

For beginner to pro
HIGH5
SPORTS NUTRITION

PRODUCT GUIDE 2015

Advanced Race Nutrition at:



CONTENTS:

High5 Advanced Nutrition Guides.....	03
High5 ZERO.....	04
High5 ZERO Neutral.....	05
High5 ZERO X'treme.....	06
High5 EnergyGel.....	07
High5 EnergyGel Plus.....	08
High5 IsoGel.....	09
High5 IsoGel Plus.....	10
High5 EnergySource.....	11
High5 EnergySource Plus.....	12
High5 EnergySource X'treme.....	13
High5 4:1 EnergySource.....	14
High5 4:1 Bar.....	15
High5 Protein Recovery.....	16
High5 Isotonic.....	17
High5 EnergyBar.....	18
High5 SportsBar.....	19
High5 ProteinBar.....	20
High5 Race Pack.....	21
High5 Marathon Pack.....	22
Drugs Free Statement.....	23

TAKE YOUR BEST TO A WHOLE NEW LEVEL

High5 is a UK company run by athletes. We have competed in many of the World's toughest events and have years of racing experience between us. We know from personal experience **how important it is to get your nutrition absolutely right** and what it takes to make a great sports product.

High5 has close links with Universities and leading researcher groups. Combining our practical no-nonsense approach with the latest developments in sports science, means that

High5 products are always leading edge and 100% fit for purpose.

In short, no matter how hard it gets, our products **will ensure that you perform at your very best and enjoy your event more.**



ADVANCED NUTRITION GUIDES

HIGH5
SPORTS NUTRITION

INDEPENDENT TESTING:

Numerous tests by independent sports scientists have shown that, compared to other brands of nutrition, simply switching to the **High5 Advanced Nutrition Guides** on-the-day of an event enabled test subjects to ride (on average):

- 26% further (at the same speed)
- 5min 45 seconds faster in a 40 mile time trial
- with 15% more power

In fact: if you **don't** race faster and further we will give you your **money back**.

MONEY BACK GUARANTEE:

We work with sports scientists and athletes to develop and test our new generation of **2:1 fructose** and caffeine based drinks. I am absolutely confident that you will race faster, further and stronger when following the **High5 Advanced Nutrition Guides**. If you do not, then I will personally send you a cheque for a refund for the **High5** product you have purchased*.

Best wishes for the season

Tim Atkinson

(Technical Director – High5 Sports Nutrition)

*Terms apply. Please visit our website to find out more.

FREE DOWNLOAD:

To benefit from **2:1 fructose** drinks with caffeine, you must use them correctly. The **High5 Advanced 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 Advanced Nutrition Guides** **FREE** from:



[www.highfive.co.uk/
high5-faster-and-further](http://www.highfive.co.uk/high5-faster-and-further)

High5 is a leader in performance sports nutrition

Our bars, gels and drinks fuel many of the world's best athletes. We combine the latest developments in sports science with years of racing experience to create products that will help you perform at your very best, no matter what your ability.

High5 has developed **step-by-step nutrition guides** specific to **YOUR** bodyweight, sport, event distance and race day weather/sweat rates. Proven by athletes in many of the world's toughest events, these guides can give great results.



ACTIVITIES UP TO 90 MINUTES:

Carbohydrate is the fuel that lets you ride and run strong and it's what makes your sport enjoyable. Although your body only has a limited store of carbohydrate, that store is normally sufficient for rides of up to 90 minutes.

For activities less than 90 minutes you generally only need to take on fluids with electrolytes to remain **HYDRATED**. A product like **High5 ZERO** is ideal.

ACTIVITIES MORE THAN 90 MINUTES:

Your body's limited store of carbohydrate can be depleted after 90 to 120 minutes of exercise and as a result your energy levels will drop. When taking part in training sessions or races longer than 90 minutes, you should focus on both **HYDRATION** and **ENERGY**.

Fuelling your body with a sports drink or gel will help maintain your performance and provide the extra energy you need to enjoy the latter stages of a longer training session or event. An added benefit is that you will not feel so tired the day after a tough training session or race, particularly if you also use an **AFTER SPORT** product like **High5 Protein Recovery**.

HYDRATION

ZERO

HIGH5
SPORTS NUTRITION

NUTRITION INFO:

ZERO BERRY

TYPICAL VALUES	Per 4g Serving	% RI* (4g)
Magnesium (mg)	56	15%
Potassium (mg)	70	0.1%
Calcium (mg)	9	1.1%
Vitamin C (mg)	28	35%
Sodium (mg)	200	—
Green Tea (mg)	1	—

ZERO CITRUS

TYPICAL VALUES	Per 4g Serving	% RI* (4g)
Magnesium (mg)	56	15%
Potassium (mg)	70	0.1%
Calcium (mg)	9	1.1%
Vitamin C (mg)	28	35%
Sodium (mg)	200	—
Green Tea (mg)	1	—

ZERO CHERRY-ORANGE

TYPICAL VALUES	Per 4g Serving	% RI* (4g)
Magnesium (mg)	56	15%
Potassium (mg)	70	0.1%
Calcium (mg)	9	1.1%
Vitamin C (mg)	28	35%
Sodium (mg)	200	—
Green Tea (mg)	1	—

ZERO PINK-GRAPEFRUIT

TYPICAL VALUES	Per 4g Serving	% RI* (4g)
Magnesium (mg)	56	15%
Potassium (mg)	70	0.1%
Calcium (mg)	9	1.1%
Vitamin C (mg)	28	35%
Sodium (mg)	200	—
Green Tea (mg)	1	—

*Reference intake.

Superior hydration with zero calories. UK's No.1 electrolyte sports drink tab

ZERO produces a clean-tasting and highly refreshing drink with zero sugar. The tabs contain light natural flavours with no artificial colours or preservatives. Simply drop a tab into your re-usable sports bottle and watch it rapidly dissolve. **ZERO** contains Vitamin C and 5 electrolytes, including sodium and magnesium.

Vitamin C in **ZERO** supports a healthy immune system, protects the cells from oxidative stress and contributes to the reduction of tiredness and fatigue. Magnesium in **ZERO** contributes to electrolyte balance, reduces tiredness and fatigue, whilst supporting muscle protein synthesis.

With minimal packaging, **ZERO** is environmentally friendly. The easy-break tabs mean that you can choose your ideal drink strength.

ZERO is suitable for a wide range of sporting activities such as: football, rugby, biking, martial arts, motor racing, running, triathlon, swimming, hiking, aerobics and racquet sports. With a light non-sweet taste, **ZERO** can be consumed when working in hot environments such as the mining and oil industry, fire fighting and the military.

Sizes Available:

- 20 Tab Tube (makes 15 litre drink)



FEATURES:

- Light & refreshing sports drink with a hint of fruit
- With Vitamin C and electrolytes
- Zero sugar
- With natural flavours. No artificial colours or preservatives
- Suitable for vegetarians and vegans

INGREDIENTS:

ZERO BERRY

Acidity Regulator (Citric Acid, Malic Acid), Sodium Bicarbonate, Sweeteners (Sorbitols, Sucralose), Magnesium Carbonate, Sodium Citrate, Potassium Citrate, Natural Colours (Beetroot Red, Carotenes, Curcumin), Natural Flavouring, L-Ascorbic Acid, Calcium Carbonate, Sodium Chloride, Green Tea Extract.

ZERO CITRUS

Acidity Regulator (Citric Acid, Malic Acid), Sodium Bicarbonate, Sweeteners (Sorbitols, Sucralose), Magnesium Carbonate, Sodium Citrate, Potassium Citrate, Natural Flavouring, L-Ascorbic Acid, Calcium Carbonate, Maltodextrin, Natural Colour (Riboflavins), Sodium Chloride, Green Tea Extract.

ZERO CHERRY-ORANGE

Acidity Regulator (Citric Acid, Malic Acid), Sodium Bicarbonate, Sweeteners (Sorbitols, Sucralose), Magnesium Carbonate, Sodium Citrate, Potassium Citrate, Natural Flavouring, Natural Colour (Beetroot Red, Beta-Carotene), L-Ascorbic Acid, Calcium Carbonate, Sodium Chloride, Green Tea Extract.

ZERO PINK-GRAPEFRUIT

Acidity Regulator (Citric Acid, Malic Acid), Sodium Bicarbonate, Sweeteners (Sorbitols, Sucralose), Magnesium Carbonate, Sodium Citrate, Potassium Citrate, Natural Colour (Beetroot Red, Riboflavins), Natural Flavouring, L-Ascorbic Acid, Calcium Carbonate, Sodium Chloride, Green Tea Extract.

For allergens, including cereals containing gluten, see ingredients in **bold**. Food supplement. Should not be a substitute for a varied diet. Serving: 1 tablet. Max servings per day: 3. Do not exceed the recommended daily dosage. Keep out of reach of children. Excessive consumption may produce laxative effects.

ELECTROLYTE HYDRATION DRINK | ZERO CAL - ZERO SUGAR | LIGHT REFRESHING TASTE FROM NATURAL FLAVOURS | USE AS PART OF YOUR WEIGHT MANAGEMENT PROGRAM

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. Content may change without notice

HYDRATION

ZERO Neutral

HIGH5
SPORTS NUTRITION

NUTRITION INFO:

ZERO NEUTRAL

TYPICAL VALUES	Per 4g Serving	% RI* (4g)
Magnesium (mg)	56	15%
Potassium (mg)	70	0.1%
Calcium (mg)	9	1.1%
Vitamin C (mg)	28	35%
Sodium (mg)	200	—
Green Tea (mg)	1	—

*Reference intake.

INGREDIENTS:

Acidity Regulator (Citric Acid, Malic Acid), Sodium Bicarbonate, Sweetener (Sorbitols), Maltodextrin, Magnesium Carbonate, Sodium Citrate, Potassium Citrate, L-Ascorbic Acid, Calcium Carbonate, Sodium Chloride, Green Tea Extract. Excessive Consumption May Produce Laxative Effects.

For allergens, including cereals containing gluten, see ingredients in **bold**. Food supplement. Should not be a substitute for a varied diet. Serving: 1 tablet. Max servings per day: 3. Do not exceed the recommended daily dosage. Keep out of reach of children. Excessive consumption may produce laxative effects.

Sizes Available:

- 20 Tab Tube (makes 15 litre drink)

FEATURES:

- Transform any supermarket drink into an electrolyte sports drink
- Boost the electrolyte levels of an existing sports drink
- Zero sugar
- With Vitamin C and 5 electrolytes, including sodium and magnesium
- Suitable for a wide range of sporting activities
- Neutral flavour. No artificial colours or preservatives

Boosts the electrolyte levels of an existing sports drink or transforms any drink into an electrolyte drink

ZERO Neutral electrolyte tabs let you take control of your sports drink. With no flavour, sugar or sweetness, simply drop a tab into water, supermarket cordial or diluted juice to create your own zero calorie sports drink with your favourite flavours. ZERO Neutral is the same formulation as flavoured **ZERO**.

ZERO Neutral tabs can also be used to increase the electrolyte content of an existing sports drink, which is especially useful when the conditions are hot and sweaty. ZERO Neutral contains Vitamin C and 5 electrolytes, including sodium and magnesium.

Vitamin C in **ZERO Neutral** supports a healthy immune system, protects the cells from oxidative stress and contributes to the reduction of tiredness and fatigue. Magnesium in ZERO Neutral contributes to electrolyte balance, reduces tiredness and fatigue, whilst supporting muscle protein synthesis.



Environmentally Friendly:



Tube makes up to 30 X 500ml in re-usable drinks bottle



CRAMP:

CRAMP - The American College of Sports Nutrition states that:

"Muscle cramps are associated with **dehydration** and **electrolyte deficits** and muscle fatigue".

ELECTROLYTE TABS - NEUTRAL FLAVOUR

MAKE A SUPERMARKET DRINK INTO A PROPER SPORTS DRINK

EXTRA ELECTROLYTES FOR RACING IN THE HEAT

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. Content may change without notice.

NUTRITION INFO:

ZERO X'TREME BERRY

TYPICAL VALUES	Per 4g Serving	% RI* (4g)
Magnesium (mg)	56	15%
Potassium (mg)	70	0.1%
Calcium (mg)	9	1.1%
Vitamin C (mg)	28	35%
Sodium (mg)	200	—
Caffeine (mg)	75	—
Green Tea (mg)	1	—

ZERO X'TREME PINK-GRAPEFRUIT

TYPICAL VALUES	Per 4g Serving	% RI* (4g)
Magnesium (mg)	56	15%
Potassium (mg)	70	0.1%
Calcium (mg)	9	1.1%
Vitamin C (mg)	28	35%
Sodium (mg)	200	—
Caffeine (mg)	75	—
Green Tea (mg)	1	—

*Reference intake.

With 75mg Caffeine

Per serving (1 tablet per 500ml water)

Sizes Available:

- 20 Tab Tube (makes 10 litre drink)

FEATURES:

- Zero sugar
- Light and refreshing
- With Vitamin C and 5 electrolytes, including sodium and magnesium
- Suitable for a wide range of sporting activities
- Widely used when driving or clubbing
- Contains caffeine (75mg/tablet)
- Suitable for Vegetarians and Vegans

Superior Hydration with a caffeine boost and zero calories

ZERO X'treme is an award-winning electrolyte sports drink tab with caffeine. It produces a clean tasting and highly refreshing drink with zero calories. The tabs contain light natural flavours with no artificial colours or preservatives. Used by athletes before and during exercise, caffeine helps improve attention, concentration and reaction time.

Vitamin C in **ZERO X'treme** supports a healthy immune system, protects the cells from oxidative stress and contributes to the reduction of tiredness and fatigue. Magnesium in **ZERO X'treme** contributes to electrolyte balance, reduces tiredness and fatigue, whilst supporting muscle protein synthesis.

Simply drop a tab into your re-usable sports bottle and watch it rapidly dissolve. The 20 tab tube makes up to 10 litres of drink, so it's great value for money. With minimal packaging, **ZERO X'treme** is also environmentally friendly and easy to keep with you.

Environmentally Friendly:



Tube makes up to 20 X 500ml in re-usable drinks bottle

INGREDIENTS:

ZERO BERRY

Acidity Regulator (Citric Acid, Malic Acid), Sodium Bicarbonate, Sweeteners (Sorbitols, Sucralose), Magnesium Carbonate, Sodium Citrate, Potassium Citrate, Natural Flavouring, Tea Extract (Contains Caffeine), Natural Colours (Beetroot Red, Carotenes, Curcumin, Riboflavins), L-Ascorbic Acid, Calcium Carbonate, Sodium Chloride, Green Tea Extract.

ZERO PINK-GRAPEFRUIT

Acidity Regulator (Malic Acid, Citric Acid), Sodium Bicarbonate, Sweeteners (Sorbitols, Sucralose), Magnesium Carbonate, Sodium Citrate, Potassium Citrate, Natural Flavouring, Natural Colour (Beetroot Red, Riboflavins), Tea Extract (Contains Caffeine), L-Ascorbic Acid, Calcium Carbonate, Sodium Chloride, Green Tea Extract.

The easy-break tabs mean that you can choose your ideal drink strength.

ZERO X'treme is suitable for a wide range of sporting activities such as: football, rugby, biking, martial arts, motor racing, running, triathlon, swimming, hiking, aerobics and racquet sports.



CRAMP:

CRAMP - The American College of Sports Nutrition states that:

"Muscle cramps are associated with **dehydration** and **electrolyte deficits** and muscle fatigue".

For allergens, including cereals containing gluten, see ingredients in **bold**. Food supplement. Should not be a substitute for a varied diet. Serving: 1 tablet. Max servings per day: 3. Do not exceed the recommended daily dosage. Keep out of reach of children. Excessive consumption may produce laxative effects. Contains caffeine. Not recommended for children or pregnant women (15mg/100ml).

NUTRITION INFO:

ENERGYGEL APPLE

TYPICAL VALUES	Per 100g	Per 40g Serving
Energy (KJ/Kcal)	952/224	381/91
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	56	23
- of which sugars (g)	7.2	2.9
Protein (g)	0	0
Salt (g)	0.12	0.05

ENERGYGEL BANANA

TYPICAL VALUES	Per 100g	Per 40g Serving
Energy (KJ/Kcal)	952/224	381/90
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	56	23
- of which sugars (g)	6.1	2.5
Protein (g)	0	0
Salt (g)	0.12	0.05

ENERGYGEL CITRUS

TYPICAL VALUES	Per 100g	Per 40g Serving
Energy (KJ/Kcal)	952/224	381/90
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	56	23
- of which sugars (g)	6.2	2.5
Protein (g)	0	0
Salt (g)	0.12	0.05

ENERGYGEL ORANGE

TYPICAL VALUES	Per 100g	Per 40g Serving
Energy (KJ/Kcal)	952/224	381/90
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	56	23
- of which sugars (g)	7.4	2.9
Protein (g)	0	0
Salt (g)	0.12	0.05

ENERGYGEL SUMMER FRUITS

TYPICAL VALUES	Per 100g	Per 40g Serving
Energy (KJ/Kcal)	952/224	381/90
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	56	23
- of which sugars (g)	6.8	2.7
Protein (g)	0	0
Salt (g)	0.12	0.05

Use EnergyGel for an instant energy boost. It is smooth with a light consistency and a dash of real juice for a great taste

EnergyGel is smooth with a light consistency and a dash of real juice for a great taste. It's not thick or overly sweet. Easy to open and swallow, each sachet contains 23g of carbohydrate. EnergyGel is award-winning and proven in many of the World's toughest competitions.

Which High5 gel to choose: **EnergyGel** or **IsoGel**? Both types of gel do the same job. However, IsoGel has a lighter consistency somewhere between a drink and a gel. EnergyGel has a slightly thicker consistency, but is less bulky and lighter in weight, which makes it easier to carry in larger quantities.

Sizes Available:

- 20 Sachets per box

FEATURES:

- Race proven in the World's toughest competitions
- Real juice flavours for a light refreshing taste
- 23g of carbohydrate
- Caffeine Free
- Easy to carry and open
- Suitable for vegetarians and vegans

INGREDIENTS:

ENERGYGEL APPLE

Glucose, Water, Maltodextrin, Fruit Juice (Apple), Acidity Regulators (Malic Acid, Tri Sodium Citrate, Citric Acid), Sea Salt, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavouring.

ENERGYGEL BANANA

Glucose, Water, Maltodextrin, Acidity Regulators (Tri Sodium Citrate, Citric Acid), Natural Flavouring, Sea Salt, Preservatives (Potassium Sorbate, Sodium Benzoate).

ENERGYGEL CITRUS

Glucose, Water, Maltodextrin, Fruit Juice (Lemon, Lime), Acidity Regulator (Tri Sodium Citrate), Sea Salt, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavouring.

ENERGYGEL ORANGE

Glucose, Water, Maltodextrin, Fruit Juice (Orange, Lemon), Acidity Regulator (Tri Sodium Citrate, Citric Acid), Sea Salt, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavouring.

ENERGYGEL SUMMER FRUITS

Glucose, Water, Maltodextrin, Fruit Juice (Cranberry, Raspberry), Natural Flavouring, Acidity Regulators (Tri Sodium Citrate, Citric Acid), Sea Salt, Preservatives (Potassium Sorbate, Sodium Benzoate).



For allergens, including cereals containing gluten, see ingredients in **bold**.

ENERGY & STIMULATION

EnergyGel Plus

HIGH5
SPORTS NUTRITION

NUTRITION INFO:

ENERGYGEL PLUS ORANGE

TYPICAL VALUES	Per 100g	Per 40g Serving
Energy (KJ/Kcal)	952/224	381/90
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	56	23
- of which sugars (g)	7.4	2.9
Protein (g)	0	0
Salt (g)	0.12	0.05

ENERGYGEL PLUS RASPBERRY

TYPICAL VALUES	Per 100g	Per 40g Serving
Energy (KJ/Kcal)	952/224	381/90
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	56	23
- of which sugars (g)	6.8	2.7
Protein (g)	0	0
Salt (g)	0.12	0.05

With **30mg** Caffeine per sachet

Sizes Available:

- 20 Sachets per box

FEATURES:

- Race proven in the World's toughest competitions
- Real juice flavours for a light refreshing taste
- 23g of carbohydrate
- Contains caffeine (30mg/sachet)
- Easy to carry and open
- Suitable for Vegetarians and Vegans

Use EnergyGel Plus for an instant energy boost with caffeine

EnergyGel Plus is smooth with a light consistency and a dash of real juice for a great taste. It's not thick or overly sweet. Easy to open and swallow, each sachet contains 23g of carbohydrate and a moderate dose of caffeine.

When taking **EnergyGel Plus** as recommended, the caffeine content can increase attention, concentration and reaction time. EnergyGel Plus is award-winning and proven in many of the World's toughest competitions.

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. Download the High5 Advanced Nutrition Guides **FREE** from: www.highfive.co.uk/high5-faster-and-further

INGREDIENTS:

ENERGYGEL PLUS ORANGE

Glucose, Water, Maltodextrin, Fruit Juice (Orange, Lemon), Acidity Regulators (Tri Sodium Citrate, Citric Acid), Tea Extract (Contains Caffeine), Sea Salt, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavouring.

ENERGYGEL PLUS RASPBERRY

Glucose, Water, Maltodextrin, Fruit Juice (Raspberry, Cranberry), Acidity Regulators (Tri Sodium Citrate, Citric Acid), Natural Flavouring, Tea Extract (Contains Caffeine), Sea Salt, Preservatives (Potassium Sorbate, Sodium Benzoate).



For allergens, including cereals containing gluten, see ingredients in **bold**. Contains caffeine. Not recommended for children or pregnant women (75mg/100g).

INSTANT ENERGY BOOST

LIGHT CONSISTENCY & LOW SWEETNESS

REAL FRUIT JUICE FLAVOURS

LIGHT & EASY TO CARRY

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. Content may change without notice

NUTRITION INFO:

ISO GEL BERRY

TYPICAL VALUES	Per 100g	Per 66g Serving
Energy (KJ/Kcal)	612/144	404/95
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	36	23
- of which sugars (g)	5	3
Protein (g)	0	0
Salt (g)	0.10	0.07

ISO GEL ORANGE

TYPICAL VALUES	Per 100g	Per 66g Serving
Energy (KJ/Kcal)	612/144	404/95
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	36	23
- of which sugars (g)	5	3
Protein (g)	0	0
Salt (g)	0.10	0.07

Sizes Available:

- 25 Sachets per box

FEATURES:

- Race proven in the World's toughest competitions
- Real juice flavours for a light refreshing taste
- 23g of carbohydrate
- Caffeine Free
- Easy to carry and open

Natural real juice carbohydrate gel where you don't need to drink extra water

IsoGel has a consistency more like a sports drink than a gel. It is smooth and has a dash of real juice for a great taste. It's not thick or overly sweet. Easy to open and swallow, each sachet contains 23g of carbohydrate. IsoGel is award-winning and proven in many of the World's toughest competitions.

Which High5 gel to choose: **EnergyGel** or **IsoGel**? Both types of gel do the same job. However, IsoGel has a lighter consistency somewhere between a drink and a gel. EnergyGel has a slightly thicker consistency, but is less bulky and lighter in weight, which makes it easier to carry in larger quantities.



INGREDIENTS:

ISO GEL BERRY

Water, Glucose, Maltodextrin, Fruit Juice (Blueberry, Raspberry, Blackcurrant), Acidity Regulators (Tri Sodium Citrate, Citric Acid, Malic Acid), Natural Flavouring, Preservatives (Potassium Sorbate, Sodium Benzoate), Sea Salt.

ISO GEL ORANGE

Water, Glucose, Maltodextrin, Fruit Juice (Orange, Lemon), Acidity Regulator (Tri Sodium Citrate, Citric Acid, Malic Acid), Natural Flavouring, Preservatives (Potassium Sorbate, Sodium Benzoate), Sea Salt.

For allergens, including cereals containing gluten, see ingredients in **bold**.

ENERGY & STIMULATION

IsoGel Plus

HIGH5
SPORTS NUTRITION

NUTRITION INFO:

ISO GEL PLUS CITRUS

TYPICAL VALUES	Per 100g	Per 66g Serving
Energy (KJ/Kcal)	612/144	404/95
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	36	23
- of which sugars (g)	5	3.6
Protein (g)	0	0
Salt (g)	0.10	0.07

With **30mg Caffeine** per sachet

Sizes Available:

- 25 Sachets per box

FEATURES:

- Race proven in the World's toughest competitions
- Real juice flavours for a light refreshing taste
- 23g of carbohydrate
- Contains caffeine (30mg/sachet)
- Easy to carry and open

A natural real juice carbohydrate gel so you don't need to drink extra water. With caffeine

IsoGel Plus has a consistency more like a sports drink than a gel. It is smooth and has a dash of real juice for a great taste. It's not thick or overly sweet. Easy to open and swallow, each sachet contains 23g of carbohydrate and a moderate dose of caffeine.

When taking **IsoGel Plus** as recommended, the caffeine content can increase attention, concentration and reaction time. IsoGel Plus is award-winning and proven in many of the World's toughest competitions.



INGREDIENTS:

ISO GEL PLUS CITRUS

Water, Glucose, Maltodextrin, Fruit Juice (Orange, Lemon, Lime), Acidity Regulator (Tri Sodium Citrate, Citric Acid, Malic Acid), Tea Extract (Contains Caffeine), Preservatives (Potassium Sorbate, Sodium Benzoate), Sea Salt, Natural Flavouring.

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.

For allergens, including cereals containing gluten, see ingredients in **bold**. Contains caffeine. Not recommended for children or pregnant women (45mg/100g).

NO EXTRA WATER REQUIRED

INSTANT ENERGY BOOST

MORE LIKE A SPORTS DRINK THAN A GEL

LIGHT FRUIT JUICE FLAVOURS

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. Content may change without notice

NUTRITION INFO:

ENERGYSOURCE CITRUS

TYPICAL VALUES	Per 100g	Per 47g Serving
Energy (KJ/Kcal)	1598/376	751/177
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	94	44
- of which sugars (g)	38	18
Protein (g)	0	0
Salt (g)	1.3	0.6

ENERGYSOURCE ORANGE

TYPICAL VALUES	Per 100g	Per 47g Serving
Energy (KJ/Kcal)	1598/376	751/177
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	94	44
- of which sugars (g)	38	18
Protein (g)	0	0
Salt (g)	1.3	0.6

ENERGYSOURCE SUMMER FRUITS

TYPICAL VALUES	Per 100g	Per 47g Serving
Energy (KJ/Kcal)	1598/376	751/177
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	94	44
- of which sugars (g)	40	19
Protein (g)	0	0
Salt (g)	1.3	0.6

ENERGYSOURCE TROPICAL SAMBA

TYPICAL VALUES	Per 100g	Per 47g Serving
Energy (KJ/Kcal)	1581/372	743/175
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	93	44
- of which sugars (g)	38	18
Protein (g)	0	0
Salt (g)	1.3	0.6

Advanced 2:1 fructose sports drink for general training & racing

EnergySource is a new generation sports drink for use during exercise. It contains key electrolytes and a carbohydrate formulation of maltodextrin and fructose in a ratio of 2:1. Many of the world's leading event organisers and Pro athletes choose award-winning EnergySource for success in the toughest endurance events.

Research on traditional sports drinks suggests that you can only consume 60g carbohydrate per hour. Using High5's new generation **EnergySource** with 2:1 fructose, you can consume substantially more carbohydrates, up to 90g per hour.

The ingredients in **EnergySource** help sustain performance during tough endurance events and help maintain hydration by enhancing the absorption of water.

FEATURES:

- Suitable for beginner to pro athlete
- Latest generation sports drink with 2:1 fructose
- Recommended consumption up to 90g of this carbohydrate mix per hour compared to 60g per hour for a traditional sports drink mix
- Carbohydrates with electrolytes for maintaining endurance performance
- Helps maintain hydration during exercise
- Race proven in the World's toughest events
- Light tasting and refreshing

INGREDIENTS:

ENERGYSOURCE CITRUS

Maltodextrin, Fructose 32%, [Food] Acids (Citric Acid, Malic Acid), Acidity Regulators (Tri Sodium Citrate, Potassium Citrate), Natural Flavouring (Lemon, Lime), Sea Salt 0.3%.

ENERGYSOURCE ORANGE

Maltodextrin, Fructose 32%, [Food] Acids (Citric Acid, Malic Acid), Acidity Regulators (Tri Sodium Citrate, Potassium Citrate), Natural Flavouring (Orange), Sea Salt 0.3%.

ENERGYSOURCE SUMMER FRUITS

Maltodextrin, Fructose 32%, Natural Flavouring (Blackcurrant, Raspberry, Strawberry, Blackberry, Blueberry), Acidity Regulators (Tri Sodium Citrate, Potassium Citrate), [Food] Acids (Citric Acid, Malic Acid), Sea Salt 0.3%.

ENERGYSOURCE TROPICAL SAMBA

Maltodextrin, Fructose 32%, [Food] Acids (Citric Acid, Malic Acid), Acidity Regulators (Tri Sodium Citrate, Potassium Citrate), Natural Flavouring (Mango, Passion Fruit, Pineapple), Sea Salt 0.3%.

The electrolyte level in **EnergySource** should be adequate for most race conditions. However, when sweat rates are very high, we recommend adding a High5 **ZERO Neutral** tab to every 500ml of EnergySource to boost the electrolyte content further.

Sizes Available:

- 2.2kg Jar
- 1.0kg Jar
- 12x47g Sachet Pack


**2:1
FRUCTOSE**


For allergens, including cereals containing gluten, see ingredients in **bold**.

ENERGY, HYDRATION & STIMULATION

EnergySource Plus

HIGH5
SPORTS NUTRITION

NUTRITION INFO:

ENERGYSOURCE PLUS CITRUS

TYPICAL VALUES	Per 100g	Per 47g Serving
Energy (KJ/Kcal)	1598/376	751/177
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	94	44
- of which sugars (g)	38	18
Protein (g)	0	0
Salt (g)	1.3	0.6

With 28mg Caffeine

per serving (47g per 500ml)

INGREDIENTS:

Maltodextrin, Fructose 32%, [Food] Acid (Citric Acid, Malic Acid), Acidity Regulators (Tri Sodium Citrate, Potassium Citrate), Natural Flavouring (Lemon, Lime), Sea Salt 0.3%, Tea Extract (Contains Caffeine).

For allergens, including cereals containing gluten, see ingredients in **bold**.

Sizes Available:

- 2.2kg Jar
- 12x47g Sachet Pack

FEATURES:

- Suitable for beginner to pro athlete
- Latest generation sports drink with 2:1 fructose
- Recommended consumption upto 100g of this carbohydrate mix per hour compared to 60g per hour for a traditional sports drink mix
- Carbohydrates with electrolytes for maintaining endurance performance
- Helps maintain hydration during exercise
- Race proven in the World's toughest events
- Light tasting and refreshing
- Contains caffeine (30mg/500ml)

2:1 fructose sports drink for racing. With a MODERATE caffeine content

EnergySource Plus is a new generation sports drink for use during exercise. It contains a carbohydrate formulation of maltodextrin and fructose in a ratio of 2:1 and key electrolytes. EnergySource Plus is the same formulation as standard **EnergySource**, except that Plus contains caffeine (60mg/Litre).

Research on traditional sports drinks suggests that you can only consume 60g carbohydrate per hour. Using High5's new generation **EnergySource Plus** with 2:1 fructose and caffeine, you can consume substantially more carbohydrates, up to 100g per hour.

The ingredients in **EnergySource Plus** help sustain performance during tough endurance events and help maintain hydration by enhancing the absorption of water. Pro athletes choose EnergySource Plus when endurance racing.

The electrolyte levels in **EnergySource Plus** should be adequate for most race conditions. However, when sweat rates are very high, we recommend adding a High5 **ZERO Neutral** tab to every 500ml of EnergySource Plus to boost the electrolyte content further. Very occasionally some athletes find that caffeine can increase cramp, so always try in training before racing. If there is a problem then switch to standard EnergySource.



2:1
FRUCTOSE



2:1 FRUCTOSE + MODERATE CAFFEINE

BEST RACE DAY PERFORMANCE

MAXIMUM ENERGY DELIVERY

FAST HYDRATION

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. Content may change without notice.

ENERGY, HYDRATION & STIMULATION

EnergySource X'treme

HIGH5
SPORTS NUTRITION

NUTRITION INFO:

ENERGYSOURCE X'TREME CITRUS

TYPICAL VALUES	Per 100g	(%*)	Per 47g Serving
Energy (KJ/Kcal)	1530/360		719/169
Fat (g)	0		0
- of which saturates (g)	0		0
Carbohydrate (g)	90		42
- of which sugars (g)	47		22
Protein (g)	0		0
Salt (g)	1.3		0.6
Magnesium (mg)	120	(32%)	56

*Reference Intake.

With 140mg Caffeine

per serving (47g per 500ml water)

INGREDIENTS:

Maltodextrin, Fructose 32%, Sucrose, [Food] Acid (Citric Acid, Malic Acid), Magnesium Gluconate, Acidity Regulators (Tri Sodium Citrate, Potassium Citrate), Calcium Gluconate, Natural Flavouring (Lemon, Lime), Sea Salt 0.3%, Tea Extract (Contains Caffeine).

For allergens, including cereals containing gluten, see ingredients in **bold**. High caffeine content. Not suitable for children and pregnant or breast feeding women and individuals sensitive to caffeine (caffeine 28mg/100ml).

Sizes Available:

- 1.4kg Jar
- 12x47g Sachet Pack

FEATURES:

- Suitable for beginner to pro athlete
- Latest generation sports drink with 2:1 fructose
- Carbohydrates with electrolytes for maintaining endurance performance
- Helps maintain hydration during exercise
- Race proven in the World's toughest events
- Light tasting and refreshing
- Contains caffeine (140mg/500ml)

Advanced 2:1 Fructose sports drink. With a HIGH caffeine content

EnergySource X'treme is a **new generation** sports drink with a high caffeine content. It contains a carbohydrate formulation of maltodextrin and fructose in a ratio of 2:1 combined with key electrolytes, magnesium and caffeine (280mg / Litre). X'treme is intended as a one-time caffeine dose. Athletes use it for caffeine loading prior to or during a major race, towards the end of a long ride, before or during training for attention and concentration and to increase reaction time.

EnergySource X'treme is not intended for continuous use during training or an event. Excessive amounts of caffeine can lead to side effects like headache, dizziness and gastrointestinal distress. If you wish to use caffeine continuously throughout your training or event, then switch to **EnergySource Plus**, which has considerably lower caffeine content (60mg/L).

Very occasionally some athletes find that caffeine can increase cramp, so always try in training before racing. If there is a problem then switch to standard **EnergySource**.



2:1
FRUCTOSE



2:1 FRUCTOSE + HIGH CAFFEINE

RACE DAY CAFFEINE LOADING

PRE-TRAINING STIMULANT KICK

GET YOU HOME RE-ENERGIZER IF YOU BLOW UP

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. Content may change without notice.

ENERGY, HYDRATION & RECOVERY

EnergySource 4:1

HIGH5
SPORTS NUTRITION

NUTRITION INFO:

ENERGYSOURCE 4:1 CITRUS

TYPICAL VALUES	Per 100g	Per 47g Serving
Energy (KJ/Kcal)	1598/376	751/177
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	75	35
- of which sugars (g)	44	21
Protein (g)	19	9
Salt (g)	1.3	0.6

ENERGYSOURCE 4:1 SUMMER FRUITS

TYPICAL VALUES	Per 100g	Per 47g Serving
Energy (KJ/Kcal)	1598/376	751/177
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	75	35
- of which sugars (g)	45	21
Protein (g)	19	9
Salt (g)	1.3	0.6

Sizes Available:

- 1.6kg Jar
- 12x47g Sachet Pack

FEATURES:

- The Pro's choice for hard training and multi day racing
- Contains whey protein isolate (with BCAA's). Protein contributes to muscle growth and muscle maintenance
- Contains carbohydrates with electrolytes for endurance performance
- Helps maintain hydration during exercise
- The carbohydrate content of 4:1 is 2:1 fructose
- Light tasting and refreshing
- Proven in the World's toughest endurance events
- With natural flavours. Free from artificial colours, preservatives or sweeteners

ALL IN ONE sports drink for use during & after exercise

EnergySource 4:1 is an all-in-one sports drink for use both DURING and AFTER exercise. It contains 4 parts carbohydrate to 1 part whey protein isolate and key electrolytes. 4:1 is the Pro's choice for hard training and multi-day endurance events. Use 4:1 when you anticipate a big step up in training intensity or volume, such as a training camp.

The ingredients in **4:1** help sustain performance during extended exercise and help maintain hydration by enhancing the absorption of water. Whey Isolate is a high quality source of protein. Protein contributes to the growth and maintenance of muscle mass. This can result in stronger, more resilient muscle.

After exercise, your muscles are often low in glycogen (carbohydrate). Consuming carbohydrates contributes to recovery of normal muscle function after strenuous exercise.

INGREDIENTS:

ENERGYSOURCE 4:1 CITRUS

Maltodextrin, Sucrose 22%, Whey Protein Isolate 20% (**Milk**), Fructose 18%, [Food] Acids (Malic Acid, Citric Acid), Acidity Regulators (Tri Sodium Citrate, Potassium Citrate), Natural Flavouring (Lemon, Lime, Orange), Sea Salt 0.3%, Emulsifier (**Soy** Lecithin).

ENERGYSOURCE 4:1 SUMMER FRUITS

Maltodextrin, Sucrose 22%, Whey Protein Isolate 20% (**Milk**), Fructose 18%, Natural Flavouring (Blackcurrant, Strawberry, Raspberry, Blackberry, Blueberry), [Food] Acid (Malic Acid), Acidity Regulators (Tri Sodium Citrate, Potassium Citrate), Sea Salt 0.3%, Emulsifier (**Soy** Lecithin).



2:1
FRUCTOSE

mbr
award
10

ultra
FIT
WINNER
BEST
ENDURANCE
FUEL 2009



THE JOURNAL OF CYCLE COACHING STATES:

Quote 1 - "The latest research indicates that carbohydrate-protein drinks taken during exercise can help reduce muscle damage and reduce muscle mass loss, accelerate recovery and improve performance, especially during bouts of consecutive training."

Quote 2 - "Compared to a carbohydrate only drink, a carbohydrate-protein drink lowered protein (muscle) breakdown rates by 26% and raised protein synthesis (muscle building) by 33%."

For allergens, including cereals containing gluten, see ingredients in **bold**.

ALL-IN-ONE TRAINING & RECOVERY DRINK

ENDURANCE PERFORMANCE

MUSCLE MAINTENANCE

MUSCLE GROWTH

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. Content may change without notice

ENERGY & RECOVERY

4:1 Bar

HIGH5
SPORTS NUTRITION

NUTRITION INFO:

4:1 BAR CRANBERRY

TYPICAL VALUES	Per 100g	Per 50g Serving
Energy (KJ/Kcal)	1633/390	816/195
Fat (g)	14	7
- of which saturates (g)	2.2	1.1
Carbohydrate (g)	56	28
- of which sugars (g)	28	14
Dietary Fibre	5.4	2.7
Protein (g)	14	7
Salt (g)	0.27	0.13

INGREDIENTS:

Oats, Cranberries 21% (Cranberries, Sugar), Sultanas 17%, Cashew **Nuts** 11%, Sunflower Seeds, Humectant (Vegetable Glycerine), **Soya** Protein Isolate 6.5%, Sunflower Oil, Natural Flavouring (Strawberry).

For allergens, including cereals containing gluten, see ingredients in **bold**.

Sizes Available:

- 25 Bars per box

FEATURES:

- Simple and Complex carbs
- Protein from multiple sources for the maintenance and growth of muscle mass
- Cereal, fruit & nuts
- Source of Fibre
- Dairy Free
- Suitable for vegetarians and vegans

ALL IN ONE sports bar for use during & after exercise

4:1 Bar is a great tasting healthy snack for use during and after exercise. As you exercise your body's carbohydrate store, called glycogen, is depleted. 4:1 Bar has a balance of 28 grams of both simple and complex carbohydrate to replace glycogen and 7 grams of multi sourced protein to help muscle growth and maintenance after sport.

4:1 Bar is made from cereal, fruit and nuts for a natural taste. It is free from colours, artificial sweeteners and preservatives. It's moist, easy to chew, does not melt in the heat or become hard in the cold.

The **4:1 Bar** is a new addition to the popular **4:1** drinks range.



WHOLESOME TRAINING & RECOVERY FOOD

REDUCED MUSCLE BREAKDOWN

CARB REFUELLING

ENHANCED MUSCLE REPAIR

HANDY IN YOUR KIT BAG

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. Content may change without notice.

RECOVERY

Protein Recovery

HIGH5
SPORTS NUTRITION

NUTRITION INFO:

PROTEIN RECOVERY BANANA VANILLA

TYPICAL VALUES	Per 100g	Per 60g Serving
Energy (KJ/Kcal)	1685/397	1011/238
Fat (g)	0.5	0.3
- of which saturates (g)	0.3	0.2
Carbohydrate (g)	68	41
- of which sugars (g)	13	7.5
Protein (g)	30	18
Salt (g)	0.56	0.34

PROTEIN RECOVERY CHOCOLATE

TYPICAL VALUES	Per 100g	Per 60g Serving
Energy (KJ/Kcal)	1646/388	988/233
Fat (g)	1.5	0.9
- of which saturates (g)	1.0	0.6
Carbohydrate (g)	62	37
- of which sugars (g)	45	27
Protein (g)	30	18
Salt (g)	0.6	0.36

PROTEIN RECOVERY SUMMER FRUITS

TYPICAL VALUES	Per 100g	Per 60g Serving
Energy (KJ/Kcal)	1668/393	1001/236
Fat (g)	0.5	0.3
- of which saturates (g)	0.3	0.2
Carbohydrate (g)	67	40
- of which sugars (g)	32	20
Protein (g)	30	18
Salt (g)	0.56	0.34

Sizes Available:

- 1.6kg Jar
- 9x60g Sachet per box

FEATURES:

- The Pro's choice post exercise
- Contains whey protein isolate (with BCAA's). Protein contributes to muscle growth and muscle maintenance
- Contains carbohydrate
- Great light shake taste, mix into water or milk

Post exercise shake

Protein Recovery is the ultimate drink for after exercise and the Pro's choice. The whey isolate used in Protein Recovery is a high quality source of protein. Protein contributes to muscle growth and maintenance. Protein Recovery also contains carbohydrate. After exercise, your muscles are often low in glycogen (carbohydrate). Consuming carbohydrates contributes to recovery of normal muscle function after strenuous exercise.

Protein Recovery gives similar benefits to **4:1 EnergySource**, but there are a number of key differences. Protein Recovery has a higher protein content. It can also be mixed with milk or water, whereas 4:1 EnergySource should only be mixed with water. Some sports drinks can be acidic. Protein Recovery mixed with cold milk is neutral and it can make a pleasant change, especially if you are training hard for many hours a day.

PDCAAS SCORE:

The whey protein isolate in **Protein Recovery** is the very highest quality. The Food & Agricultural Organisation have an internationally recognised method to compare the quality of various proteins. This is known as the Protein Digestibility Corrected Amino Acid Score (PDCAAS). An ideal protein will have a PDCAAS score of 1.0. The protein used in **Protein Recovery** has an even higher score of 1.14. It's also high in Leucine, an amino acid which triggers muscle growth and repair.

INGREDIENTS:

PROTEIN RECOVERY BANANA VANILLA

MIX WITH MILK ONLY

Maltodextrin, Whey Protein Isolate 30% (**Milk**), Fructose, Natural Flavouring (Banana, Vanilla, Cream), Emulsifier (**Soy** Lecithin).

PROTEIN RECOVERY CHOCOLATE

MIX WITH MILK OR WATER

Dextrose, Whey Protein Isolate 30% (**Milk**), Maltodextrin, Fructose, Cocoa Powder, Natural Flavouring (Chocolate, Vanilla, Cream), Stabiliser (Carrageenan Gum), Emulsifier (**Soy** Lecithin).

PROTEIN RECOVERY SUMMER FRUITS

MIX WITH MILK OR WATER

Maltodextrin, Whey Protein Isolate 30% (**Milk**), Sucrose, Fructose, Dextrose, Natural Flavouring (Blackcurrant, Strawberry, Raspberry, Blackberry, Blueberry), [Food] Acid (Malic Acid), Emulsifier (**Soy** Lecithin).

For best taste we recommend mixing **Protein Recovery** Chocolate and Banana Vanilla with milk only. You can also use milk substitutes like coconut, soy or rice milk. You can also mix it with water should you want to.



MEN'S
Running
EDITORS CHOICE

For allergens, including cereals containing gluten, see ingredients in **bold**.

WHEY PROTEIN ISOLATE

CARBOHYDRATES FOR REFUELLING

EXCELLENT AMINO ACID PROFILE

GREAT LIGHT TASTE

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. Content may change without notice

NUTRITION INFO:

ISOTONIC CITRUS

TYPICAL VALUES	Per 100g	Per 50g Serving
Energy (KJ/Kcal)	1564/368	782/184
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	92	46
- of which sugars (g)	44	22
Protein (g)	0	0
Salt (g)	1.9	0.9

ISOTONIC SUMMER FRUITS

TYPICAL VALUES	Per 100g	Per 50g Serving
Energy (KJ/Kcal)	1564/368	782/184
Fat (g)	0	0
- of which saturates (g)	0	0
Carbohydrate (g)	92	46
- of which sugars (g)	44	22
Protein (g)	0	0
Salt (g)	1.9	1

Sizes Available:

- 2.0kg Jar

FEATURES:

- Suitable for beginner to pro athlete
- Latest generation sports drink with 2:1 fructose
- Recommended consumption up to 90g of this carbohydrate mix per hour
- Carbohydrates with electrolytes for maintaining endurance performance
- Helps maintain hydration during exercise
- Race proven in the World's toughest events
- Light tasting and refreshing

2:1 fructose sports drink formulated for training & racing in hot conditions

Isotonic is part of a new generation of sports drink. It contains a carbohydrate formulation of maltodextrin and fructose in a ratio of 2:1 and key electrolytes. This is the same formulation as **EnergySource** except for a lower carbohydrate concentration and a higher electrolyte content when mixed as directed.

In hot conditions, when sweat rates are high, athletes often prefer a "weaker" mixed sports drink with a lower carbohydrate concentration. This can be consumed more easily at higher volumes.

Research on traditional sports drinks suggests that you can only consume 60g carbohydrate per hour. Using High5's new generation **Isotonic** with 2:1 fructose, you can consume substantially more carbohydrates, up to 90g per hour. The ingredients in **Isotonic** help sustain performance during tough endurance events and help maintain hydration by enhancing the absorption of water. Leading event organisers and Pro athletes choose **Isotonic** for hot sweaty conditions.

The electrolyte level in **Isotonic** should be adequate for most race conditions. However, when sweat rates are very high, we recommend adding a High5 **ZERO Neutral** tab to every 750ml of **Isotonic** to boost the electrolyte content further.

INGREDIENTS:

ISOTONIC CITRUS

Maltodextrin, Fructose 30%, Sucrose, Acidity Regulators (Tri Sodium Citrate, Potassium Citrate), [Food] Acid (Citric Acid, Malic Acid), Natural Flavouring (Lemon, Lime), Sea Salt 0.45%.

ISOTONIC SUMMER FRUITS

Maltodextrin, Fructose 30%, Sucrose, Natural Flavouring (Blackcurrant, Raspberry, Strawberry, Blackberry, Blueberry), Acidity Regulators (Tri Sodium Citrate, Potassium Citrate), [Food] Acid (Citric Acid, Malic Acid), Sea Salt 0.45%.

For allergens, including cereals containing gluten, see ingredients in **bold**.


2:1
FRUCTOSE


INFORMATION:

Since changing to the 2:1 formulation, **Isotonic** has become less "concentrated" and is Hypotonic.

ENERGY

EnergyBar

HIGH5
SPORTS NUTRITION

NUTRITION INFO:

ENERGYBAR BANANA

TYPICAL VALUES	Per 100g	Per 60g Serving
Energy (KJ/Kcal)	1360/325	816/195
Fat (g)	4.3	2.6
- of which saturates (g)	0.8	0.5
Carbohydrate (g)	66	40
- of which sugars (g)	34	20
Dietary Fibre (g)	4.1	2.4
Protein (g)	4.3	2.6
Salt (g)	0.19	0.11

ENERGYBAR BERRY

TYPICAL VALUES	Per 100g	Per 60g Serving
Energy (KJ/Kcal)	1360/325	816/195
Fat (g)	4.2	2.5
- of which saturates (g)	0.8	0.5
Carbohydrate (g)	70	42
- of which sugars (g)	39	23
Dietary Fibre (g)	4.9	3.0
Protein (g)	4.0	2.4
Salt (g)	0.10	0.06

ENERGYBAR COCONUT

TYPICAL VALUES	Per 100g	Per 60g Serving
Energy (KJ/Kcal)	1486/355	892/213
Fat (g)	7.9	4.8
- of which saturates (g)	5.7	3.4
Carbohydrate (g)	69	41
- of which sugars (g)	35	21
Dietary Fibre (g)	3.2	1.9
Protein (g)	3.7	2.2
Salt (g)	0.18	0.11

ENERGYBAR PEANUT

TYPICAL VALUES	Per 100g	Per 60g Serving
Energy (KJ/Kcal)	1890/452	1134/271
Fat (g)	24	14
- of which saturates (g)	4.3	2.6
Carbohydrate (g)	49	29
- of which sugars (g)	32	19
Dietary Fibre (g)	12	7.1
Protein (g)	13	8.1
Salt (g)	0.02	0.01

Sizes Available:

- 25 Bars per box

Natural EnergyBar for training and racing

EnergyBar is a healthy snack with a balance of simple and complex carbohydrates from fruit and grains that taste great. Each bar provides one of your 5-a-day fruit / veg portions. It's moist, easy to chew, does not melt in the heat or become hard in the cold.

Designed for sports use, **EnergyBar** has been used for long distance triathlons, enduro MTB events, multi-day endurance racing, Cyclo' Sportives, hill walking, trekking to the poles, cross pacific rowing and swim meets. It's also great as part of a carbo-loading diet.

FEATURES:

- Simple and Complex carbs
- Fruit & grain
- Provides one of your 5-A-Day
- Easy to chew, not too sweet or sticky
- Won't melt in the heat
- Suitable for Vegetarians and Vegans

INGREDIENTS:

ENERGYBAR BANANA

Oats, Sultana 25%, Pineapple 20% (Pineapple, Sugar, **Sulphites**), Banana 14%, Maltodextrin, Humectant (Vegetable Glycerine), **Oatbran**, Sunflower Oil, Coconut Oil (Mct), Natural Flavouring.

ENERGYBAR BERRY

Dried Fruits 57% (Sultanas, Sugar, Cranberries, Pineapple, Apricots, Apple, **Sulphites**), **Oats**, Maltodextrin, Humectant (Vegetable Glycerine), **Oatbran**, Sunflower Oil, Coconut Oil (Mct), Natural Flavouring (Strawberry, Raspberry, Blackcurrant).

ENERGYBAR COCONUT

Dried Fruits 60% (Sultana, Sugar, Coconut, Pineapple, Papaya, Apple, Banana, Sunflower Oil, **Sulphites**), **Oats**, Maltodextrin, **Oatbran**, Humectant (Vegetable Glycerin), Lemon Juice.

ENERGYBAR PEANUT

Dried Fruit 46% (Sultanas, Dates, Sunflower Oil), **Peanuts** 35%, Sunflower Seeds, Humectant (Vegetable Glycerine), **Oats**, Maltodextrin. May Contain Date Stones.

For allergens, including cereals containing gluten, see ingredients in **bold**. Although every care has been taken to remove all stones, some small pieces may remain.



WHOLE SOME HIGH CARB SPORTS FOOD

CARBO' LOADING

ALL DAY HEALTHY SNACK

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. Content may change without notice

NUTRITION INFO:

SPORTSBAR BERRY

TYPICAL VALUES	Per 100g	Per 55g Serving
Energy (KJ/Kcal)	1649/391	907/215
Fat (g)	9.1	5
- of which saturates (g)	4.9	2.7
Carbohydrate (g)	71	39
- of which sugars (g)	35	19
Dietary Fibre (g)	3.6	2.0
Protein (g)	4.8	2.7
Salt (g)	0.18	0.10

SPORTSBAR CARAMEL

TYPICAL VALUES	Per 100g	Per 55g Serving
Energy (KJ/Kcal)	1664/395	915/217
Fat (g)	10	5.7
- of which saturates (g)	5.4	3.0
Carbohydrate (g)	68	38
- of which sugars (g)	31	17
Dietary Fibre (g)	3.3	1.8
Protein (g)	5.3	2.9
Salt (g)	0.17	0.10

Sizes Available:

- 25 Bars per box

FEATURES:

- A balance of simple and complex carbohydrate from fruit & grains
- Light chocolate or yoghurt coating for great taste
- Suitable for beginner to pro athlete

Natural snack bar for training. Chocolate or yoghurt coated

SportsBar is a healthy snack with a balance of simple and complex carbohydrates from fruit and grains. It has a light chocolate or yoghurt coating and tastes great. It's moist, easy to chew and does not become hard in the cold.

SportsBars can be used anywhere, whilst on training rides or trekking, during multi-day events, after running or as part of a carbo-loading program prior to a big race.



INGREDIENTS:

SPORTSBAR BERRY

WITH YOGHURT COATING

Glucose Syrup, **Oat** Flakes 17%, Raisins 14%, Sugar, Rice Flour, Cocoa Butter, Maltodextrin, Cranberries 2.8%, Honey, Skimmed Yoghurt Powder (**Milk**), Lactose (**Milk**), Natural Flavouring, **Wheat** Gluten, **Wheat** Malt, [Food] Acid (Citric Acid), Glucose, Blueberry Juice Solids 0.2%, Salt, Emulsifier (**Soy** Lecithin), Grape Juice, Sunflower Oil.

SPORTSBAR CARAMEL

WITH CHOCOLATE COATING

Glucose Syrup, **Oat** Flakes, Raisins, Sugar, Rice Flour, Maltodextrin, Cocoa Butter, Whole **Milk** Powder, Honey, Cocoa Mass, Sweetened Condensed **Milk**, Palm Oil, **Wheat** Gluten, **Wheat** Malt, Caramelized Syrup 0.4%, Glucose, Natural Flavouring, Salt, Emulsifier (**Soy** Lecithin, Mono- And Diglycerides Of Fatty-Acids).

For allergens, including cereals containing gluten, see ingredients in **bold**.

RECOVERY

ProteinBar

HIGH5
SPORTS NUTRITION

NUTRITION INFO:

PROTEINBAR BANANA VANILLA

TYPICAL VALUES	Per 100g	Per 50g Serving
Energy (KJ/Kcal)	1649/391	824/195
Fat (g)	10	5.1
- of which saturates (g)	5.7	2.8
Carbohydrate (g)	46	23
- of which sugars (g)	41	20
Dietary Fibre (g)	0.4	0.2
Protein (g)	28	14
Salt (g)	0.48	0.24

PROTEINBAR DOUBLE CHOCOLATE

TYPICAL VALUES	Per 100g	Per 50g Serving
Energy (KJ/Kcal)	1624/385	812/192
Fat (g)	10	5
- of which saturates (g)	5.7	2.8
Carbohydrate (g)	45	22
- of which sugars (g)	39	19
Dietary Fibre (g)	1.5	0.7
Protein (g)	28	14
Salt (g)	0.61	0.30

Sizes Available:

- 25 Bars per box

FEATURES:

- 13g of protein for muscle growth & maintenance
- 24g of carbohydrate
- Light texture
- Thin chocolate coat for a great taste
- Throw-in-your-bag convenience

Advanced protein-carbohydrate bar for after exercise

ProteinBar is a throw-in-your-bag source of protein (13g) and carbohydrate (24g). After exercise, your muscles are often low in glycogen (carbohydrate) so you'll want to reach for a product that contains high quality carbs for a post-race fix that tastes great. Protein contributes to muscle growth and muscle maintenance.

ProteinBar has a light texture and great taste, which makes it easy to use after a tough session.



INGREDIENTS:

PROTEINBAR BANANA VANILLA

Milk Protein, Glucose Syrup, Invert Sugar Syrup, Sugar, **Soy** Protein, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Skimmed **Milk** Powder, **Soy** Oil, Natural Flavouring, Emulsifier (**Soy** Lecithin).

PROTEINBAR DOUBLE CHOCOLATE

Milk Protein, Glucose Syrup, Invert Sugar Syrup, Sugar, **Soy** Protein, Cocoa Butter, Cocoa Mass 3.6%, Whole **Milk** Powder, Low Fat Cocoa 2.1%, **Soy** Oil, Natural Flavouring, Emulsifier (**Soy** Lecithin), Salt.

For allergens, including cereals containing gluten, see ingredients in **bold**.

POST EXERCISE CARBS

POST EXERCISE PROTEIN

MUSCLE GROWTH

GREAT LIGHT TASTE

HANDY IN YOUR KIT BAG

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. Content may change without notice.

Race Pack

HIGH5
SPORTS NUTRITION

RACE FASTER RESEARCH:

Athletes were asked to ride on two occasions. On each occasion 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 Advanced Nutrition Guide for a Sportive.

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

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

Research Study 3 (2010): Prof. Ernst Albin Hansen Aalborg University, Denmark - the 48km Time Trial was completed **8 minutes faster using 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 **EnergySource 2:1 fructose** and followed the **High5 Advanced Nutrition Guides**. On average they rode **26% further while using High5.**

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

Great value trial pack for Cycle/MTB/Triathlon

High5 Event & Race Pack contains enough award-winning products for a 4-hour Cycle/MTB/Triathlon event, including **EnergyGel**, **IsoGel**, **EnergySource** and **Protein Recovery**. Find out what can be achieved using the latest generation of nutrition products and a scientific nutrition strategy for your sport, distance and bodyweight. It contains an assortment of best selling flavours.

FEATURES:

- Step-by-step nutrition guide for your sport, distance and bodyweight
- State-of-the-art nutrition for a 4-hour endurance event
- Award winning EnergySource Sports Drink
- Race proven EnergyGel and IsoGel
- Provides a scientific dose of caffeine
- For your next big event or race download the free High5 **Advanced Nutrition Guide** for your sport/bodyweight/event distance from www.highfive.co.uk



PACK CONTAINS:

- 3x IsoGel
- 8x EnergyGel
- 4x EnergySource
- 1x EnergySource X'treme
- 1x Protein Recovery
- 1x 750ml Bottle
- Nutrition Guides for Sportive, Triathlon and MTB
- Assortment of best selling flavours

UP TO 4 HOURS OF EVENT NUTRITION **YOUR BEST EVER RACE DAY PERFORMANCE** **GO FURTHER - STRONGER - FASTER** **NUTRITION STRATEGY WORKS IN THE COLD & HEAT**

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. Content may change without notice

Marathon Pack

HIGH5
SPORTS NUTRITION

MARATHON RESEARCH:

Recent research at the Copenhagen Marathon showed that runners were on average **11 MIN FASTER** by following the **High5 Marathon Guide** on race day with no extra training and no stomach upset.

For further information on this independant research visit www.highfive.co.uk

FEATURES:

- State-of-the-art nutrition for your next marathon
- Ease your running, enjoy your marathon more
- Step-by-step nutrition guide for a marathon
- Race proven EnergyGel and IsoGel
- Provides a scientific dose of caffeine
- For your next big event or race download the free High5 **Advanced Nutrition Guide** for your sport/bodyweight/event distance from www.highfive.co.uk

All you need for your Marathon. With extra gels to try out in training before hand

High5 Marathon Pack contains enough award-winning nutrition to boost your carbohydrate intake at breakfast on race day, **EnergyGel** for use during your Marathon and **Protein Recovery** for afterwards.

High5 Marathon Pack contains all the nutrition you will need for your big race day, plus a few gels to try in training beforehand. Includes an assortment of best selling flavours. Pack also comes with 3 months FREE membership to the RunLounge worth £30.



PACK CONTAINS:

- 3x IsoGel
- 12x EnergyGel
- 1x EnergySource
- 1x EnergyBar
- 1x 10 Tab Tube ZERO
- 1x Protein Recovery
- 1x Run Bottle
- Marathon Nutrition Guide
- Assortment of best selling flavours

UP TO 4 HOURS OF EVENT NUTRITION **YOUR BEST EVER RACE DAY PERFORMANCE** **GO FURTHER - STRONGER - FASTER** **NUTRITION STRATEGY WORKS IN THE COLD & HEAT**

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. Content may change without notice

HIGH5 DRUG FREE STATEMENT 2015

Ingredients:

No High5 product contains an ingredient found on the 2015 World Anti Doping Association (WADA) prohibited list, with the exception of glycerine in EnergyBars (more info below). No High5 product contains the ingredient DMAA (Dimethylamylamine).

Manufacture:

At High5 we manufacture a large proportion of our products on-site to BRC standards. Where we use contract manufacturers, they have been carefully selected. These companies manufacture "normal" food products and are part of Informed Sport or we have confirmation that no WADA banned substances are used at their facilities. This virtually eliminates the possibility of cross contamination during manufacture.

Testing:

As well as standard microbe and nutritional testing, selected High5 products are randomly batch tested for WADA banned substances

by an accredited laboratory. No High5 product has ever tested positive for a WADA banned substance. If you require products that have been tested for WADA banned substances, then please email us for availability: help@highfive.co.uk.

We Have A Perfect Track Record:

After more than 20 years of High5 supplying world class sports nutrition to literally thousands of elite athletes, it's reassuring for you to know that no athlete has ever tested positive for drugs as a result of using High5 products.

Caffeine:

Some High5 products contain caffeine. Although this is not on the WADA prohibited list, some sporting bodies have their own rules limiting caffeine. Please refer to your sporting body for guidance.

Glycerine in EnergyBars:

At HIGH LEVELS glycerine can be used by athletes to hide traces of other substances. The High5 EnergyBar and 4:1 Bar both contain glycerine at low levels, as do a large number of commonly available foods. It is recognised by WADA that glycerine forms part of the normal diet and a high threshold has been set to acknowledge this. There is a urinary threshold published in the scientific literature to distinguish dietary intake of glycerol/glycerine from its use as a plasma expander.

We contacted WADA and after considering the amount of glycerine in EnergyBar, they stated that "regarding your EnergyBar and based upon the information you provided below, the risk of a positive anti-doping test based on normal consumption is negligible." Should you have any remaining concerns, please contact us at info@highfive.co.uk or simply don't use our EnergyBar and 4:1 Bar.

Tim Atkinson
(Director - High5 Sports Nutrition)