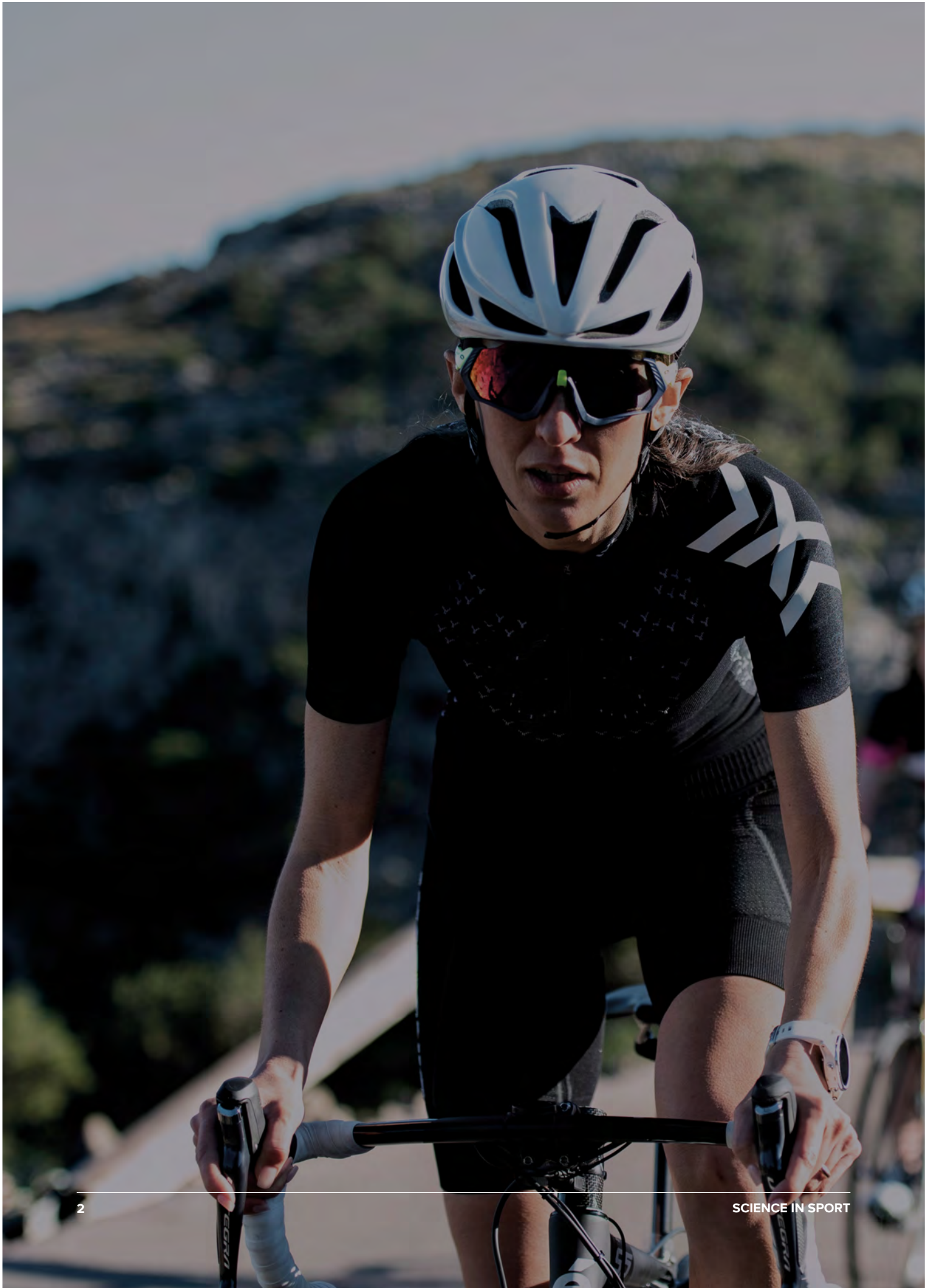


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IN SPORT

PRODUCT CATALOGUE





CONTENTS



ENERGY

GO ISOTONIC ENERGY GEL

5



HYDRATION

HYDRO

8

HYDRO + CAFFEINE

9

IMMUNE TABLETS

10

GO ELECTROLYTE

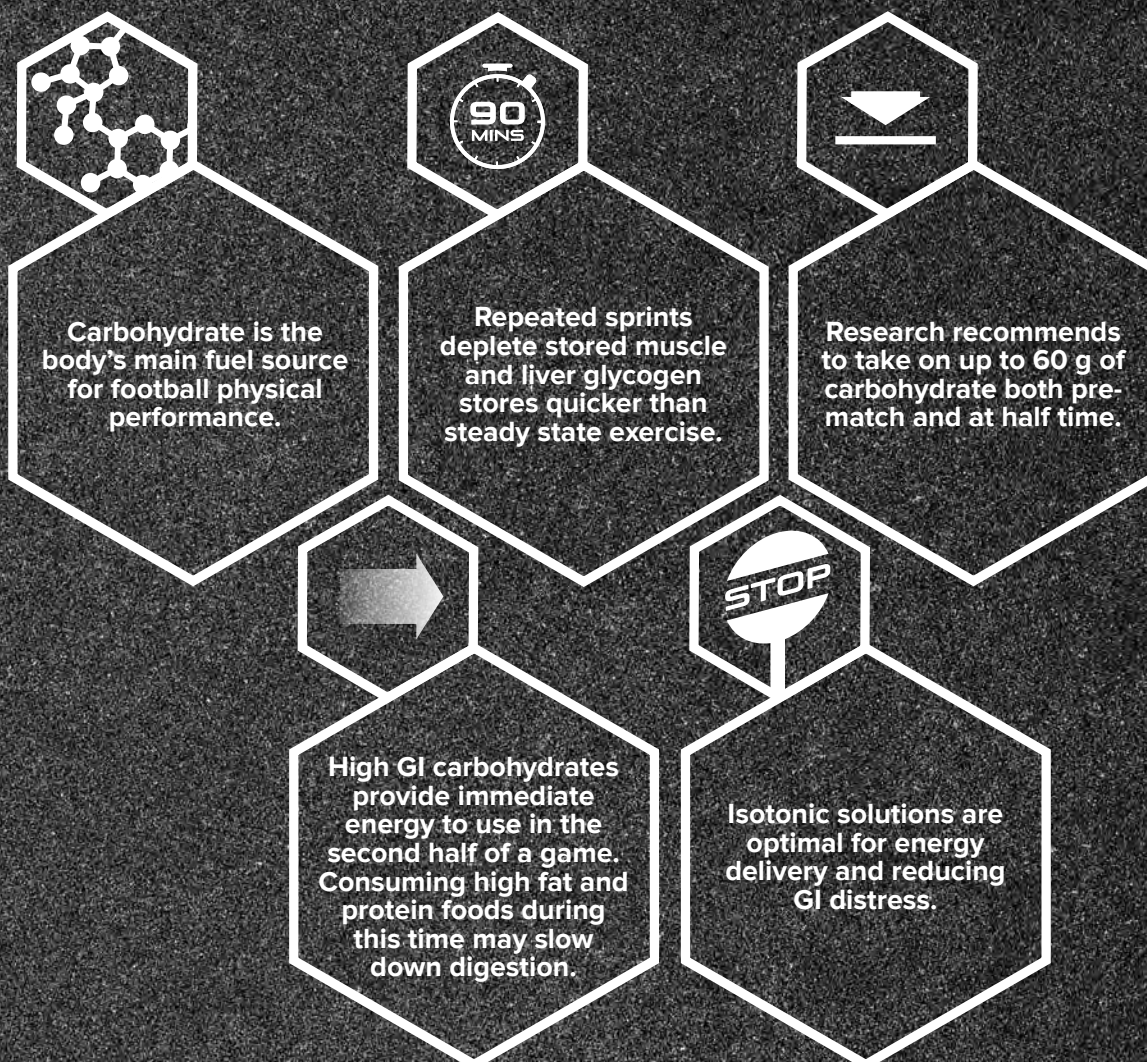
11

INFORMED SPORT

12



ENERGY



GO ISOTONIC ENERGY GEL

TRUSTED IN ELITE FOOTBALL, THE GO ISOTONIC ENERGY GEL WAS THE FIRST ISOTONIC ENERGY GEL DELIVERING AN EASILY DIGESTIBLE AND QUICK SUPPLY OF CARBOHYDRATE FOR ENERGY DURING GAMES AND AT HALF-TIME.

Orange, Lemon & Lime, Tropical, Blackcurrant, Apple, Cherry, Fruit Salad and Vanilla

- Truly isotonic formulation - no need for water
- 22 g of rapidly absorbed carbohydrate per gel
- Convenient easy-to-take format
- Contents: 6 x 60 ml or 30 x 60 ml per pack
- Flavoured Maltodextrin gel with added sweetener

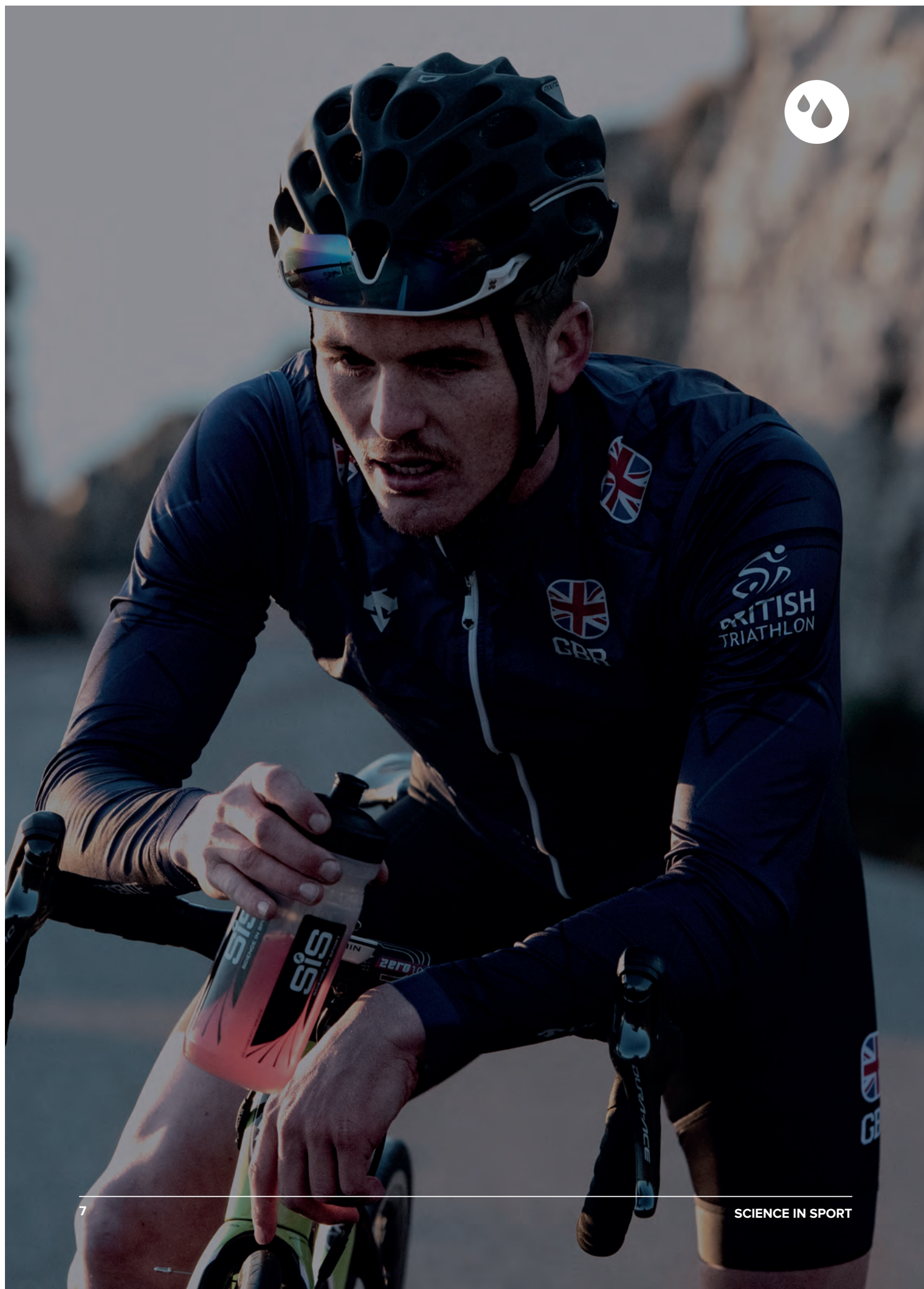
TYPICAL VALUES	PER 100 ml	PER SERVING 60 ml
ENERGY	612 kJ / 144 kcal	367 kJ / 86kcal
PROTEIN	0.0 g	0.0 g
CARBOHYDRATE	36 g	22 g
OF WHICH SUGARS	11 g	0.6 g
FAT	0.0 g	0.0 g
OF WHICH SATURATES	0.0 g	0.0 g
FIBRE	0.1 g	0.1 g

VEG	VEGANS	LACTOSE FREE	GLUTEN FREE	WHEAT FREE	NUT FREE	SOYA FREE
✓	✓	✓	✓	✓	✓	✓



HYDRATION





HYDRO

HYDRO IS DESIGNED TO ENSURE YOU ARE EFFECTIVELY HYDRATED TO PRODUCE YOUR BEST PERFORMANCE.

AS AN EFFERVESCENT TABLET THAT READILY DISSOLVES IN PLAIN WATER, IT REPRESENTS A HIGHLY PRACTICAL APPROACH WITHOUT THE CALORIES.

Lemon, Berry, Pineapple Mango

- High in sodium to promote hydration
- Simply drop one effervescent tablet into 500 ml of water
- Use when hydration is required without the calories

TYPICAL VALUES	PER 100 g	PER TABLET 4.3 g
ENERGY	794 kJ / 190 kcal	36 kJ / 9 kcal
FAT	0.0 g	0.0 g
OF WHICH SATURATES	0.0 g	0.0 g
CARBOHYDRATES	17.7 g	0.8 g
OF WHICH SUGARS	1.1 g	0.1 g
FIBRE	4.4 g	0.2 g
PROTEIN	0.0 g	0.0 g
SALT	19.2 g	0.9 g
CALCIUM	2267 mg	102 mg
MAGNESIUM	180 mg	8.1 mg
POTASSIUM	1444 mg	65 mg

VEG	VEGANS	LACTOSE FREE	GLUTEN FREE	WHEAT FREE	NUT FREE	SOYA FREE
✓	✓	✓	✓	✓	✓	✓



HYDRO + CAFFEINE

HYDRO IS DESIGNED TO ENSURE YOU ARE EFFECTIVELY HYDRATED TO PRODUCE YOUR BEST PERFORMANCE. AS AN EFFERVESCENT TABLET THAT READILY DISSOLVES IN PLAIN WATER, IT REPRESENTS A HIGHLY PRACTICAL APPROACH WITHOUT THE CALORIES.

THE ADDITION OF CAFFEINE PROVIDES A PHYSICAL AND MENTAL BOOST, REDUCING THE PERCEPTION OF FATIGUE.

Cola

- High in sodium to promote hydration
- An additional 75 mg of caffeine
- Simply drop one effervescent tablet into 500 ml of water
- Use when hydration is required without the calories

TYPICAL VALUES	PER 100 g	PER TABLET 4.3 g
ENERGY	796 kJ / 190 kcal	36 kJ / 9 kcal
FAT	0.0 g	0.0 g
OF WHICH SATURATES	0.0 g	0.0 g
CARBOHYDRATES	21 g	1.0 g
OF WHICH SUGARS	1.1 g	0.1 g
FIBRE	4.9 g	0.2 g
PROTEIN	0.0 g	0.0 g
SALT	19.2 g	0.9 g
CAFFEINE	1167 mg	75 mg
CALCIUM	2267 mg	102 mg
MAGNESIUM	180 mg	8.1 mg
POTASSIUM	1444 mg	65 mg

VEG	VEGANS	LACTOSE FREE	GLUTEN FREE	WHEAT FREE	NUT FREE	SOYA FREE
✓	✓	✓	✓	✓	✓	✓



IMMUNE TABLETS

SIS IMMUNE IS DESIGNED TO SUPPORT AND MAINTAIN IMMUNE FUNCTION BEFORE, DURING AND AFTER FOOTBALL PERFORMANCE.

AS AN EFFERVESCENT TABLET THAT READILY DISSOLVES IN PLAIN WATER, IT REPRESENTS A HIGHLY PRACTICAL APPROACH TO SUPPORT YOUR IMMUNE SYSTEM. THE PRODUCT INCLUDES VITAMIN C (200 mg) AND IRON (2.5 mg) WHICH ARE KNOWN TO CONTRIBUTE TO THE MAINTENANCE OF THE NORMAL FUNCTION OF THE IMMUNE SYSTEM DURING AND AFTER INTENSE PHYSICAL EXERCISE IN ADDITION TO YOUR RDA.

Orange

- 200 mg of Vitamin C
- 2.5 mg of Iron
- Sodium to help promote hydration. Simply dissolve in 500 ml of water

TYPICAL VALUES	PER 100 g	PER TABLET 4.3 g
ENERGY	788 kJ / 188 kcal	34 kJ / 8kcal
FAT	0.0 g	0.0 g
OF WHICH SATURATES	0.0 g	0.0 g
CARBOHYDRATES	11 g	0.5 g
OF WHICH SUGARS	0.6 g	0.1 g
FIBRE	2.8 g	0.1 g
PROTEIN	0.0 g	0.0 g
SALT	22 g	0.9 g

VEG	VEGANS	LACTOSE FREE	GLUTEN FREE	WHEAT FREE	NUT FREE	SOYA FREE
✓	✓	✓	✓	✓	✓	✓



GO ELECTROLYTE

GO ELECTROLYTE CONTAINS A BLEND OF CARBOHYDRATE AND ELECTROLYTES THAT PROMOTE BOTH FAST ENERGY AND OPTIMAL HYDRATION.

Raspberry, Blackcurrent, Lemon & Lime, Tropical

- 36 g of carbohydrate per 500 ml serving
- High in sodium to promote hydration
- Delivers energy and fluid fast
- Ideal for both pre-match and at half-time

TYPICAL VALUES	PER 100 g	PER SERVING 40 g
ENERGY	1547 kJ / 364 kcal	619 kJ / 146 kcal
PROTEIN	0.0 g	0.0 g
CARBOHYDRATE	91 g	36 g
OF WHICH SUGARS	17 g	6.7 g
FAT	0.0 g	0.0 g
OF WHICH SATURATES	0.0 g	0.0 g
FIBRE	0.0 g	0.0 g
SALT	1.3 g	0.5 g

VEG	VEGANS	LACTOSE FREE	GLUTEN FREE	WHEAT FREE	NUT FREE	SOYA FREE
✓	✓	✓	✓	✓	✓	✓

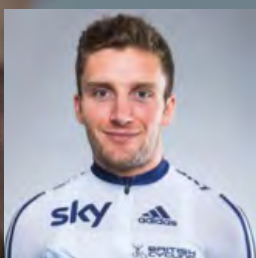


INFORMED SPORT

The Science in Sport brand is trusted by professional and Olympic athletes in a range of sports, across the world. A key component of this trust is our approach to preventing banned substances entering the Science In Sport supply chain and finished products.

Each year an internal review of the banned substance prevention regime takes place, and from January 2019 an upgraded system has been implemented. The regime is built on the following pillars:

- The SiS factory is based in the U.K. and is subject to rigorous biannual auditing by Informed Sport, an industry trusted independent testing company.
- No product, ever, leaves our factory without being fully tested by Informed Sport for banned substances and contaminants.
- For 100% reassurance stay within the Science in Sport family of products.
- SiS quality is universal across the world. SiS products purchased in the supermarket, or countries around the world, are identical to products supplied to you.



CALLUM SKINNER

Olympic Gold Medalist &
Head of Athlete Safety at SiS

“SiS are the market leaders in quality control. I and many other Olympic Gold medalists use and trust their products. Using SiS means you know exactly what is in your gel, shake and bar. Something that few other companies can claim”

