

FUELLING SYSTEM™

EASY AS 1 2 3

1 TORQ UNIT PER HOUR
2 TORQ UNITS PER HOUR
3 TORQ UNITS PER HOUR

LEISURE
INTERMEDIATE
ADVANCED

MORE LESS MORE

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

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

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4 PHASE RECOVERY SYSTEM

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

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

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4 PHASE RECOVERY SYSTEM

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)
NEW Cola Caffeine (with Guarana)

30g CARBS = 1 UNIT

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
NEW Red Berries

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4 PHASE RECOVERY SYSTEM

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
Cola Caffeine (with Guarana)

30g CARBS = 1 UNIT

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Available in single-serve sachets, 500g or 1.5kg pouch
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4 PHASE RECOVERY SYSTEM

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

the **POWER** of...

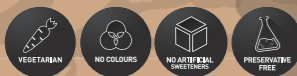
torq

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

**PERFORMANCE NUTRITION
FITNESS CONSULTANCY**

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

EXPLORE MEAL

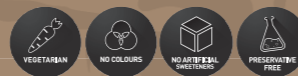


Simply add boiling water to the pack and our NEW Explore instant super-charged meals will spring to life within a few minutes.

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

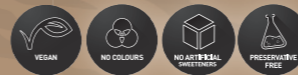


Enjoy our energy-enriched, soft, syrupy and deliciously tasty organic, vegan-friendly TORQ Explore Flapjack as a convenient natural snack at any time of day or why not take this scrumptious homely goodness with you as you pursue your next adventure, wherever that might be?

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 or torqpresscoffee.co.uk



NEW COLA CAFFEINE ENERGY GEL

WITH GUARANA (89mg Caffeine per gel)

