

**EASY AS 1 2 3**

**1 PER HOUR** LEISURE  
1 TORQ UNIT

**2 PER HOUR** INTERMEDIATE  
2 TORQ UNITS

**3 PER HOUR** ADVANCED  
3 TORQ UNITS

**MORE LESS MORE**

**FUELLING SYSTEM™**

**RECOVERY SYSTEM™**

**1 PHASE** FOLLOW TORQ FUELLING SYSTEM

**2 PHASE** CONSUME TORQ RECOVERY DRINK

**3 PHASE** INGEST TORQ ENERGY NATURAL ORGANIC

**4 PHASE** 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 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

30g CARBS = 1 UNIT

SOIL ASSOCIATION ORGANIC

**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

SOIL ASSOCIATION ORGANIC

**TORQ BAR**

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

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

30g CARBS = 1 UNIT

SOIL ASSOCIATION ORGANIC

**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

SOIL ASSOCIATION ORGANIC

**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)

30g CARBS = 1 UNIT

SOIL ASSOCIATION ORGANIC

**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

SOIL ASSOCIATION ORGANIC

**TORQ ENERGY**

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

**FLAVOURS**  
Orange  
Lemon  
Lime & Lemon  
Pink Grapefruit  
Blackcurrant  
Vanilla  
NEW COLA CAFFEINE FLAVOUR

30g CARBS = 1 UNIT

SOIL ASSOCIATION ORGANIC

RESEARCH-DRIVEN PREMIUM  
**ORGANIC NATURAL FLAVOUR**  
2:1 GLUCOSE:FRUCTOSE FOU

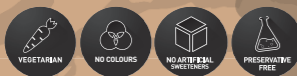
the **POWER** of...  
**torq**

FOUNDED 1999 EDUCATION S  
NO COMPROMISE **ORGANIC N**  
PREMIUM QUALITY FLAVOUR

**PERFORMANCE NUTRITION  
FITNESS CONSULTANCY**

0344 332 0852 [www.torqfitness.co.uk](http://www.torqfitness.co.uk)  
TORQFitnessUK TORQFitness TORQFitness

# EXPLORE MEAL

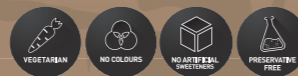


Simply add boiling water to the pack and our NEW Explore instant super-charged meals will spring to life within a few minutes.

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

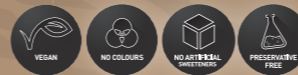


Enjoy our energy-enriched, soft, syrupy and deliciously tasty organic, vegan-friendly TORQ Explore Flapjack as a convenient natural snack at any time of day or why not take this scrumptious homely goodness with you as you pursue your next adventure, wherever that might be?

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



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



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



# NEW COLA CAFFEINE ENERGY DRINK

WITH GUARANA  
[100mg Caffeine per 500 ml]

