



# Roctane Energy Gels

QUICK, EFFECTIVE, & SUSTAINED ENERGY

## Details

### BEST USE

**Before & During Activity**

### CALORIES

**100** (per serving)

### VEGAN & GF

**Yes**

### KOSHER

**Yes**



### CARBS

**19–21g** (per serving)

### SODIUM

**125–180mg** (per serving)

### AMINO ACIDS

**1425mg** (per serving)

### CAFFEINE

**In select flavors**

## Benefits

Energy Gels pack quick, effective, and sustained energy to meet the demands of all types of activity, in a convenient packet small enough to fit in your pocket. Roctane Energy Gels deliver more of the key nutrients you need to feel strong when the going gets tough.



## The Flavors

Blueberry Pomegranate

Strawberry Kiwi

Sea Salt Chocolate

Cherry Lime

Lemonade

Cold Brew

Vanilla Orange

Chocolate Coconut

Salted Lime

Pineapple

## The Ingredients

### CARBOHYDRATES

Complex & Simple

### SODIUM

The primary electrolyte lost in sweat that aids in hydration.

### BCAAs

May reduce mental fatigue and decrease muscle damage while jump-starting recovery