

ENERGY GELS AND BARS

All gels and bars are gluten free and vegan friendly



Aim for 60-90g of carbs per hour, taken at frequent intervals for high performance. This can be from drinks, gels, bars, or a combination.

STEALTH ADVANCED ISOTONIC ENERGY GELS

BEFORE - DURING - AFTER

Purpose	High energy for races or high intensity training sessions where extra fuel is needed to perform, or just to get you back home near the end of a long run or ride
Energy	22g of carbohydrates per sachet (maltodextrin, sticky rice starch, fructose)
Electrolytes	0.03g of salt
Flavours	Lemon & Lime / Citrus / Watermelon / Forest Fruit / Tropical

Truly isotonic and fast to absorb, quicker energy supply than non isotonic, easy to digest, designed to be consumed without water.

STEALTH REAL FRUIT GELS

BEFORE - DURING - AFTER

Purpose	High energy for races or high intensity training sessions where extra fuel is needed to perform, or just to get you back home near the end of a long run or ride
Energy	22g of carbs per sachet (maltodextrin, real fruit, sticky rice starch, fructose)
Electrolytes	0.05g of salt
Flavours	Banana / Mango & Passion Fruit

Made with real fruit (20%) (instead of fruit extract), tastes like a smoothie, performs like a gel, no need to take water with it, easy to absorb, close to isotonic.

STEALTH CAFFEINE SUPPLEMENT GEL WITH BETAINE

BEFORE - DURING - AFTER

Purpose	For a burst of power and energy, for races or high intensity training sessions where extra fuel and an energy boost is needed to perform
Energy	75g of caffeine, 22g of carbohydrates
Electrolytes	0.05g of salt
Flavours	Berry

Delivers caffeine fast to the muscle. A caffeine & carbohydrate mix may decrease your fat burning and increase your carb burning mechanism, therefore in long races only use in the latter stages. Contains a unique blend of ingredients to improve performance (including: betaine, taurine and glucoronolactone).

STEALTH JUICE BARS - SLOW RELEASE CARBS

BEFORE - DURING - AFTER

Purpose	Source of energy for medium to long steady cycle, run, pre race, or pre swim avoiding insulin spikes and promotes fat burning
Energy	27g of mainly slow release carbohydrate (isomaltulose, maltodextrin, sucrose, sticky rice starch)
Electrolytes	0.12g of salt
Flavours	Orange & Pineapple / Apple & Blackcurrant

An ideal energy source to fuel your training. Prevents insulin spikes, this can help to burn more fat for longer. This bar gives the sensation of eating something, but is still easy to swallow.

STEALTH FLAP JACK

ANY TIME SNACK

Purpose	Tasty snack and energy
Energy	source 36g of carbohydrates
Electrolytes	0.19g of salt
Flavours	Salted Caramel

Easy to consume and easy on the stomach. The healthiest version of a tasty flap jack with gluten free oat flakes and date paste. Lots of turmeric was added for its amazing antioxidant properties.