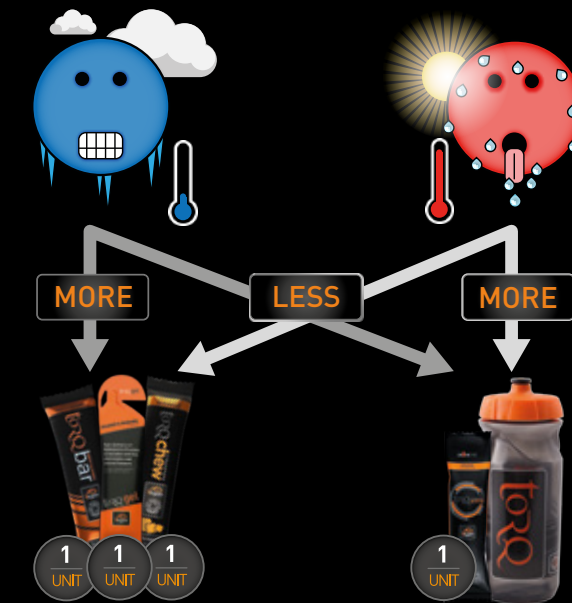


FLAVOURS

Organic Mango
Organic Pineapple



EASY AS 1 2 3

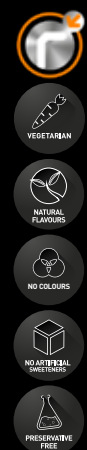


The **TORQ Recovery System™** is composed of 4 phases, which layer TORQ products cumulatively as exercise load increases.

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
- Available in Sample sachets, 500g pouch or 1.5Kg pouch

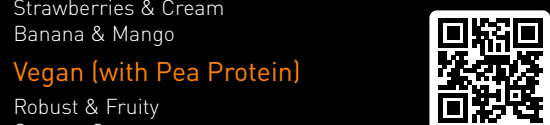


FLAVOURS

Chocolate Mint
Cookies & Cream
Strawberries & Cream
Banana & Mango

Vegan (with Pea Protein)

Robust & Fruity
Creamy Cocoa



TORQ RECOVERY Plus

- 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



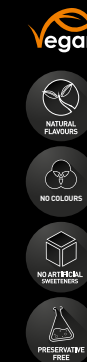
ORGANIC ENERGY DRINK

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



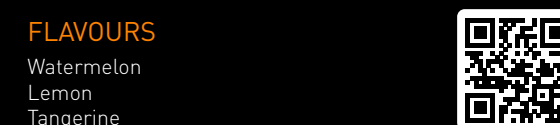
TORQ HYDRATION

- 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 in single-serve sachets or 540g pouch



FLAVOURS

Watermelon
Lemon
Tangerine



the POWER of...
torq

PERFORMANCE NUTRITION FITNESS CONSULTANCY

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



EXPLORE MEAL










Simply add boiling water to the pack and our NEW Explore instant super-charged meals will spring to life within a few minutes.

Explore Meals are exceptionally low in fat, yet loaded with high quality protein and carbohydrate, each containing over 700 useful functional calories. A very lightweight and powerful addition to your essential expedition equipment.

Available in 3 enticing flavours - **Creamy Mushroom, Tangy Tomato and Chilli Non Carne**



EXPLORE BREAKFAST









Our 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 6 delicious flavours - **Organic Apple Strudel, Organic Bakewell Slice, Organic Banana Cake, Organic Black Forest, Organic Carrot Cake & Organic Ginger Cake.**






- Energy-enriched organic flapjack
- Moist, syrupy & homely goodness
- Organic Soil Association Certification
- 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

Our Immune System Support products have been developed off the back of extensive research by TORQ into the roles that both exercise and nutrition play with regard to immune health. These products form an integral part of an overall immune support strategy.







TORQ dFND is a one-a-day tablet containing 4000iu/1000iu of Vitamin D3 and 15mg Zinc to support the normal functioning of the immune system. Take dFND Ultra (4000iu version) for 90 days to raise Vitamin D levels and maintain with dFND Daily (1000iu).







TORQ aTAC is a 28-dose powdered drink mix to be taken at the first signs of fever, cold or flu infection. It can also be used during heavy training loads or during International travel. Each dose contains 1000mg Vitamin C, 1000mg Glutamine and 500mg Echinacea.

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 or torqpresscoffee.co.uk



NEW

COLA CAFFEINE ENERGY DRINK

WITH GUARANA

(100mg Caffeine per 500 ml)