

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

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:

NEUTRAL - Doesn't Contain Any Coloring

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:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:

Torq USA

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Email: info@torqusa.com

www.torqusa.com/categories/shop-fueling-products/torq-energy-gels.html



Torq Energy Gels

Description: (from Manufacturer's Website)

Naturally Flavored High-Potency Energy Gel for Endurance Support Athletes.

Price per Serving:** \$2.50

3rd Party Certifications:

Vegan, Dairy Free

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.)

Orange & Banana, Rhubarb Custard, Raspberry Ripple, Strawberry Yogurt, Apple Crumble, Lemon Drizzle

Primary Application(s):

Extreme Workouts

Beverage Form:

Gel

Beverage Base:

N/A

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Poor Choice

Rating: **63.3** points



Nutrition Facts

Serving Size: 1 Packet (45g/1.6oz)

Servings Per Container: 15

Amount per serving		
Calories	110	
		%Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Sodium	50mg	2%
Potassium	10mg	**
Total Carbohydrate	29g	10%
Sugars	10g	
Protein	0g	
Calcium	4.5mg	**
Magnesium	1mg	**
Chloride	90mg	2%

Not a significant source of calories from fat, trans fat, cholesterol, dietary fiber, vitamin C, and iron.
*Percent Daily Values are based on a 2,000 calorie diet.

**Contains <2 percent of the Daily Value of these nutrients.

Ingredients

Maltodextrin (Glucose Polymers 43%), Water, Fructose (21%), Citric Acid, Electrolytes (Sodium Chloride, Potassium Chloride, Calcium Lactate, Magnesium Carbonate), Natural Flavor (0.2%), Preservative (Potassium Sorbate).

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