

## **Torq Energy – Natural Unflavoured:**

- **Complex carbohydrate energy drink**
- **Neutral (flavourless)**
- **Can be added to food**
- **No colours, flavours, artificial sweeteners or preservatives**

TORQ energy NATURAL is made from an ingredient called maltodextrin, often referred to as a glucose polymer. A glucose polymer's molecular profile optimises the long-term energy providing properties of complex carbohydrates, without the need to consume bulky starch-rich foods. These bulky foods take a longer time to digest because they contain fibre, an important, but metabolically useless nutrient. They also fill and bloat your stomach making movement and sport in particular more difficult. TORQ energy, when diluted with the correct amount of water, delivers a sustained supply of glucose to the working muscle. This product is recommended as a supplement to your regular diet and shouldn't be used to replace healthy foods. Keep eating carbohydrate in the form of rice, pasta, pulses, cereals and potatoes, as the fibre is important for your digestive system and these foods do contain protein and vitamin/mineral traces.

### **When should I use TORQ energy ?**

As a supplement to your regular nutrition during heavy training/racing periods: Sometimes it is just impossible to get enough calories from a regular diet to fuel your performance. 4 level scoops of TORQ energy dissolved in 750ml of water is equivalent in energy to a medium sized bowl of pasta. TORQ energy can also be added to all sorts of regular food. Sprinkle TORQ energy onto your breakfast cereal, or add to your favourite sweet or savoury recipes. You are unlikely to notice that it has been added; yet it will enhance the carbohydrate content of the food significantly. If you use TORQ energy in this way, please ensure that you drink plenty of extra water as this is necessary for effective glycogen storage.

While you are exercising: It is very unlikely that you will replace all of the energy you are using, unless you are riding particularly slowly, but research has proven that regular intake of a glucose polymer whilst exercising will delay the onset of fatigue. Aim to consume at least 60g (4 level scoops) of TORQ energy per hour whilst exercising.

Within 15 minutes of finishing exercise: This is the best time to get carbohydrate into your system (while enzyme activity is elevated) and solid food isn't always appealing at this time. For optimal recovery, aim to consume 1gram of TORQ energy per kilogram body weight, or between 60 and 80g (4-5 level scoops) immediately after exercise and repeat this procedure every 2 hours for the next 4-6 hours.

For carbohydrate loading: Research has shown that if you elevate your carbohydrate intake for the days leading up to an event, you will super-charge your muscles with glycogen, enhancing your performance and extending time to exhaustion. There are a variety of carbohydrate loading methods, but as a guide, aim to consume 8-10g of carbohydrate per kg bodyweight per day for the 3 days leading up to the important event. During this time, every effort should be made to keep fat intake as low as possible and exercise volume should be light. Please note that these figures represent the recommended amount of total carbohydrate, so use TORQ energy to help you achieve these levels.

As a method of weight control: If you use TORQ energy in combination with a reduced dietary intake of fat, you will replace fat calories with carbohydrate ones. This means that you will be able

to train harder and for longer, speeding-up the fat-loss process as well as boosting your fitness. Be warned however, that over-consumption of TORQ energy without adjustments to your dietary and exercise regimens may cause weight gain. For successful fat loss, you should aim to work at a slight negative energy balance, meaning that you should consume marginally less calories than you're using, whilst ensuring that your mix of calories leans heavily in flavour of carbohydrate over fat.

#### **Usage instructions:**

TORQ energy is completely soluble in water and mixes easily. For best results, add the polymer to water and mix thoroughly until clear. If mixing in a sports drink bottle, half fill bottle with water, add appropriate measure of TORQ energy and then replace lid and shake well before topping up with water. Add squash or fruit juice to flavour or leave alone for a neutral taste.

General fuelling and re-hydration: Mix 4 level scoops (65grams) of TORQ energy with 750ml of water. Aim to consume at least 750ml (a large bottle) of this 9% carbohydrate solution per hour.

Fuelling and re-hydration in hot/humid conditions: Mix 3 level scoops (50grams) of TORQ energy with 750ml of water. Aim to consume in excess of 1000ml of this 6% carbohydrate solution per hour. It is not unusual for the human body to lose 2-3litres of fluid per hour under these environmental conditions.

Fuelling and re-hydration in cooler weather: You may wish to experiment with slightly higher concentrations of solution when dehydration is less of an issue. 6 scoops (100grams) of TORQ energy mixed with 750ml of water represents a 13% carbohydrate solution, which will provide adequate energy with a reduced hourly fluid intake. Aim to consume somewhere in the region of 500ml of this solution per hour.

**Ingredients:** Maltodextrin (Polysaccharide 94%, Maltose 5%, Dextrose 1%)

**Nutritional Information (per 100grams):** Energy (Kcal) 384, Energy (Kj) 1605, Carbohydrate 96g, Fat 0g, Protein 0g.

#### **Torq Energy – Natural Flavoured:**

- Optimal carbohydrate blend
- With electrolytes
- Natural flavours
- No colours, artificial sweeteners or preservatives

TORQ energy NATURAL FLAVOURED is a naturally flavoured high carbohydrate energy drink, containing no artificial sweeteners, colours or preservatives. TORQ energy NATURAL FLAVOURED has been painstakingly formulated so that it delivers TORQ's unique blend of carbohydrate and electrolytes to the working muscles through a drink that is lightly flavoured, refreshing and most importantly NATURAL.

This flavoured version of TORQ energy offers all the benefits of TORQ energy NATURAL with a number of significant added qualities:

More available carbohydrate: This drink's ingredient matrix has been brought in line with some of the most recent research into energy drink formulation. Two studies published in 2005\* and 2006\*\* offered quite staggering results when Maltodextrin (TORQ energy NATURAL) was mixed with Fructose (fruit sugar) at a 2:1 ratio. Although Maltodextrin alone has been proven to be considerably more effective than Fructose in isolation, when the two are mixed in this 2:1 ratio, significantly more carbohydrate is made available for use. These studies have demonstrated that a 2:1 Maltodextrin to Fructose mix caused athletes to burn 40% more carbohydrate compared with consuming Maltodextrin alone. What are the benefits? Quite simply, the increased availability of carbohydrate means that you will be able to sustain a higher pace for longer using TORQ energy NATURAL FLAVOURED, making this product the most advanced formulation available to endurance athletes on the market today.

**Electrolytes:** TORQ energy NATURAL FLAVOURED contains Sodium, Chloride, Magnesium, Potassium and Calcium to replace the electrolytes lost through perspiration and to preserve muscle function. Some brands do not include all of these electrolytes in their formulations - some include none at all.

**Ready to drink:** Perhaps a small benefit for sure, but if you're going to add flavour to your unflavoured TORQ energy NATURAL, this formulation will save you time. Just add the appropriate measure of product to your water bottle, give it a shake and its ready to drink.

So, why would you ever buy unflavoured TORQ energy NATURAL after reading about our flavoured products? The benefit of TORQ energy NATURAL is its simplicity. If you don't like flavoured products and want a neutral-tasting beverage, TORQ energy NATURAL is as effective at providing energy as any other product available on the market today. It can also be added to food as an invisible calorie to boost the carbohydrate content. It is not recommended that you mix TORQ energy NATURAL FLAVOURED on its own above 9% carbohydrate or you will overdose on electrolytes, so during cooler weather you can add TORQ energy NATURAL if you want to run a higher concentration.

**DOSE:** If exercising intensely, or for prolonged periods in the heat, mix 1 level scoop of TORQ energy with every 250ml water consumed (4 level scoops per litre). This is a 6% carbohydrate mix. If using TORQ energy during lower-intensity training or in cooler conditions, you can experiment with higher concentrations. We recommend that you do not exceed a 9% carbohydrate solution (6 level scoops per litre) of this product. If you would like to run a more concentrated carbohydrate solution than this, add TORQ's NATURAL or NATURAL ORGANIC unflavoured energy drink mix to your 9% solution. TORQ energy NATURAL and NATURAL ORGANIC are made from a pure carbohydrate glucose polymers and do not contain electrolytes or flavours.

**MIXING:** Half fill drink bottle with water. Add scoops of TORQ energy. Put top on bottle and shake vigorously. Top-up with water and shake again. TORQ energy is now ready to drink.

**INGREDIENTS:** Maltodextrin, Fructose, Citric Acid, Natural Orange Flavour (3%), Electrolytes (Sodium Chloride, Calcium Lactate, Potassium Chloride, Magnesium Carbonate).

**NUTRITIONAL INFORMATION (Per 100g):** Energy 1522kJ/365kCal, Carbohydrate 91g (of which 23g sugars), Protein 0g, Fat 0g.

**ELECTROLYTES (mg/l) [@ 1 scoop per 250ml]:** Chloride (941), Sodium (550), Potassium (127), Calcium (50), Magnesium (11.4).

\*Wallis, GA; Rowlands, D S; Shaw, C; Jentjens, R L; Jeukendrup, A E (2005). Oxidation of Combined Ingestion of Maltodextrins and Fructose during Exercise. *Medicine & Science in Sports & Exercise*. 37(3): 426-432.

\*\*Roy L. P. G. Jentjens, Katie Underwood, Juul Achten, Kevin Currell, Christopher H. Mann, and Asker E. Jeukendrup (2006). Exogenous carbohydrate oxidation rates are elevated after combined ingestion of glucose and fructose during exercise in the heat. J Appl Physiol 100: 807-816.

