

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



Manufacturer:
GU Energy Labs

Phone: 800-400-1995

Email: online@guenergy.com

www.guenergy.com/products/roctane-energy-gel



GU Energy Gel ROCTANE 35mg Caffeine

Description: (from Manufacturer's Website)

Designed for Long-Duration and High-Intensity Activities with More Electrolytes and Amino Acids. Contains 35mg Caffeine.

Price per Serving:** \$2.60

3rd Party Certifications:

Gluten Free, Dairy Free, Vegan, Kosher, Informed Choice

Flavor Name(s):*

(Different flavors may have unique ingredients and nutritional information related to their specific flavoring and/or coloring agents - see individual product labels for details.)

Blueberry Pomegranate, Vanilla Orange, Cherry Lime, Sea Salt Chocolate, Tutti Frutti, Salted Lime, Chocolate Coconut

Primary Application(s):

Extreme Workouts, Energy/Caffeine

Beverage Form:

Gel

Beverage Base:

N/A

Label (and Other) Warnings:

Not for Children, Do Not Use if Caffeine Sensitive, Do Not Use if Pregnant, Not for Nursing Mothers

Allergens: (Ingredient Related)

None

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Inadequate Amount of Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavoring:

PRO - Contains Natural Flavor(s)

Coloring:

PRO - Contains Natural Color(s)

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

NEUTRAL - Medium Glycemic Index

Sodium Content:

PRO - Limited or No Sodium

Stimulants:

CON - Contains Stimulant(s)

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits

Poor Choice

Rating: **64.0** points



Supplement Facts

Serving Size 1 packet (32g)

Servings Per Container 24

Amount Per Serving	% Daily Value
Calories 100	
Total Carbohydrate 21g	8%*
Total Sugars 6g	†
Includes 6g Added Sugars	12%*
Calcium 30mg	2%
Sodium 190mg	8%

Roctane Amino Acid Blend 1425mg	†
L-Leucine, Taurine, L-Valine, Beta-Alanine (CarnoSyn®), L-Isoleucine	
Caffeine 35mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Ingredients

Maltodextrin, Water, Fructose, L-Leucine, Taurine, Sodium Citrate, L-Valine, Sea Salt, Natural Flavor, Potassium Citrate, Malic Acid, Citric Acid, Calcium Carbonate, Beta-Alanine, Green Tea (Leaf) Extract (Contains Caffeine), L-Isoleucine, Gellan Gum, Medium Chain Triglycerides, Sodium Benzoate (Preservative), Potassium Sorbate (Preservative). Contains 35mg Caffeine per Serving.

The USBRB is an Independent 3rd Party Research Company Whose Mission is to Help Consumers Make Educated, Healthy Nutritional Choices. For info visit www.usbrb.org. USBRB Data Sources Include Public Information Published by Each Company - Label Nutrition Facts; Company Website; Marketing Materials; Press Releases; Social Media. Statements Regarding Functional Ingredients Have Not Been Evaluated by the FDA or the USBRB. While Sports and Hydration Drinks Can Provide Real Benefits, They are Not Intended to Diagnose, Treat, Cure, or Prevent any Disease or Health Condition. * Flavor/Color Criteria Addresses the Entire Range of Flavors. **Product Pricing is a Market Estimate Taken at the Time of Publication. Manufacturer's Information is Subject to Change - Always Review Nutrition Facts on the Product Package for the Latest Information Before Consuming. Other Sizes and Forms May be Available - Consult the Manufacturer for the Latest Information. If You Have Any Questions Consult a Physician Before Consuming Any Product. If You are the Manufacturer of this Product (or an Authorized Agent) and You See and Errors in the Information, Please Contact us at info@usbrb.org.