

## 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



vegan



### FLAVOURS

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



WET



## TORQ GEL

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



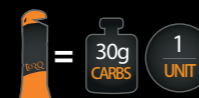
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### FLAVOURS

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)

Smooth



## TORQ BAR

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



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### FLAVOURS

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

SOFT



## TORQ JELLIES

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



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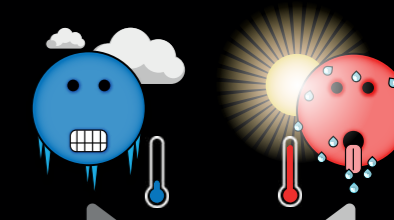
### FLAVOURS

Berries  
Lime  
Orange

CHEWY



# EASY AS 1 2 3



MORE LESS MORE



FUELLING SYSTEM™

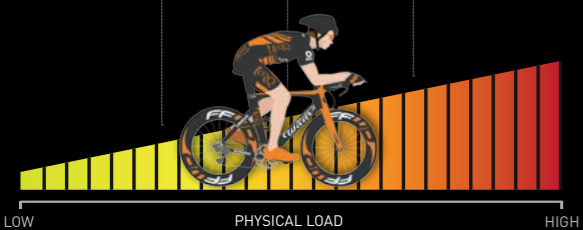


RECOVERY SYSTEM™



1 PHASE 2 PHASE 3 PHASE 4 PHASE

FOLLOW TORQ FUELLING SYSTEM CONSUME TORQ RECOVERY DRINK INGEST TORQ RECOVERY ENERGY ORGANIC ENJOY TORQ RECOVERY PLUS TWICE DAILY



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



VEGETARIAN



### FLAVOURS

Chocolate Mint  
Cookies & Cream  
Strawberries & Cream  
Banana & Mango

Vegan (with Pea Protein)

Robust & Fruity  
Creamy Cocoa

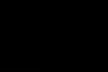
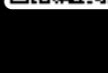


## ORGANIC ENERGY DRINK

- 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

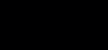


### TORQ RECOVERY Plus

- 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



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

vegan



### FLAVOURS

Watermelon  
Lemon  
Tangerine  
Red Berries



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.



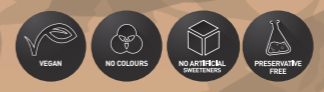
TORQ's Explore Pasta Meals will fill you with functional calories at the mid-point or end-point of your big day out, providing 100g carbohydrate and 25g protein, with less than 3g fat.

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

