

Brand Name

ActiveHealth CarbGel

Format

Gel

What's in this gel?

ActiveHealth CarbGel supplies optimal fueling with the following ingredients:

Serving/sachet: 116 calories/43g

Benefit/Function	Nutrients	Amount per Sachet
Premium Fuel Source	Carbohydrates	29 g
Quick-acting carbs for instant energy boost	Dextrose	3.3 g
Long-burning carbs for sustained fuel source	Maltodextrin	26 g
Electrolytes to prevent dehydration and cramping	Sodium	28 mg
	Potassium	34 mg

ACTIVE HEALTH®

CARB GEL

CARBOHYDRATE & ELECTROLYTE GEL DRINK

Nutritional Information

Serving Size 1 Sachet (43 g)
Servings Per Container 1

Amount Per Serving		
Total Calories (kcal)	116	% Phil. RENI*
Fat	0 g	
Carbohydrates	29 g	10%**
Sodium	28 mg	1%
Potassium	34 mg	1%

* Based on Phil. Recommended Energy & Nutrient Intake for Filipinos, 2002 edition
**DRV, US Daily Reference Value (no RENI declared for these nutrients)

INGREDIENTS: Maltodextrin, Water, Dextrose, Natural Identical Flavors, Sodium Chloride, Citric Acid, Potassium Chloride, Potassium Sorbate

DIRECTIONS: Consume 1 sachet 10-15 minutes before activity, then every 60 minutes during activity. Consume with appropriate fluid intake.

Who should take this?

Runners, cyclists and triathletes have been accustomed to take energy gels. However, any activity or sport requiring instant muscle fuel can benefit from ActiveHealth CarbGel to sustain energy.

How is it taken?

Hold on the sachet and tear off the top. Squeeze sachet and consume the gel.

- Although not necessary, it is recommended to take ActiveHealth CarbGel with water for better absorption.
- Try out ActiveHealth CarbGel during training, before using it in an actual race or competition.

How often should I take this?

It's all about timing.

- Take one sachet of ActiveHealth CarbGel 15 minutes before any physical activity. The quick-acting carbs will go almost immediately to your muscles to aid in providing energy.
- Take another one for every hour of activity to help sustain your energy and performance.

Here's a sample consumption plan considering both fed and fasted state:

Activity	Event Example	Fed State	Fasted State*
< 45 minutes – 75 minutes	5K/10K Run	1 ActiveHealth CarbGel sachet at the 1-hour mark	*1 ActiveHealth CarbGel sachet 15 minutes before activity *1 ActiveHealth CarbGel sachet at the 1-hour mark
1-2 hours	21K Run	1 ActiveHealth CarbGel sachet every 1-hour mark	*1 ActiveHealth CarbGel sachet 15 minutes before activity *1 ActiveHealth CarbGel sachet every 1-hour mark
2-3 hours	Olympic Distance Triathlon	1-2 ActiveHealth CarbGel sachets every 1-hour mark	*1-2 ActiveHealth CarbGel sachets 15 minutes before activity *1-2 ActiveHealth CarbGel sachets every 1-hour mark
>3 hours	Marathon, Ironman Distance Triathlon	2-3 ActiveHealth CarbGel sachets every 1-hour mark	*1-2 ActiveHealth CarbGel sachets 15 minutes before activity *1-2 ActiveHealth CarbGel sachets every 1-hour mark

**Assuming an early morning activity*

Fed State – with food intake at least one hour before activity

Fasted State – no food intake or very little food intake at least one hour before activity

SOURCE:

Jeaneth Aro, Nutrifit Fitness and Nutrition Consultancy Services

Where can I buy this?

ActiveHealth CarbGel is available in <http://shop.activehealth.ph>.

How many variants are there?

We currently have two flavors—Berry Mix and Banana Twist.

How much is this?

Each 43g palm-sized sachet is priced at Php 75.00. CarbGel comes in a box of 16 sachets priced at 1,200 per box.