

**100%**  
**natural**  
**fast energy**  
**organic**  
**GEL**



# ...for best results

Immediate energy and fast recovery  
No preservatives or additives. Works, NATURALLY  
Great flavour, great taste

1 gel up to 45 minutes before exercise.  
1 to 2 gels per hour during activity.  
Best taken with water.

Our unique organic Cherry Bomb energy gel - an antioxidant explosion! Cherry juice concentrate has been shown to have extraordinary antioxidant content, whilst the high GI sugars from brown rice syrup provide the carbohydrate equivalent of rocket-fuel. Medium-GI sugars (fructose from organic, naturally sourced agave nectar) give a slower release of energy when taken before endurance exercise. Hydration is supported by the natural electrolytes in Himalayan crystal salts which also provide a full-spectrum of trace minerals.

**Usage : Marathon, Triathlon, Cycling, Football, Rugby, Running, Dancing...**

Participating in vigorous exercise involving sprinting (team sports or interval training) consume another gel IMMEDIATELY post-training to reload your muscles. Adequate recovery is essential to fuel your next workout...or even simply to help you get out of bed tomorrow morning...

Proven by elite Ironman Marcel Zamora, 2010 Xterra World Champion Eneko Llanos and 2010 ITU Triathlon World Championship Javier Gomez Noya

**[www.mulebar.com](http://www.mulebar.com)**