



Kicks Gels

We designed our Kicks gels with real food ingredients in mind, to be natural, tasty and easy to digest. Quality performance before, during or after your MuleBar adventure. A combination of fast and steady releasing organic carbohydrates which reload muscles and support improved endurance. Himalayan crystal salts provide sodium to aid hydration and replenish lost electrolytes. Simple, clean fuel.

FAST ENERGY

A Kicking combination of naturally sourced carbohydrate for muscle replenishment

Organic brown rice syrup
= fast releasing energy

Organic agave nectar
= sustained steady energy

Easy open

Unique fast tear packaging

Electrolytes

100mg of hydration supporting sodium to replenish electrolyte stores, improve fluid retention & reduce muscle cramps

Developed by athletes

Developed in conjunction with pro-athletes including Javier Gomez Noya, Marcel Zamora and Eneko Llanos



Natural Tasty Energy

- ☺ **100% natural, always**
- High quality ingredients**
- Ethically sourced**
- Easy on the stomach**

MuleBar never contain...
Artificial preservatives, colourings, sweeteners, flavourings or GMO ingredients

Himalayan crystal salts

- ✓ Support hydration
- ✓ Replace nutrients
- ✓ Provide 80 trace minerals
- ✓ Replenish lost electrolytes

Performance



Javi Gomez Noya, ES

Fast



Eneko Llanos, ES

Natural



made in Great Britain

www.mulebar.com



Kicks Gels

We go that extra mile to source our ingredients ethically, supporting third world farmers as a result, and then mixing the ingredients together into a pure, performance recipe. Good, tasty, natural food that is easy on the stomach, with no hidden nasties. Making you and us feel good.

Better than ever

- ✓ Lighter flavour
- ✓ Updated packaging
- ✓ Increased sodium content
- ✓ Revised caffeine content
- ✓ Tasty new flavours

Instructions for use

1 to 2 sachets per hour.
Consume with water.

Caffeine Options

- Caffeine Free
- 50mg
- 100mg



Suitable for
Vegans & Vegetarians



Typical values per **37g**

Range...



Kicks Apple Strudel
...Organic apple & cinnamon



Kicks Cherry Bomb
...Organic cherry



Kicks Lemon Zinger
...Organic lemon & ginger with guarana



Kicks Cortado
... Natural coffee with guarana

Ethical



Energy



Anna Frost, NZ

Endurance



Marcel Zamora, ES



made in Great Britain

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Kicks Apple Strudel

...Organic apple & cinnamon

Our organic kicks apple strudel energy gels are a tasty, easy to digest combination of apple juice, cinnamon, agave nectar and brown rice syrup. A loaded mix of Fast and steady releasing organic carbohydrates formulated to replenish muscles. We add sodium from Himalayan crystal salt to support hydration, whilst the real apple juice is high in antioxidants. Ethically sourced ingredients, free from synthetic nasties. Wrapped up in our unique "fast tear" packaging.

FAST ENERGY

Performance

Organic brown rice syrup = glucose, maltose and maltotriose = **fast releasing energy**

Organic agave nectar = fructose + glucose = **sustained steady energy**

100mg sodium for hydration, replenishing electrolytes and reducing muscle cramps

Instructions for use

MuleBar designed, with all sports in mind. We use Kicks Gels before, during and after exercise. 1-2 gels per hour.

Ingredients

Organic apple juice concentrate, organic agave nectar, organic brown rice syrup, natural cinnamon flavour, pink Himalayan crystal salt.



☞ caffeine free

37g



Suitable for Vegans & Vegetarians

Natural Tasty Energy

- 😊 **30% real apple juice**
- 100% organic**
- Nothing synthetic**

Nutritional information

per	100g	37g
Energy kJ	1221	452
Calories Kcal	292	108
Protein	0.3g	0.1g
Carbohydrate	72g	27g
of which sugar	68g	18g
Fat	0.1g	0g
of which saturates	0g	0g
Fibre	1g	0g
Sodium	0.3g	0.1g

Free from

Dairy, Wheat, Yeast, Soy & Nuts

MuleBar never contains...

Artificial preservatives, colourings, sweeteners, flavourings or GMO ingredients

Performance



Energy



Strudel MBR team, UK

Tasty



made in Great Britain

www.mulebar.com



Kicks Lemon Zinger

...Organic lemon & ginger with guarana

"It kicks". The Lemon Zinger is our original, 100% Natural, caffeinated energy gel. We combine Organic guarana, Sicilian lemon juice, ginger, brown rice syrup and agave nectar to help you perform. Mixed Fast and steady releasing carbohydrates to replenish muscles. Himalayan crystal salts provide sodium to support hydration. And guarana gives caffeine to help endurance. Add to this the antioxidant potential of Lemon and the great taste of ginger. The result is a Tasty, easy on the stomach gel. All wrapped up in our "fast tear" packaging.

FAST ENERGY

Performance

Organic brown rice syrup = glucose, maltose and maltotriose = **fast releasing energy**

Organic agave nectar = fructose + glucose = **sustained steady energy**

100mg sodium for hydration, replenishing electrolytes and reducing muscle cramps

Instructions for use

MuleBar designed, with all sports in mind. We use Kicks Gels before, during and after exercise. 1-2 gels per hour

Ingredients

Organic agave nectar, organic brown rice syrup, organic sicilian lemon juice concentrate, natural guarana extract, pink Himalayan crystal salt, natural ginger flavour.



50mg caffeine **37g**



Suitable for Vegans & Vegetarians

Natural Tasty Energy

- 😊 **Real Sicilian lemon juice**
- Easy to digest**
- Nothing synthetic**

Nutritional information

per	100g	37g
Energy kJ	1266	472
Calories Kcal	303	113
Protein	0.5g	0.2g
Carbohydrate	75g	28g
of which sugar	68g	25g
Fat	0.2g	0.1g
of which saturates	0g	0g
Fibre	1g	0.4g
Sodium	0.3g	0.1g
Caffeine mg	135	50

Free from

Wheat, Lactose, Yeast, Soy & Nuts

MuleBar never contains...
Artificial preservatives, colourings, sweeteners, flavourings or GMO ingredients

Performance



Céline Augeux, FR

Kickin'



Tasty



made in Great Britain

www.mulebar.com



Kicks Cherry Bomb

...Organic cherry

Our organic kicks cherry bomb energy gels are a tasty, combination of real cherry juice, agave nectar and brown rice syrup. A mix of fast and steady releasing carbohydrates formulated to fuel endurance. Sodium from Himalayan crystal salt replace lost electrolytes. Whilst real cherry juice is a potent source of antioxidants. Made using 100% Natural, ethically sourced, ingredients that are easy to digest. This Cherry Bomb is all wrapped up in our “fast tear” packaging.

FAST ENERGY

Performance

Organic brown rice syrup = glucose, maltose and maltotriose = **fast releasing energy**

Organic agave nectar = fructose + glucose = **sustained steady energy**

100mg sodium for hydration, re plenishing electrolytes and reducing muscle cramps

Antioxidants to reduce muscle damage.

Instructions for use

MuleBar designed, with all sports in mind. We use Kicks Gels before, during and after exercise. 1-2 gels per hour.

Ingredients

Organic Brown Rice Syrup, Organic Agave Nectar, Organic Cherry Juice Concentrate, Pink Himalayan Crystal Salt.

Energy



caffeine free **37g**



Suitable for Vegans & Vegetarians

Natural Tasty Energy

☺ **8% Real Cherry juice**
100% organic
Nothing synthetic

Nutritional information

per	100g	37g
Energy KJ	1263	467
Calories Kcal	302	112
Protein	0.6g	0.2g
Carbohydrate	74g	27g
of which sugar	66g	24g
Fat	0.1g	0g
of which saturates	0g	0g
Fibre	1g	0g
Sodium	0.3g	0.1g

Free from

Wheat, Lactose, Yeast, Soy & Nuts

MuleBar never contains...

Artificial preservatives, colourings, sweeteners, flavourings or GMO ingredients.

Endurance



Maja Vidmar, SL

Tasty



made in Great Britain

www.mulebar.com



Kicks Café Cortado

.. Natural coffee with guarana

This Mule packs a Café Cortado kick. We selected performance boosting coffee, guarana, brown rice syrup and malted barley syrup to provide that natural competitive edge. A combination of fast and steady releasing carbohydrates to refuel muscles. Sodium from Himalayan crystal salts help replace lost electrolytes. Whilst coffee and guarana provide caffeine to help delay fatigue. Not to forget coffee is packed with potent antioxidants. This tasty, easy to digest Gel is made with 100% natural ingredients. All contained in our "fast tear" packaging.

FAST ENERGY

Performance

Brown rice syrup + malted barley syrup = glucose + maltose + maltotriose = **fast energy**

Organic agave nectar = fructose + glucose = **sustained steady energy**

☕ 100mg caffeine for reduced perception of effort.

100mg sodium for replenishing electrolytes and reducing muscle cramps.

Instructions for use

MuleBar designed, with all sports in mind. We use Kicks Gels before, during and after exercise. 1-2 gels per hour.

Ingredients

Brown Rice Syrup, Malted Barley Syrup, Agave Syrup, Natural Cortado Coffee, Natural Guarana Extract, Himalayan Crystal Salt.



☕ 100mg caffeine **37g**



Suitable for Vegans & Vegetarians

Natural Tasty Energy

☺ **Natural Coffee with Guarana**

Easy to digest

Nothing synthetic

Nutritional information

per	100g	37g
Energy kJ	1268	469
Calories Kcal	303	112
Protein	1.5g	0.6g
Carbohydrate of which sugar	74g	27g
Fat	59g	22g
of which saturates	0.3g	0.1g
Fibre	0g	0g
Sodium	0g	0g
Caffeine mg	0.2g	0.1g
	271	100

⚠ Free from

Wheat, Lactose, Yeast, Soy & Nuts

MuleBar never contains...

Artificial preservatives, colourings, sweeteners, flavourings or GMO ingredients

Performance



Melissa Le Neve, FR

Double Kickin'



Ethical



made in Great Britain

www.mulebar.com