


RESEARCH-DRIVEN PREMIUM  
ORGANIC NATURAL FLAVOURS  
2:1 GLUCOSE:FRUCTOSE FOUR

the **POWER** of...  
**torq**®

FOUNDED 1999 EDUCATION SP  
NO COMPROMISE **ORGANIC** NA  
PREMIUM QUALITY FLAVOURS

**PERFORMANCE NUTRITION**  
**FITNESS CONSULTANCY**

 0344 332 0852

 [www.torqfitness.co.uk](http://www.torqfitness.co.uk)

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# EASY AS 1 2 3

LEISURE



**1** TORQ UNIT  
PER HOUR

INTERMEDIATE

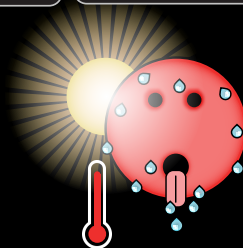


**2** TORQ UNITS  
PER HOUR

ADVANCED



**3** TORQ UNITS  
PER HOUR



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 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



# 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



# 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



# 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 1:1 Proto Gels – 2 x 3 flavours **NEW**
- TORQ 1:1 Proto Drinks – 2 x 3 flavours **NEW**
- TORQ Gels – 6 flavours
- TORQ Gels – 12 flavours
- TORQ Bars – 2 x 4 flavours
- TORQ Jellies – 2 x 3 flavours
- TORQ Explore flapjacks – 6 flavours
- TORQ Energy & Hydration Drinks – 10 flavours
- TORQ Coffee – 2 x 250g + 2 canisters



## BOTTLE SAMPLE PACKS

- TORQ Hydration 500ml Bottle & 2 x 4 Flavours
- TORQ Energy Drink 750ml Bottle & 6 Flavours
- TORQ Recovery Mixer & 4 Flavours



# TORQ ENERGY DRINK

- 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)



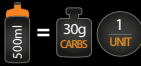
# TORQ GEL

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



## 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



## FLAVOURS

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



# TORQ JELLIES

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



## FLAVOURS

- Berries
- Lime
- Orange



# 1:1 PROTO DRINK

- Engineered for Ultra-High Carb intakes > 120g
- Multiple Transportable Carbohydrates
- 1:1 Maltodextrin:Fructose
- 40g Carb Units
- With 5 Electrolytes



# 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



# 1:1 PROTO GEL

- Engineered for Ultra-High Carb intakes > 120g
- Multiple Transportable Carbohydrates
- 1:1 Maltodextrin:Fructose
- 40g Carb Units
- With sodium chloride (except Naked)
- 1 naturally caffeinated option (with guarana)



## FLAVOURS

- Watermelon
- Lemon
- Tangerine
- Red Berries



# PERFORMANCE FOOD

Our TORQ Performance Food range has been uniquely formulated to provide the optimal nutrition required in preparation for that all-important endurance event.



## PRE-RACE

Breakfasts & Pasta Meals contain 100g carbohydrate, 25g protein and almost zero fat.



## CARB-LOAD

Pasta Meals and Desserts contain 125g carbohydrate, 25g protein and almost zero fat.



# 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.

# Explore FLAPJACK

Enjoy our 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.

- ✔ Delicious oat & fruit packed organic flapjacks
- ✔ Moist, syrupy & homely goodness
- ✔ Organic Soil Association Certification
- ✔ Suitable for Vegans
- ✔ No preservatives, colours or artificial sweeteners



## 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.

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

## Explore PASTA MEAL



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

## Explore DESSERT




TORQ's Explore Desserts combine a creamy semolina base with one of our famous Energy Gels - wonderful Rhubarb & Custard, amazing Apple Crumble or NEW delicious Cherry Bakewell - for a sumptuous, 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.


**1:1**  
PROTO

OUR NEW **1:1 MALTODEXTRIN-FRUCTOSE**  
CARBOHYDRATE FORMULATION ALLOWS  
FUELLING AT **120G+ CARBOHYDRATE** PER HOUR.



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PERFORMANCE  
NUTRITION