

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 Jellies
TORQ UNITS	1	1	1	1
Carbohydrate	30g	30g	30g	30g
Dose	500ml	1 Gel	1 Bar	1 Packet
Texture	WET	<i>Smooth</i>	SDFE	CHEWY