

EASY AS 1 2 3

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

ADVANCED
INTERMEDIATE
LEISURE

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 JELLIES

NEW

Part of the TORQ Fuelling System™
Multiple Transportable Carbohydrates
Soft Energy Chews
Light Shaped/Easy to Dispense
Temperature Stable

egon

FLAVOURS
Berries
Lime
Orange

TORQ RECOVERY Plus

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

egon

FLAVOURS
Chocolate Mint
Cookies & Cream
Strawberries & Cream
Banana & Mango

Vegan (with Pea Protein)
Robust & Fruity
Creamy Cocoa

TORQ BAR

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

egon

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

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

egon

FLAVOURS
Watermelon
Lemon
Tangerine
Red Berries

TORQ GEL

Part of the TORQ Fuelling System™
Multiple Transportable Carbohydrates (except Naked)
With 5 electrolytes
4 naturally caffeinated options

egon

FLAVOURS
Naked Flavourless
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)
Cola Caffeine (with Guarana)

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

egon

FLAVOURS
Watermelon
Lemon
Tangerine
Red Berries

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

egon

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

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 BREAKFAST



Explore PASTA MEAL



Explore DESSERT



Explore FLAPJACK



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.

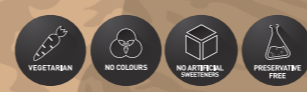
Each pack contains over 500 calories of high quality functional food to provide the energy needed to get the most out of your adventurous activities.

Available in 3 delicious flavours - Enriched Banana & Mango, Enriched Cinnamon & Raisin and Enriched Apricot & Ginger.



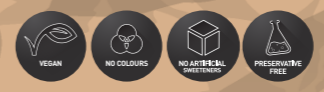
TORQ's Explore Pasta Meals will fill you with functional calories at the mid-point or end-point of your big day out, providing 100g carbohydrate and 25g protein, with less than 3g fat.

A very lightweight and powerful addition to your essential expedition equipment, with 3 enticing flavours - Creamy Mushroom, Tomato & Basil and Chilli Non Carne



TORQ's Explore Desserts combine a creamy semolina base with one of our famous Energy Gels - wonderful Rhubarb & Custard or amazing Apple Crumble - for a delicious, fully functional, guilt-free dessert.

Providing 100g carbohydrate and 25g protein, with less than 1g fat, this 152g pack is your lightweight indulgence at the end of an arduous day.



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



POUCH SAMPLE PACKS — BOTTLE SAMPLE PACKS

Not only do our Sample packs represent an ideal, economical way to try all of our fantastic products textures and flavours, they also happen to make great presents too!



- Sample Packs**
- TORQ Gels (6 flavours)
 - TORQ Gels (12 flavours)
 - TORQ Recovery sachets (4 flavours)
 - TORQ Explore Flapjacks (6 flavours)
 - TORQ Coffee (2 x 250g + 2 canisters)
 - TORQ Jellies (6 packs)
 - 2 x 3 flavours
 - TORQ Organic Bars (8 bars)
 - 2 x 4 flavours
 - TORQ Energy & Hydration Drinks (10 sachets)
 - 6 x Energy 4 x Hydration



- Bottle Sample Packs**
- TORQ Hydration 500ml Bottle & 8 Mixed Sachets
 - TORQ Energy 750ml Bottle & 6 Mixed Sachets
 - TORQ Recovery Mixer & 4 Mixed Sachets



IMMUNE SUPPORT

torQaTAC

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.



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

