

EnergyGel

EnergyGel is smooth and light with a dash of real juice for a fresh natural taste*. It's not thick or overly sweet and it's exceptionally easy on the stomach. Each sachet contains 23g of pure carbohydrate for instant energy. Easy to open and easy to swallow, **EnergyGel** has fuelled athletes in many of the World's toughest competitions.

EnergyGel Plus contains 30mg of caffeine per sachet. When used correctly caffeine acts as a stimulant, reducing the perception of fatigue while increasing focus and concentration.

It can also increase the speed of carbohydrate absorption into the body.

High5 DO NOT produce a **2:1 fructose** gel. Such a gel would be very sweet, while athletes tell us they prefer a non-sweet gel. We believe that there is also little benefit to a high fructose gel in the real world. The advantage would be that you can absorb more carbohydrate - up to 90g per hour. But you would need to consume 4 gels an hour to get that benefit. Our Marathon research tells us that runners will generally consume 2 to 3 gels per hour, even when

instructed to consume more. Consuming 3 gels or less per hour would negate any real benefit of a **2:1 fructose** gel over a normal gel.

It's also worth noting that with a caffeine gel like **EnergyGel Plus**, it's possible to absorb close to 75g of carbohydrate per hour, but still have a gel that's not overly sweet.



30ml / 38g Sachet



NUTRITIONALS:

APPLE / CITRUS / SUMMER FRUITS / ORANGE / BANANA

TYPICAL VALUES	Per 30ml Serving (KJ/Kcal)	Per 100ml (KJ/Kcal)
Energy	385/92	1286/307
Protein (g)	0	0
Carbohydrate (g)	23	77
of which sugars (g)	3	10
Fat	0	0
Trans Fat (g)	0	0
of which saturates (g)	0	0
Dietary Fibre (g)	0	0
Sodium (g)	0.02	0.07
Potassium (mg)	76	254
Acidity (pH) Apple (3.8) / Citrus (3.5) / Summer Fruits (3.8) / Orange (3.8) / Banana (4.0)		

INGREDIENTS:

Glucose, Water, Maltodextrin, Fruit Juice Min. 15%* (Orange: Orange, Lemon, Citrus: Lemon, Summer Fruits: Raspberry, Strawberry, Cranberry, Sour Apple, Blackcurrant, Apple: Apple, Cranberry, Raspberry, Lemon) With Other Natural Flavouring, Sea Salt, Preservatives: Sodium Benzoate, Potassium Sorbate.

Banana Flavour - does not contain natural flavouring.

ORANGE PLUS / RASPBERRY PLUS

TYPICAL VALUES	Per 30ml Serving (KJ/Kcal)	Per 100ml (KJ/Kcal)
Energy	385/92	1286/307
Protein (g)	0	0
Carbohydrate (g)	23	77
of which sugars (g)	3	10
Fat	0	0
Trans Fat (g)	0	0
of which saturates (g)	0	0
Dietary Fibre (g)	0	0
Sodium (g)	0.02	0.07
Potassium (mg)	76	254
Caffeine (mg)	30	100
Acidity (pH) Orange Plus (3.8) / Raspberry Plus (3.7)		

INGREDIENTS:

Glucose, Water, Maltodextrin, Fruit Juice Min. 15% (Orange: Orange / Lemon, Raspberry: Raspberry, Cranberry) With Other Natural Flavouring, Sea Salt, Caffeine, Preservatives: Sodium Benzoate, Potassium Sorbate.

ADDITIVES/ALLERGENS:

Artificial colours: **No** Preservatives: **YES**
 Artificial sweeteners: **No** Natural juice flavours: **YES**
 Vegetarian: **OK** Dietary Vegan: **OK**

Allergens as defined by EU legislation: None in the ingredients

FLAVOURS:

APPLE	CITRUS	SUMMER FRUITS
ORANGE	BANANA	ORANGE PLUS
		RASPBERRY PLUS

INTERESTING FACT:

Researchers from Glasgow University recently tested nutrition strategies with hundreds of runners at the Dublin Marathon. This included energy bars and gels. It was determined that the only realistic way to get sufficient carbohydrate on-board, in order to optimise Marathon performance, was to use gel.

INSTANT ENERGY BOOST

LIGHT CONSISTENCY & LOW SWEETNESS

EXCEPTIONALLY EASY ON THE STOMACH

REAL FRUIT JUICE FLAVOURS

LIGHT & EASY TO CARRY

IsoGel

IsoGel DOES NOT NEED TO BE TAKEN WITH WATER. It's light and not overly sweet, in fact more like a drink than a gel. With a dash of real juice for a fresh natural taste, **IsoGel** is easy to swallow when your mouth is dry and it's exceptionally easy on the stomach. Each sachet contains 26g of pure carbohydrate for instant energy. **IsoGel** has fuelled athletes in many of the World's toughest competitions.

IsoGel Plus contains 30mg of caffeine per sachet. When used correctly caffeine acts as a stimulant, reducing the perception of fatigue while increasing focus and concentration. It can also increase the speed of carbohydrate absorption into the body.

What's the difference between High5 EnergyGel and High5 IsoGel?

IsoGel is more like a drink than a gel and it's slightly easier to swallow. **EnergyGel** is more compact and weighs less, which makes it easier to carry in larger quantities.



60ml Sachets



MAY 2011



NUTRITIONALS:

	BERRY	
TYPICAL VALUES	Per 60ml (KJ/Kcal)	Per 100ml (KJ/Kcal)
Energy	435/104	737/176
Protein (g)	0	0
Carbohydrate (g)	26	44
of which sugars (g)	4	6
Fat	0	0
Trans Fat (g)	0	0
of which saturates (g)	0	0
Dietary Fibre (g)	0	0
Sodium (g)	0.03	0.05
Potassium (mg)	140	235
Acidity (pH)	4.0	4.0

INGREDIENTS:

Water, Glucose, Maltodextrin, Fruit Juice Min. 15% (Raspberry, Strawberry, Cranberry, Apple), Natural Flavouring, Tri Sodium Citrate, Acidulant: (Citric Acid, Malic Acid), Salt, Preservatives: Sodium Benzoate, Potassium Sorbate.

	ORANGE	
TYPICAL VALUES	Per 60ml (KJ/Kcal)	Per 100ml (KJ/Kcal)
Energy	435/104	737/176
Protein (g)	0	0
Carbohydrate (g)	26	44
of which sugars (g)	4	6
Fat	0	0
Trans Fat (g)	0	0
of which saturates (g)	0	0
Dietary Fibre (g)	0	0
Sodium (g)	0.03	0.05
Potassium (mg)	140	235
Acidity (pH)	4.0	4.0

INGREDIENTS:

Water, Glucose, Maltodextrin, Fruit Juice Min. 15% (Orange, Lemon), Tri Sodium Citrate, Acidulant: (Citric Acid, Malic Acid), Salt, Preservatives: Sodium Benzoate, Potassium Sorbate.

	CITRUS PLUS	
TYPICAL VALUES	Per 60ml (KJ/Kcal)	Per 100ml (KJ/Kcal)
Energy	435/104	737/176
Protein (g)	0	0
Carbohydrate (g)	26	44
of which sugars (g)	4	6
Fat	0	0
Trans Fat (g)	0	0
of which saturates (g)	0	0
Dietary Fibre (g)	0	0
Sodium (g)	0.03	0.05
Potassium (mg)	140	235
Caffeine (mg)	30	50
Acidity (pH)	3.8	3.8

INGREDIENTS:

Water, Glucose, Maltodextrin, Fruit Juice Min. 15% (Orange, Lemon), Tri Sodium Citrate, Acidulant: (Citric Acid, Malic Acid), Caffeine, Salt, Preservatives: Sodium Benzoate, Potassium Sorbate.

INTERESTING FACT:

Researchers from Glasgow University recently tested nutrition strategies with hundreds of runners at the Dublin Marathon. This included energy bars and gels. It was determined that the only realistic way to get sufficient carbohydrate on-board, in order to optimise Marathon performance, was to use gel.

ADDITIVES/ALLERGENS:

Artificial colours: **No** Preservatives: **YES**
 Natural flavours: **Yes** Artificial sweeteners: **No**
 Vegetarian: **OK** Dietary Vegan: **OK**

Allergens as defined by EU legislation: None in the ingredients

FLAVOURS:

BERRY **ORANGE**
CITRUS PLUS

NO EXTRA WATER REQUIRED **INSTANT ENERGY BOOST** **MORE LIKE A SPORTS DRINK THAN A GEL** **EXCEPTIONALLY EASY ON THE STOMACH** **LIGHT FRUIT JUICE FLAVOURS**

ENERGIZE & HYDRATE

EnergySource 2:1

NUTRITIONALS:

CITRUS / TROPICAL SAMBA / ORANGE / SUMMER FRUITS

TYPICAL VALUES	Per 47g (KJ/Kcal)	Per 100g (KJ/Kcal)
Energy	754/180	1607/384
Protein (g)	0	0
Carbohydrate (g)	45	96
of which sugars (g)	16	34
of which fructose (g)	15	32
Fat	0	0
Trans Fat (g)	0	0
of which saturates (g)	0	0
Dietary Fibre (g)	0	0
Sodium (g)	0.4	0.8
Potassium (mg)	86	180
Osmolality (47g / 500ml)		302mMol
Acidity (pH) (47g / 500ml)		4.5

INGREDIENTS:

Maltodextrin, Crystalline Fructose, Natural Fruit Flavouring (**Citrus Flavour:** Cranberry, Orange, Lemon, Grapefruit, **Orange Flavour:** Orange, Cranberry, **Summer Fruits Flavour:** Blackcurrant, Strawberry, Raspberry, **Tropical Flavour:** Orange, Cranberry, Pineapple, Passion Fruit, Grapefruit) With Other Natural Flavouring, Acidulant: (Citric Acid, Malic Acid - Not Citrus Flavour), Tri Sodium Citrate, Potassium Citrate, Sodium Chloride.

ADDITIVES/ALLERGENS:

Artificial colours: **No** Preservatives: **No**
 Natural flavours: **Yes** Artificial sweeteners: **No**
 Vegetarian **OK** Dietary Vegan **OK**

Allergens as defined by EU legislation: -

FLAVOURS:

CITRUS TROPICAL SAMBA
 ORANGE SUMMER FRUITS

EnergySource is an advanced **2:1 fructose** sports drink for endurance athletes. The 2:1 formulation has been shown by research to provide ~ 40% more carbohydrate to fuel the working muscles and better hydration when compared to a traditional sports drink* This is the drink of choice for Pro athletes. With natural flavours **EnergySource** is light, refreshing and exceptionally easy on the stomach. No colours, preservatives or artificial sweeteners.

EnergySource with **2:1 fructose** can be absorbed at a rate of more than 90 gram per hour. This large amount of carbohydrate fuels your working muscles and enables you to race both faster and further. If your aim is to finish a long distance challenge feeling great and with a smile on your face or to get a PB, then **EnergySource** will help you perform like never before. See research studies below.

To benefit from **2:1 fructose** drinks you must use them correctly. Our **High5 Faster & Further Nutrition Guides** are sports specific, cover every major event distance and provide you with a step-by-step nutrition strategy for your particular body weight. **Download the High5 Faster & Further Nutrition Guides free from:**

www.highfive.co.uk/high5-faster-and-further
www.highfive.co.uk/marathon-guide



564g Sachet Pack / 2.2kg Jar
 Powdered Drink Mix



HIGH5 GO FURTHER RESEARCH

Research Study 4: (2012) Athletes rode a simulated Cyclo Sportive in the lab and were required to go as far as possible (a minimum of 60-miles) at a controlled speed. On one occasion they used their own brand of nutrition as they would normally. On another occasion they used **High5 2:1 fructose** drinks following the High5 Faster & Further Nutritional Guide. Using **High5** they rode (on average) 26% further.

HIGH5 RACE FASTER RESEARCH

Athletes were asked to ride on two occasions. On both occasions they rode for 2 1/2 hours at moderate intensity followed by a flat out Time Trial. During one ride they used their own brand of nutrition, as they would normally. During the other ride they used **EnergySource 2:1 fructose**, as per the instructions found in the **High5 Faster & Further Nutrition Guides (left)**.

Research Study 1: Cycling Weekly / Glasgow University (2009) - the 40 mile Time Trial was completed on average 5 minutes 45 seconds faster using **High5**.

Research Study 2: Martin-Luther-University Germany (2009): during the 40 mile Time riders produced on average 15% more power using **High5** (up from 184 to 212 watts).

Research Study 3: Prof. Ernst Albin Hansen Aalborg University, Denmark (2010) - the 48km Time Trial was completed 8 minutes faster using **High5**.

For further information on this independent research and more studies visit www.highfive.co.uk

ADVANCED 2:1 FRUCTOSE

MAXIMUM ENERGY DELIVERY

FAST HYDRATION

EASY ON THE STOMACH

LIGHT & REFRESHING NATURAL FLAVOURS

* For the purposes of this discussion, a **traditional energy or sports drink** is defined as a drink containing a source of carbohydrate that breaks down to glucose and contains little or no fructose. The information contained on this sheet is to the best of our knowledge accurate at the date of issue. Nothing herein shall be deemed to create any warranty, express or implied. It is the responsibility of the user to ensure the suitability of the product for purpose.

EnergyBar

EnergyBar is a healthy snack and a proven source of energy during exercise. High in carbohydrate and 94% fat free, it has the right balance of both simple and complex carbohydrate to provide fast and sustained energy.

EnergyBar is made from real fruit (~55%) and wholesome grains (~30%) and it's a nutritionally complete performance food that tastes great. Free from colours and preservatives, each bar provides one of your 5-a-day fruit / veg portions and it's gluten free.

EnergyBar is high in fructose (~ 20%), which means that it can be used as part of the **High5 Faster & Further** nutrition strategy utilizing **2:1 fructose**. **EnergyBar** is easy on the stomach, easy to chew and remains moist.

Designed for sport, **EnergyBar** has been used for: trekking to the poles, cross Pacific rowing, long distance triathlons, enduro MTB events, hill walking, multi-day endurance racing, football, cyclo sportive and swim meets. It's also useful for carbo-loading.



60g Bar

NUTRITIONALS:

	BANANA	
TYPICAL VALUES	Per 60g Bar (KJ/Kcal)	Per 100g (KJ/Kcal)
Energy	871/208	1452/347
Protein (g)	2	4
Carbohydrate (g)	43	72
of which sugars (g)	22	37
of which fructose (g)	11	19
Fat	2.9	4.8
of which saturates (g)	0.3	0.6
Trans Fat (g)	<0.1	<0.1
Dietary Fibre (g)	2	3
Sodium (g)	0.04	0.07
Potassium (mg)	300	500

INGREDIENTS:

Dried Fruit 60% (Sultana, Pineapple, Banana 15%), Oats 25%, Puffed Rice 5% [Rice Flour, Sugar], Maltodextrin, Humectant: Vegetable Glycerine, Sunflower Oil, Coconut Oil, Natural Flavouring.

	COCONUT	
TYPICAL VALUES	Per 60g Bar (KJ/Kcal)	Per 100g (KJ/Kcal)
Energy	908/217	1515/362
Protein (g)	2	4
Carbohydrate (g)	44	73
of which sugars (g)	22	37
of which fructose (g)	11	18
Fat	3.7	6
of which saturates (g)	2.8	4.6
Trans Fat (g)	<0.1	<0.1
Dietary Fibre (g)	2	3
Sodium (g)	0.04	0.07
Potassium (mg)	216	360

INGREDIENTS:

Dried Fruits 55% (Pineapple, Sultana, Apple, Banana), Oats 19%, Maltodextrin, Coconut (8%), Puffed Rice 8% [Rice Flour, Sugar], Humectant: Vegetable Glycerin, Lemon Juice, Natural Flavouring.

	BERRY	
TYPICAL VALUES	Per 60g Bar (KJ/Kcal)	Per 100g (KJ/Kcal)
Energy	890/212	1483/354
Protein (g)	2	4
Carbohydrate (g)	44	72
of which sugars (g)	23	39
of which fructose (g)	12	20
Fat	3.3	5.6
of which saturates (g)	0.5	0.8
Trans Fat (g)	<0.1	<0.1
Dietary Fibre (g)	2	3
Sodium (g)	0.03	0.06
Potassium (mg)	270	450

INGREDIENTS:

Mixed Dried Fruit 45% (Sultanas, Pineapple, Apple), Oats 27%, Mixed Berry Blend 11% (Cranberry, Strawberry, Raspberry, Blackcurrant), Puffed Rice 5% [Rice Flour, Sugar], Maltodextrin, Humectant: Vegetable Glycerine, Sunflower Oil, Coconut Oil, Natural Flavouring.

INTERESTING FACT:

The 5 to 6% fat content in EnergyBar is "healthy fat" from oats, sunflower oil and a special coconut oil (high in MCT's).

ADDITIVES/ALLERGENS:

Artificial colours: **No** Preservatives: **No**
 Artificial sweeteners: **No** Natural flavours: **Yes**
 Vegetarian **OK** Dietary Vegan **OK**

Allergens as defined by EU legislation: -

Gluten Free < 20ppm
 May Contain Traces of Nuts: although this bar does not contain nut ingredients, it is made on the same production line as bars containing nuts.

WADA - EnergyBar contains small amounts of **Glycerine**. For more information visit www.highfive.co.uk and follow the link to the drugs free statement.

FLAVOURS:

BANANA **COCONUT**
BERRY