



**SQUEEZY**<sup>®</sup>  
SPORTS NUTRITION



DOCUMENT IN WORK



PRODUCTS, TEXT & SEO

# PRODUCTGUIDE 2022

TRUE SPORTS NUTRITION SINCE 1987

EN





**SQUEEZY**<sup>®</sup>  
SPORTS NUTRITION



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**Note:** This assortment book is not a catalogue, but an assistance to understand our products and a guide for an optimal positioning in online shops.



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## Prologue

In 1987 Squeezy's story started with the development of the world's first energy gel.

Today, the Squeezy brand with a comprehensive range as a producer of modern sports nutrition stands for an ambitious guiding idea:

The sustainable development of effective and maximum stomach-friendly sports nutrition for runners, cyclists, triathletes and for endurance athletes in general.

For us at Squeezy, the year 2022 means the start of the sixth product generation and moreover probably the most important step in Squeezy's history.

With the completely revised, partially newly developed and supplemented assortment, we are responding particularly to customer wishes.

In addition to a change of the design, the corporate colours, a revision of the logo and the return of our mascot "Pedro" (piranha), it is above all the radical change to a fully sustainable brand. How we implement this, we describe on the next page.

## The new Logo



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## SUSTAINABILITY / I

When Squeezy was born in 1987 the Montreal Protocol dominates the daily newspapers. A multilateral agreement on the protection of the ozone layer. To date, the Convention, which entered 1989 is still regarded as a milestone in environmental protection.

A long time until today - 2021. Many things have happened in terms of environmental protection, but, as we all know today, not nearly enough, and so today it is not the ozone layer that is causing us all headaches, but above all global warming, microplastics in the oceans, disappearing forests and air pollution.

Packaging materials are part of the problem, which is something we as the manufacturer of the world's oldest sports nutrition brand Squeezy are aware of. With measures like our still in use today gel refillers and the reusable gel drinking bottles we offered solutions early.

As cyclists and runners, however, we also know about the problems with packaging waste, which are more evident particularly at major events:

There is too much! And it's the wrong material!

And although humanity is able sending robots to Mars and has made incredible progress in medical technology in record time, it is still today, as it was more than 30 years ago, difficult to offer sports nutrition according to an approach that is holistic as possible.

The packaging material alone provides us as a manufacturer with our partners real challenges.

Unfortunately, not everything can be filled into ecologically perfect (mono)packaging. If acids are involved, many materials are rejected or the product shelf life drops to a minimum not tolerated by the customer.



## SUSTAINABILITY / II

In 2020 we started to develop concepts to launch our new products in the course of a brand relaunch in several steps to a fully sustainable product range.

This planning is now well progressed and, in addition to new products from autumn 2021 onwards, there are as well first results such as cans made from sugar cane, from 2022 gels in recyclable mono foils, uncoated labels or, in a little-noticed area that has received little attention, optimizations in the repackaging of raw materials.

Not everything we would like to implement directly is already possible and the pandemic situation has unfortunately intensified this situation. This does not change anything - we are in the middle of probably the most fundamental change that Squeezy has ever envisaged. Things are moving forward.

In addition to our new packaging made from organic sugar cane and paper bags with recycled cellulose, we are very proud of the new gel sachets for Energy Gel and Liquid Energy (formerly Drink Gel) made from a fully recyclable mono foil. Now with Stay-On flap at the top.



Generation 1 before the final release

PRODUCT-CATEGORY

# ENERGY DRINKS

PRODUCT-CATEGORY  
VARIANT

ENERGY DRINK  
ORANGE

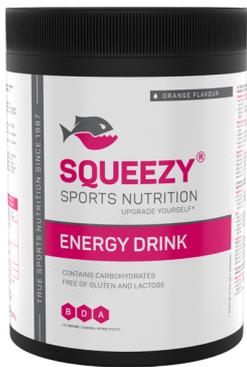


KEYWORDS

- Keywords in the product text
- add. Keywords in the detailed text

Energy drink, isotonic drinks, carbohydrates, minerals, electrolytes, drink powder, endurance athlete, energy, sports drink, performance, hydration, dehydration, training, competition, energy needs, energy metabolism, maltodextrin, fast / slow carbohydrates, soluble, carbohydrate blend, orange, running, trailrunning, ultrarunning, cycling, triathlon

PRODUCT TEXT (TOP)



Squeezy Energy Drink Orange is the ideal sports drink for active athletes in training and competition. Developed for maximum gastric tolerance under (high) physical stress this modern and isotonic formula without lactose and gluten offers reliable energy on the basis of a multi-level carbohydrate blend to maintain the performance.

Thanks to fast carbohydrates, energy is provided almost immediately and remains available for a longer period of time using slowly absorbing carbohydrates per drinking ration (250 ml).

With the added minerals sodium and potassium, the Squeezy Energy Drink effectively replaces the minerals lost through sweat. The low osmolarity of the Squeezy Energy Drinks results in rapid absorption and utilization in the body. Also ideal at high temperatures.

**Ideal for:** Endurance sports with high energy needs (cycling, running, triathlon, cross-country skiing, etc.) in all seasons.

**Flavour:** Orange, refreshingly fine and not too sweet fruit flavour with natural flavours.

**Note:** Without colourings, artificial flavours and preservatives. Highly soluble in water and quick to prepare. Suitable for vegetarians.

**Sustainability:** As a product of the 'Squeezy goes Green' initiative, the new can body is made from sustainable organic sugar cane.

AT A GLANCE

- Multi-stage, isotonic drink powder with carbohydrates and minerals to maintain the performance during endurance sports.
- Can be used before, during and after sports. Can also be used for carboloading.
- quickly digestible, well tolerated by the stomach under stress and without dispensable ingredients.
- Contains no colourings, artificial flavours and sweeteners, preservatives, lactose, gluten, animal ingredients
- Suitable for vegetarians and vegans.

PRODUCT IMAGES

[Squeezy\\_Energy\\_Drink\\_Orange - Images](#) 

PRODUCT-CATEGORY  
VARIANT

ENERGY DRINK  
ORANGE



2

PRODUCT TEXT (DETAIL)

Squeezy Energy Drink Orange is a particularly high-quality carbohydrate drink powder to maintain endurance performance and prevent dehydration during training and competition. The stomach-friendly formula of Squeezy Energy Drinks provides energy in the form of carbohydrates from various sources such as maltodextrin and glucose and fructose.

This complex carbohydrate blend guarantees a consistently reliable energy supply and hydration in the energy metabolism when taken as recommended.

**What's in it - and what's not?** We only use high-quality ingredients that are essential ones for the stress phase. Squeezy products meet the highest quality and purity standards and are developed with a view to a maximum stomach tolerance under high stress.

- Free from lactose, gluten and artificial sweeteners
- Free from animal ingredients, therefore suitable for vegetarians and vegans
- Unnecessary colourings, binders and marketing mumbo-jumbo are not part of our philosophy.

**Note:** The absence of colourings results in a milky-white beverage solution after mixing. This is normal and intentional.

**Ingredients** (H)

Maltodextrin, fructose, dextrose, flavouring, acidifier (citric acid), sodium citrate, potassium citrate, salt

**Nutritional values** (H)

ENERGY DRINK ORANGE	PER 100 GRAMM	PER 50 GRAMM IN 7 50 ML WATER
ENERGY	1600 kJ (376 kcal)	800 kJ (188 kcal)
FAT / OF THIS SATURATED FATTY	<0,1 g / <0,1 g	<0,1 g / <0,1 g
CARBOHYDRATES / OF THIS SUGAR	91,4 g / 44,5 g	45,7 g / 22,3 g
PROTEIN	<0,1 g	<0,1 g
SALT	<1,4 g	<0,71 g

**Sales description:** Carbohydrate powder for mixing a sports drink - orange flavour.

**Net quantity:** Can of 650 g - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

**ENERGY DRINK**  
ORANGE



3

PRODUCT TEXT (DETAIL)



Directions (H)

The product has been developed for the use BEFORE, DURING and AFTER sport. You can recognize this on the label of our products by the BDA infographic. The individual need for energy varies from athlete to athlete and depends on many factors:

Average carbohydrate needs of an athlete in the basic endurance range 1/2

- physical requirements (age, weight, height, sex)
- condition of the route (altitude profile and surface)
- type of sport
- individual performance and intensity (BE1 / BE2)

**Basic endurance 1 (BE1):** Training is completed at a heart rate of approx. 60 to 70 % of the max. heart rate. 30-40g of carbohydrates / hour

**Basic endurance 2 (BE2):** Training/competition is completed at a heart rate of approx. 70 to 80 % of the maximum heart rate. 40-80g of carbohydrates / hour

We recommend 750 ml of prepared drink per hour during sport. This corresponds to a carbohydrate amount of 45.7 g.

**Dosage:** Dissolve 2 measuring spoons of powder (50g) in 750ml of water.

**Recommended drink intake per hour:** up to 250 ml every 20 minutes. On particularly hot days with high sweat loss (salt loss), we also recommend the Squeezy Salt Tabs.

After training/competition and if required, we recommend drinking 500 ml of drink promptly.



SUSTAINABILITY

Sustainability (H)

The can material (body) of our new Energy Drinks is made from natural raw materials (organic sugar cane).

At the time of bottling, it was unfortunately not yet possible to use an equally sustainable screw cap, seal and measuring spoon. We are working on offering this product in a fully sustainable packaging as soon as possible.



PRODUCT-CATEGORY  
VARIANT

ENERGY DRINK  
CHERRY

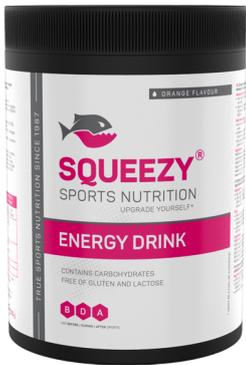


KEYWORDS

- Keywords in the product text
- add. Keywords in the detailed text

Energy drink, isotonic drinks, carbohydrates, minerals, electrolytes, drink powder, endurance athlete, energy, sports drink, performance, hydration, dehydration, training, competition, energy needs, energy metabolism, maltodextrin, fast / slow carbohydrates, soluble, carbohydrate blend, orange, running, trailrunning, ultrarunning, cycling, triathlon

PRODUCT TEXT (TOP)



Squeeze Energy Drink Cherry is the ideal sports drink for active athletes in training and competition. Developed for maximum gastric tolerance under (high) physical stress this modern and isotonic formula without lactose and gluten offers reliable energy on the basis of a multi-level carbohydrate blend to maintain the performance.

Thanks to fast carbohydrates, energy is provided almost immediately and remains available for a longer period of time using slowly absorbing carbohydrates per drinking ration (250 ml).

With the added minerals sodium and potassium, the Squeeze Energy Drink effectively replaces the minerals lost through sweat. The low osmolarity of the Squeeze Energy Drinks results in rapid absorption and utilization in the body. Also ideal at high temperatures.

**Ideal for:** Endurance sports with high energy needs (cycling, running, triathlon, cross-country skiing, etc.) in all seasons.

**Flavour:** Orange, refreshingly fine and not too sweet fruit flavour with natural flavours.

**Note:** Without colourings, artificial flavours and preservatives. Highly soluble in water and quick to prepare. Suitable for vegetarians.

**Sustainability:** As a product of the 'Squeeze goes Green' initiative, the new can body is made from sustainable organic sugar cane.

AT A GLANCE

- Multi-stage, isotonic drink powder with carbohydrates and minerals to maintain the performance during endurance sports.
- Can be used before, during and after sports. Can also be used for carboloading.
- quickly digestible, well tolerated by the stomach under stress and without dispensable ingredients.
- Contains no colourings, artificial flavours and sweeteners, preservatives, lactose, gluten, animal ingredients
- Suitable for vegetarians and vegans.

PRODUCT IMAGES

[Squeeze Energy Drink Cherry - Images](#) 

PRODUCT-CATEGORY  
VARIANT

ENERGY DRINK  
CHERRY



2

PRODUCT TEXT (DETAIL)

Squeezy Energy Drink Cherry is a particularly high-quality carbohydrate drink powder to maintain endurance performance and prevent dehydration during training and competition. The stomach-friendly formula of Squeezy Energy Drinks provides energy in the form of carbohydrates from various sources such as maltodextrin and glucose and fructose.

This complex carbohydrate blend guarantees a consistently reliable energy supply and hydration in the energy metabolism when taken as recommended.

**What's in it - and what's not?** We only use high-quality ingredients that are essential ones for the stress phase. Squeezy products meet the highest quality and purity standards and are developed with a view to a maximum stomach tolerance under high stress.

- Free from lactose, gluten and artificial sweeteners
- Free from animal ingredients, therefore suitable for vegetarians and vegans
- Unnecessary colourings, binders and marketing mumbo-jumbo are not part of our philosophy.

**Note:** The absence of colourings results in a milky-white beverage solution after mixing. This is normal and intentional.

**Ingredients** (H)

Maltodextrin, fructose, dextrose, flavouring, acidifier (citric acid), sodium citrate, potassium citrate, salt

**Nutritional values** (H)

ENERGY DRINK CHERRY	PER 100 GRAMM	PER 50 GRAMM IN 7 50 ML WATER
ENERGY	1618 kJ (380 kcal)	809 kJ (190 kcal)
FAT / OF THIS SATURATED FATTY	<0,1g / <0,1g	<0,1g / <0,1g
CARBOHYDRATES / OF THIS SUGAR	92,6 g / 46,2 g	46,3 g / 23,1g
PROTEIN	<0,1g	<0,1g
SALT	<1,5 g	<0,74 g

**Sales description:** Carbohydrate powder for mixing a sports drink - orange flavour.

**Net quantity:** Can of 650 g - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

**ENERGY DRINK**  
CHERRY



3

PRODUCT TEXT (DETAIL)



Directions (H)

The product has been developed for the use BEFORE, DURING and AFTER sport. You can recognize this on the label of our products by the BDA infographic. The individual need for energy varies from athlete to athlete and depends on many factors:

Average carbohydrate needs of an athlete in the basic endurance range 1/2

- physical requirements (age, weight, height, sex)
- condition of the route (altitude profile and surface)
- type of sport
- individual performance and intensity (BE1 / BE2)

**Basic endurance 1 (BE1):** Training is completed at a heart rate of approx. 60 to 70 % of the max. heart rate. 30-40g of carbohydrates / hour

**Basic endurance 2 (BE2):** Training/competition is completed at a heart rate of approx. 70 to 80 % of the maximum heart rate. 40-80g of carbohydrates / hour

We recommend 750 ml of prepared drink per hour during sport. This corresponds to a carbohydrate amount of 46.3 g.

**Dosage:** Dissolve 2 measuring spoons of powder (50g) in 750ml of water.

**Recommended drink intake per hour:** up to 250 ml every 20 minutes. On particularly hot days with high sweat loss (salt loss), we also recommend the Squeezy Salt Tabs.

After training/competition and if required, we recommend drinking 500 ml of drink promptly.



SUSTAINABILITY

Sustainability (H)

The can material (body) of our new Energy Drinks is made from natural raw materials (organic sugar cane).

At the time of bottling, it was unfortunately not yet possible to use an equally sustainable screw cap, seal and measuring spoon. We are working on offering this product in a fully sustainable packaging as soon as possible.



PRODUCT-CATEGORY  
VARIANT

ENERGY DRINK  
LEMON BCAA

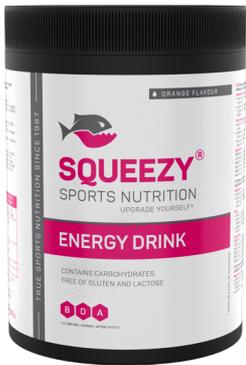


KEYWORDS

- Keywords in the product text
- add. Keywords in the detailed text

Energy drink, isotonic drinks, carbohydrates, minerals, BCAA, amino acids, electrolytes, drink powder, endurance athlete, energy, sports drink, performance, hydration, dehydration, training, competition, energy needs, energy metabolism, maltodextrin, fast / slow carbohydrates, soluble, carbohydrate blend, Lemon, running, trailrunning, ultrarunning, cycling, triathlon

PRODUCT TEXT (TOP)



Squeezy Energy Drink Lemon BCAA is the ideal sports drink for active athletes in training and competition. Developed for maximum gastric tolerance under (high) physical stress this modern and isotonic formula without lactose and gluten offers reliable energy on the basis of a multi-level carbohydrate blend to maintain the performance. The drink also contains valuable amino acids (BCAA).

Thanks to fast carbohydrates, energy is provided almost immediately and remains available for a longer period of time using slowly absorbing carbohydrates per drinking ration (250 ml).

With the added minerals sodium and potassium, the Squeezy Energy Drink effectively replaces the minerals lost through sweat. The low osmolarity of the Squeezy Energy Drinks results in rapid absorption and utilization in the body. Also ideal at high temperatures. BCAAs provide additional valuable nutrients for the muscles - especially during heavy physical stress.

**Ideal for:** Endurance sports with high energy needs (cycling, running, triathlon, cross-country skiing, etc.) in all seasons.

**Flavour:** Orange, refreshingly fine and not too sweet fruit flavour with natural flavours.

**Note:** Without colourings, artificial flavours and preservatives. Highly soluble in water and quick to prepare. Suitable for vegetarians.

**Sustainability:** As a product of the 'Squeezy goes Green' initiative, the new can body is made from sustainable organic sugar cane.

- Multi-stage, isotonic drink powder with carbohydrates, minerals and amino acids (BCAA) to maintain performance during endurance sports
- Can be used before, during and after sports. Can also be used for carboloading.
- quickly digestible, well tolerated by the stomach under stress and without dispensable ingredients.
- Contains no colourings, artificial flavours and sweeteners, preservatives, lactose, gluten, animal ingredients
- Suitable for vegetarians and vegans.

AT A GLANCE

PRODUCT IMAGES

[Squeezy Energy Drink Lemon BCAA - Images](#) 

PRODUCT-CATEGORY  
VARIANT

ENERGY DRINK  
LEMON BCAA



2

PRODUCT TEXT (DETAIL)

Squeezy Energy Drink Lemon BCAA is a particularly high-quality carbohydrate drink powder to maintain endurance performance and prevent dehydration during training and competition. The stomach-friendly formula of Squeezy Energy Drinks provides energy in the form of carbohydrates from various sources such as maltodextrin and glucose and fructose. This complex carbohydrate blend guarantees a consistently reliable energy supply and hydration in the energy metabolism when taken as recommended.

The addition of branched-chain amino acids (BCAAs) offers numerous advantages in the metabolic process and serves, among other things, to protect the muscles. BCAA serve as a high-quality form of energy for the muscles and prevent the depletion of one's own body during low-carbohydrate diets and physical exertion

**What's in it - and what's not?** We only use high-quality ingredients that are essential ones for the stress phase. Squeezy products meet the highest quality and purity standards and are developed with a view to a maximum stomach tolerance under high stress.

- Free from lactose, gluten and artificial sweeteners
- Free from animal ingredients, therefore suitable for vegetarians and vegans
- Unnecessary colourings, binders and marketing mumbo-jumbo are not part of our philosophy.

**Note:** The absence of colourings results in a milky-white beverage solution after mixing. This is normal and intentional.

**Ingredients** (H)

Maltodextrin, fructose, dextrose, flavouring, acidifier (citric acid), sodium citrate, potassium citrate, salt. BCAAs

**Nutritional values** (H)

ENERGY DRINK LEMON BCAA	PER 100 GRAMM	PER 50 GRAMM IN 7 50 ML WATER
ENERGY	1618 kJ (380 kcal)	809 kJ (190 kcal)
FAT / OF THIS SATURATED FATTY	<0,1 g / <0,1 g	<0,1 g / <0,1 g
CARBOHYDRATES / OF THIS SUGAR	92,6 g / 446,2 g	44,15 g / 22,25 g
PROTEIN (BCAA)	<4,4 g	<2,2 g
SALT	<1,4 g	<0,71 g

**Sales description:** Carbohydrate powder for mixing a sports drink - orange flavour.

**Net quantity:** Can of 650 g - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

**ENERGY DRINK**  
LEMON BCAA



**3**

PRODUCT TEXT (DETAIL)



Directions (H)

The product has been developed for the use BEFORE, DURING and AFTER sport. You can recognize this on the label of our products by the BDA infographic. The individual need for energy varies from athlete to athlete and depends on many factors:

Average carbohydrate needs of an athlete in the basic endurance range 1/2

- physical requirements (age, weight, height, sex)
- condition of the route (altitude profile and surface)
- type of sport
- individual performance and intensity (BE1 / BE2)

**Basic endurance 1 (BE1):** Training is completed at a heart rate of approx. 60 to 70 % of the max. heart rate. 30-40g of carbohydrates / hour

**Basic endurance 2 (BE2):** Training/competition is completed at a heart rate of approx. 70 to 80 % of the maximum heart rate. 40-80g of carbohydrates / hour

We recommend 750 ml of prepared drink per hour during sport. This corresponds to a carbohydrate amount of 44.15 g.

**Dosage:** Dissolve 2 measuring spoons of powder (50g) in 750ml of water.

**Recommended drink intake per hour:** up to 250 ml every 20 minutes. On particularly hot days with high sweat loss (salt loss), we also recommend the Squeezy Salt Tabs.

After training/competition and if required, we recommend drinking 500 ml of drink promptly.



SUSTAINABILITY

Sustainability (H)

The can material (body) of our new Energy Drinks is made from natural raw materials (organic sugar cane).

At the time of bottling, it was unfortunately not yet possible to use an equally sustainable screw cap, seal and measuring spoon. We are working on offering this product in a fully sustainable packaging as soon as possible.



PRODUCT-CATEGORY  
VARIANT

ENERGY DRINK  
BASIC FORMULA

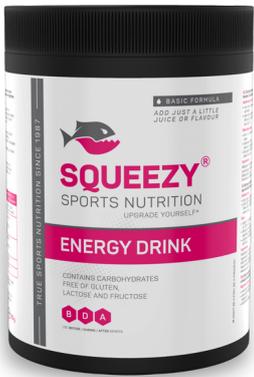


KEYWORDS

- Keywords in the product text
- add. Keywords in the detailed text

Energy drink, isotonic drinks, carbohydrates, minerals, electrolytes, drink powder, endurance athlete, energy, sports drink, performance, hydration, dehydration, training, competition, energy needs, energy metabolism, maltodextrin, fast / slow carbohydrates, soluble, carbohydrate blend, running, trailrunning, ultrarunning, cycling, triathlon

PRODUCT TEXT (TOP)



Squeezy Energy Drink Basic Formula is a novel and modular sports drink as a base. Add your own flavours, fruit juices or syrups to create your personal energy drink. Developed for maximum stomach tolerance under (high) physical stress, this modern and isotonic formula without fructose, lactose and gluten provides reliable energy on the basis of a multi-level carbohydrate mixture to maintain performance.

Thanks to fast carbohydrates, energy is provided almost immediately and remains available for a longer period of time using slowly absorbing carbohydrates per drinking ration (250 ml).

With the added minerals sodium and potassium, the Squeezy Energy Drink effectively replaces the minerals lost through sweat. The low osmolarity of the Squeezy Energy Drinks results in rapid absorption and utilization in the body. Also ideal at high temperatures.

**Ideal for:** Endurance sports with high energy needs (cycling, running, triathlon, cross-country skiing, etc.) in all seasons.

**Flavour:** Neutral, refreshing with a slight sweetness. Can be freely combined with juices, syrups, freshly squeezed fruits and flavours.

**Note:** Without colourings, artificial flavours and preservatives. Highly soluble in water and quick to prepare. Suitable for vegetarians.

**Sustainability:** As a product of the 'Squeezy goes Green' initiative, the new can body is made from sustainable organic sugar cane.

AT A GLANCE

- Multi-stage, isotonic drink powder without flavour but with carbohydrates and minerals to maintain the performance during endurance sports.
- Can be used before, during and after sports. Can also be used for carboloading.
- Quickly digestible, well tolerated by the stomach under stress and without dispensable ingredients.
- Contains no colourings, artificial flavours and sweeteners, preservatives, lactose, fructose, gluten, animal ingredients
- Suitable for vegetarians and vegans

PRODUCT IMAGES

[Squeezy\\_Energy\\_Drink\\_Basic\\_Formula - Images](#) 

PRODUCT-CATEGORY  
VARIANT

ENERGY DRINK  
BASIC FORMULA



2

PRODUCT TEXT (DETAIL)

Squeezy Energy Drink Basic Formula is a particularly high-quality, unflavoured carbohydrate drink powder for maintaining endurance performance and preventing dehydration during training and competition. The stomach-friendly formula of Squeezy Energy Drinks provide energy in the form of carbohydrates from two sources maltodextrin and glucose. This carbohydrate blend guarantees a consistently reliable supply of energy in the energy metabolism and hydration when taken as recommended.

The energy supply of the carbohydrate mixture is almost immediate thanks to fast carbohydrates (glucose) and remains constant over a longer period of time thanks to slow-absorbing carbohydrates (maltodextrin) per drinking ration (250 ml) and remains constant over a longer period of time.

With the added minerals sodium and potassium, the Squeezy Energy Drink effectively replaces the minerals lost through sweat. The low osmolarity of the Squeezy Energy Drinks results in rapid absorption and utilization in the body. Also ideal at high temperatures.

**What's in it - and what's not?** We only use high-quality ingredients that are essential ingredients that are indispensable for the stress phase. Squeezy products meet the highest quality and purity standards and are developed with a view to maximum stomach tolerance under high stress..

- Free from lactose, fructose, gluten and artificial sweeteners
- Free from animal ingredients, therefore suitable for vegetarians and vegans
- Unnecessary colourings, binders and marketing mumbo-jumbo are not part of our philosophy.

**Note:** The absence of colouring agents results in a milky-white beverage solution after mixing. This is normal and intentional.

**Ingredients** (H)

Maltodextrin, dextrose, acidifier (citric acid), sodium citrate, potassium citrate, salt

**Nutritional value** (H)

ENERGY DRINK BASIC FORMULA	PER 100 GRAMM	PER 50 GRAMM IN 750 ML WATER
ENERGY	1626 kJ (382 kcal)	813 kJ (190 kcal)
FAT / OF THIS SATURATED FATTY	<0,1g / <0,1g	<0,1g / <0,1g
CARBOHYDRATES / OF THIS SUGAR	93 g / 48,8 g	46,5 g / 24,4 g
PROTEIN	<0,1g	<0,1g
SALT	<1,6 g	<0,79 g

**Sales description:** Carbohydrate powder for mixing a sports drink - neutral flavour.

**Net quantity:** Can of 650 g - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

**ENERGY DRINK**  
BASIC FORMULA



3

PRODUCT TEXT (DETAIL)



Directions (H)

The product has been developed for the use BEFORE, DURING and AFTER sport. You can recognize this on the label of our products by the BDA infographic. The individual need for energy varies from athlete to athlete and depends on many factors:

Average carbohydrate needs of an athlete in the basic endurance range 1/2

- physical requirements (age, weight, height, sex)
- condition of the route (altitude profile and surface)
- type of sport
- individual performance and intensity (BE1 / BE2)

**Basic endurance 1 (BE1):** Training is completed at a heart rate of approx. 60 to 70 % of the max. heart rate. 30-40g of carbohydrates / hour

**Basic endurance 2 (BE2):** Training/competition is completed at a heart rate of approx. 70 to 80 % of the maximum heart rate. 40-80g of carbohydrates / hour

We recommend 750 ml of prepared drink per hour during sport. This corresponds to a carbohydrate amount of 45.7 g.

**Dosage:** Dissolve 2 measuring spoons of powder (50g) in 750ml of water.

**Recommended drink intake per hour:** up to 250 ml every 20 minutes. On particularly hot days with high sweat loss (salt loss), we also recommend the Squeezy Salt Tabs.

After training/competition and if required, we recommend drinking 500 ml of drink promptly.



SUSTAINABILITY

Sustainability (H)

The can material (body) of our new Energy Drinks is made from natural raw materials (organic sugar cane).

At the time of bottling, it was unfortunately not yet possible to use an equally sustainable screw cap, seal and measuring spoon. We are working on offering this product in a fully sustainable packaging as soon as possible.



PRODUCT-CATEGORY  
VARIANT

PROTEIN ENERGY DRINK  
CHOCOLATE



1

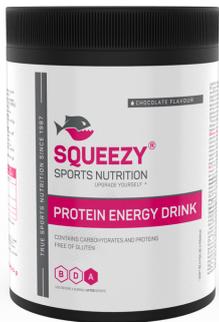


KEYWORDS

- Keywords in the product text
- add. Keywords in the detailed text

Energy drink, protein, carbohydrates, minerals, vitamins, chocolate, drink powder, after sport, endurance sport, energy, training, competition, energy needs, maltodextrin, carbohydrate blend, half-marathon, marathon, long-distance run, energy storage, regenerative processes, regeneration, sports drink, running, trailrunning, ultrarunning, cycling, triathlon

PRODUCT TEXT (TOP)



Squeezy Protein Energy Drink chocolate has the ideal blend of complex proteins and carbohydrates, vitamins and minerals for after-sport use after (high) physical stress.

As an all-in-one drink powder, our Protein Energy Drink gives you energy to fill the reservoirs and also provides the building materials for muscle regeneration and growth in the regenerative phase after training and competition.

**Ideal for:** High impact endurance sports during all seasons of the year.

**Flavour:** Chocolate with a slight sweetness. Tastes good with water or milk.

**Advice for allergic:** Contains milk, soya, whey and lactose.

**Sustainability:** As a product of the 'Squeezy goes Green' initiative, the new can body is made from sustainable organic sugar cane.

AT A GLANCE

- Complex protein and carbohydrate product as a regeneration drink.
- Can be used after exercise within 30 minutes after exertion.
- Quickly digestible, well tolerated by the stomach and without dispensable ingredients.
- Contains no artificial sweeteners, fructose and gluten.
- May contain traces of gluten, egg, soy and milk.

PRODUCT IMAGES

[Squeezy Protein Energy Drink - Images](#) 

PRODUCT-CATEGORY  
VARIANT

**PROTEIN ENERGY DRINK**  
CHOCOLATE



2

PRODUCT TEXT (DETAIL)

Squeezy Protein Energy Drink is a particularly high-quality protein-carbohydrate drink powder (sports drink) with vitamins, minerals and trace elements. The complex proteins come from milk, soya and whey. It is ideal for regeneration after exercise, ideally within 30 minutes after finishing the session.

The Protein Energy Drink in Chocolate flavour contains a perfectly balanced ratio of carbohydrates and protein and is the first solution for quickly and effective filling of energy stores and for initiating the body's own regenerative processes.

In particular, intensive stress such as long-distance running (half marathon, marathon, ultra), cycling, triathlon and similar require a balanced diet and, if necessary, supplementation with high-quality sports foods such as Squeezy Protein Energy.

We recommend taking it within 30 minutes after exercise in the phase of increased absorption capacity of the muscles for the best result.

**What's in it - and what's not?** We only use high-quality ingredients that are essential for the regeneration phase. Squeezy products meet the highest quality and purity standards and are developed with a view to maximum stomach tolerance under high stress.

- Free from gluten and artificial sweeteners
- Unnecessary colourings, binders and marketing mumbo-jumbo are not part of our philosophy.

PRODUCT-CATEGORY  
VARIANT

PROTEIN ENERGY DRINK  
CHOCOLATE



2

PRODUCT TEXT (DETAIL)

Ingredients (H)

Carbohydrate-protein blend with vitamins and minerals chocolate-flavour. Skimmed milk powder (26.0%), milk protein isolate (15.0%), dextrose (15.0%), sugar (11.3 %), maltodextrin, soy protein isolate (5.0 %), trehalose\* (5.0 %), whey protein concentrate (5.0 %), low-fat cocoa powder (4.0 %), lactose, flavouring, emulsifier (soy lecithin, mono- and diglycerides of fatty acids (E471)), magnesium oxide, anti-caking agent (silicon dioxide), magnesium oxide, magnesium oxide, magnesium oxide (E471). (silicon dioxide), L-ascorbic acid, ferrous fumarate (microencapsulated with palm oil), zinc gluconate, nicotinamide, DL-alpha tocopheryl acetate, thickening agent (sodium carboxymethyl cellulose), calcium D-pantothenate, manganese sulphate, copper gluconate, riboflavin, pyridoxine hydrochloride, thiamine mononitrate, beta-carotene, retinyl acetate, pteroylmonoglutamic acid, chromium (III) chloride, D-biotin, potassium iodide, sodium selenite, cholecalciferol, cyanocobalamin

Nutritional values (H)

ENERGY DRINK BASIC FORMULA	PER 100 GRAMM	PER 50 GRAMM IN 250 ML OF WASSER
ENERGY	1544 kJ (364 kcal)	772 kJ (182 kcal)
FAT / OF THIS SATURATED FATTY	<1,7 g / <1,0 g	<0,9 g / <0,5 g
CARBOHYDRATES / OF THIS SUGAR	56,1 g / 45,2 g	28 g / 22,6 g
PROTEIN (BCAA)	<29,9 g	<15 g
SALT	<0,50 g	<0,25 g

**Sales description:** Carbohydrate-protein mixture with vitamins and minerals, with chocolate flavour

**Net quantity:** Can of 650 g - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

**PROTEIN ENERGY DRINK**  
CHOCOLATE



3

PRODUCT TEXT (DETAIL)



USE BEFORE / DURING / AFTER SPORTS



**Recommended intake (H)**

The product is designed for a use AFTER exercise. You can recognise this on the label of our products by the BDA infographic.

The individual need for carbohydrates and proteins is different for each athlete and depends on many factors:

- - physical prerequisites (age, weight, height, gender)
- - Intensity and length of exercise
- - type of sport
- - individual performance and intensity (BE1 / BE2)

**Basic endurance 1 (BE1):** Training is completed at a heart rate of approx. 60 to 70 % of the max. heart rate. 30-40g of carbohydrates / hour

**Basic endurance 2 (BE2):** Training/competition is completed at a heart rate of approx. 70 to 80 % of the maximum heart rate. 40-80g of carbohydrates / hour

We recommend about 250 ml of prepared drink after exercise. This amount of the protein energy drink contains approx. 30 grams of carbohydrates and 15 grams of protein.

**Dosage:** Dissolve 2 scoops of powder (50g) in 250ml of water or milk.

SUSTAINABILITY



**Sustainability (H)**

The can material (body) of our new energy drinks is made from natural raw materials (organic sugar cane).

At the time of bottling, it was unfortunately not yet possible to use an equally sustainable screw cap, seal and measuring spoon. We are working on offering this product in a fully sustainable packaging as soon as possible.



PRODUCT-CATEGORY

# **ENERGY GELS & LIQUIDS**

PRODUCT-CATEGORY  
VARIANT

ENERGY GEL  
DIFFERENT FLAVOURS

1



KEYWORDS

- Keywords in the product text
- add. Keywords in the detailed text

Energy gel, carbohydrates, minerals, vegan, caffeine, endurance sports, energy, training, competition, endurance performance, energy needs, maltodextrin, isomaltulose, fructose intolerance, half marathon, marathon, ultrarunning, trailrunning, triathlon, long distance running, energy storage, Carbohydrate storage

PRODUCT TEXT (TOP)



Squeezy Energy Gels were the first products of their kind in the world and offer a smart solution for the professional maintenance of performance levels to endurance athletes in training and competition. Our formulas follow a clear philosophy that prohibits artificial and unnecessary ingredients, colourings and generally rejects anything that could in any way affect gastric tolerance.

Our gels and liquids contain an especially low concentration of dissolved particles (low osmolality) and a multi-stage energy release for reliable energy supply through a high-quality carbohydrate mix.

Ideal for: Endurance sports with a continuous exposure of 45 minutes or more.

Note: Formulations with and without caffeine and optionally with isomaltulose and/or glucose in the case of fructose malabsorption and fructose intolerance make Squeezy Energy Gel tolerated by everyone.

Sustainability: As a product of the 'Squeezy goes Green' offensive, this novel monofoil packaging offers full recyclability! The closure remains on the sachet.

AT A GLANCE

- Complex and high-quality carbohydrate mix for a multi-stage energy release
- Reliable supply of carbohydrates and minerals
- Quickly digestible, well tolerated by the stomach and without dispensable ingredients
- Vegan, free from lactose, gluten, artificial sweeteners and colourings. Optionally also without fructose.
- With sodium and potassium

PRODUCT IMAGES

[Squeezy Energy Gel - Images](#) 

PRODUCT-CATEGORY  
VARIANT

**ENERGY GEL**  
DIFFERENT FLAVOURS

2

PRODUCT TEXT (DETAIL)

The energy demand of the musculature during endurance exercise can no longer be sufficiently covered by the body after 90 minutes at the latest. Modern formulas, such as Squeezy Energy Gel, meet this need and supply the body with complex carbohydrates and minerals. Our variants with caffeine also give athletes an extra kick that motivates and strengthens them mentally. Ideal for long-distance running (half marathon, marathon, ultra), triathlon, duathlon, cycling, winter sports such as skating and cross-country skiing and many more.

Each product contains several carbohydrate sources, which are providing the body with energy in the short and medium term. Salt and potassium replace the loss during sweating. In case of fructose intolerance, we recommend our Cola and Lemon Caffeine Boost.

Tomato and Salty Caramel contain isomaltulose, which can be consumed by athletes with lactose intolerance and coeliac disease without any problems. If fructose intolerance is present, we recommend testing these products for tolerance in small quantities.

**Ingredients (lemon, banana, raspberry, orange/peach) (H)**

Maltodextrin, water, fructose, flavourings, acidifier: citric acid; preservative: potassium sorbate, sodium citrate, salt, potassium citrate, antioxidant: ascorbic acid.

**Ingredients (Tomato) (H)**

Maltodextrin, water, isomaltulose\*, tomato powder 4%, salt, preservative: potassium sorbate; antioxidant: ascorbic acid.

**Ingredients (Salty Caramel) (H)**

Maltodextrin, water, glucose, isomaltulose\*, flavouring (contains barley), salt, acidifier: citric acid, preservative: potassium sorbate; sodium citrate, potassium citrate, antioxidant: ascorbic acid

**Ingredients (Caffeine Boost) (H)**

Maltodextrin, water, glucose, flavouring, sodium citrate, acidifier: citric acid; potassium citrate, salt, preservative: potassium sorbate; caffeine\*\*, antioxidant: ascorbic acid.

\* Isomaltulose is a source of glucose and fructose.

\*\* Not suitable for children, pregnant women and caffeine-sensitive persons.

**Sales description:** Carbohydrate gel

**Net quantity:** bag of 33 g - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

**ENERGY GEL**  
DIFFERENT FLAVOURS

2

PRODUCT TEXT (DETAIL)

Nutritional values (H)

ENERGY GEL	33 GRAMM (1 BAG)	100 GRAMM
ENERGY	364 kJ (85 kcal)	1102 kJ (259 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	0 g / 0 g	0 g / 0 g
CARBOHYDRATES / OF THIS SUGAR	21 g / 3,1 g	65 g / 9,5 g
PROTEIN (BCAA)	0 g	0 g
SALT	0,04 g	0,13 g

ENERGY GEL TOMATO	33 GRAMM (1 BAG)	100 GRAMM
ENERGY	314 kJ (74 kcal)	952 kJ (224 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	<0,10 g / <0,10 g	<0,10 g / <0,10 g
Kohlenhydrate / davon Zucker	18 g / 3,6 g	55 g / 11 g
PROTEIN( BCAA)	0,22 g	0,66 g
SALT	0,33 g	1,0 g

ENERGY GEL SALTY CARAMEL	33 GRAMM (1 BAG)	100 GRAMM
ENERGY	365 kJ (86 kcal)	1107 kJ (260 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	0 g / 0 g	<0,10 g / <0,10 g
CARBOHYDRATES / OF THIS SUGAR	21 g / 5,9 g	65 g / 18 g
PROTEIN BCAA)	0 g	0 g
SALT	0,33 g	1,0 g

ENERGY GEL CAFFEINE BOOST	33 GRAMM (1 BAG)	100 GRAMM
ENERGY	366 kJ (86 kcal)	1108 kJ (261 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	0 g / 0 g	0 g / 0 g
CARBOHYDRATES / OF THIS SUGAR	21 g / 6,6 g	65 g / 20 g
PROTEIN (BCAA)	0 g	0 g
SALT	0,10 g	0,31 g

PRODUCT-CATEGORY  
VARIANT

**ENERGY GEL**  
DIFFERENT FLAVOURS

3

PRODUCT TEXT (DETAIL)



**Directions (H)**

The product has been developed for the use during sports. You can recognize this on the label of each of our products by the BDA graphic.

The individual need for carbohydrates and proteins is different for each athlete and depends on many factors.

Average carbohydrate needs of an athlete in the basic endurance range 1/2

- physical requirements (age, weight, height, sex)
- condition of the route (altitude profile and surface)
- type of sport
- individual performance and intensity (BE1 / BE2)

**Basic endurance 1 (BE1):** Training is completed at a heart rate of approx. 60 to 70 % of the max. heart rate. **30-40g of carbohydrates / hour**

**Basic endurance 2 (BE2):** Training/competition is completed at a heart rate of approx. 70 to 80 % of the maximum heart rate. 40-80g of carbohydrates / hour.

We recommend 2 - 3 Energy Gel sachets of 33 grams per hour of exercise. It is also recommended to drink 150 - 200 ml of water after consuming a gel.

SUSTAINABILITY



**Sustainability (H)**

The packaging consists of a state-of-the-art, food-safe and fully recyclable mono foil.

PRODUCT-CATEGORY  
VARIANT

**LIQUID ENERGY**  
DIFFERENT FLAVOURS

1



KEYWORDS

- Keywords in the product text
- add. Keywords in the detailed ltext

Energy Gel, Liquid Energy Gel, Drink Gel, carbohydrates, minerals, vegan, caffeine, endurance sports, energy, training, competition, endurance performance, energy needs, maltodextrin, Isomaltulose, fructose intolerance, half marathon, marathon, ultrarunning, trailrunning, triathlon, long-distance running, energy storage, carbohydrate storage

PRODUCT TEXT (TOP)



Squeezy Liquid Energy is based on our energy gels, but does not require to drink water afterwards (up to a maximum of 2 hours). The watery gel solution is easy to consume even under the highest stress in training and competition and is uncomplicated to use.

Like the Energy Gels, Squeezy Liquid Energy contains a particularly low concentration of dissolved particles (low osmolality) and a multistage energy release for a reliable energy supply through a high quality carbohydrate mix.

Liquid Energy with a higher water content has a slightly lower energy content than the pure Energy Gel. So the rule here is: 3 gel bags per hour, professional athletes take up to 4 gel bags/hour. The combination with energy gels is, of course, possible without any problems.

**Ideal for:** Endurance sports with a continuous exposure of 45 minutes or more

**Note:** Formulations with isomaltulose and with/without caffeine.

**Sustainability:** As a product of the 'Squeezy goes Green' offensive, this novel mono foil packaging offers full recyclability! The closure remains on the sachet.

AT A GLANCE

- Complex and high quality carbohydrate mix for a multi-step energy release
- Reliable supply with carbohydrates and minerals without the need for a refill with water
- Quickly digestible, well tolerated by the stomach and without dispensable ingredients
- Vegan, free from lactose, gluten, artificial sweeteners, colourings and fructose
- with sodium and potassium

PRODUCT IMAGES

[Squeezy Liquid Energy - Images](#) 

PRODUCT-CATEGORY  
VARIANT

**LIQUID ENERGY**  
DIFFERENT FLAVOURS

**2**

PRODUCT TEXT (DETAIL) ■

The energy demand of the musculature during endurance exercise can no longer be sufficiently covered by the body after 90 minutes at the latest. Modern formulas, such as Squeezy Liquid Energy with increased water content, meet this need and supply the body with complex carbohydrates and minerals without the need for a refill with water. Our variants with caffeine also give athletes an extra kick that motivates and strengthens them mentally. Ideal for long-distance running (half marathon, marathon, ultra), triathlon, duathlon, cycling, winter sports such as skating and cross-country skiing and many more.

Each product contains several carbohydrate sources, which are providing the body with energy in the short and medium term. Salt and potassium replace the loss during sweating. Liquid Energy Gels contain isomaltulose, which can be consumed by athletes with lactose intolerance and coeliac disease without any problems. If fructose intolerance is present, we recommend testing these products for tolerance in small quantities.

Our formulas follow a clear philosophy that prohibits as well artificial and unnecessary ingredients as colourings and generally rejects anything that could in any way affect gastric tolerance.

**Ingredients (H)**

Water, maltodextrin, isomaltulose\*, glucose, flavouring, magnesium citrate, acidifier: citric acid, preservative: potassium sorbate, sodium citrate, salt, potassium citrate, antioxidant: ascorbic acid

**Ingredients (Caffeine Booster) (H)**

Water, maltodextrin, isomaltulose\*, glucose, flavouring, magnesium citrate, acidifier: citric acid, preservative: potassium sorbate, sodium citrate, salt, caffeine\*\* (60 mg/100 ml), potassium citrate, antioxidant: ascorbic acid

\* Isomaltulose is a source of glucose and fructose.

\*\* Not suitable for children, pregnant women and caffeine-sensitive persons.

**Sales description:** Carbohydrate gel with increased water content

**Net quantity:** sachet of 60 ml - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

LIQUID ENERGY  
DIFFERENT FLAVOURS

2

PRODUCT TEXT (DETAIL)

Nutritional values (H)

LIQUID ENERGY MELON/RASPB.	60 ML (1 BAG)	100 ML
ENERGY	338 kJ (79 kcal)	563 kJ (132 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	0 g / 0 g	0 g / 0 g
CARBOHYDRATES / OF THIS SUGAR	20 g / 9 g	33 g / 15 g
PROTEIN (BCAA)	0 g	0 g
SALT	0,08 g	0,14 g

LIQUID ENERGY CAFFEINE	60 ML (1 BAG)	100 ML
ENERGY	338 kJ (79 kcal)	563 kJ (132 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	0 g / 0 g	0 g / 0 g
CARBOHYDRATES / OF THIS SUGAR	20 g / 9 g	33 g / 15 g
PROTEIN (BCAA)	0,22 g	0,66 g
SALT	0,08 g	0,14 g

PRODUCT-CATEGORY  
VARIANT

**LIQUID ENERGY**  
DIFFERENT FLAVOURS

3

PRODUCT TEXT (DETAIL)



**Directions (H)**

The product has been developed for the use during sports. You can recognize this on the label of each of our products by the BDA graphic.

The individual need for carbohydrates and proteins is different for each athlete and depends on many factors.

Average carbohydrate needs of an athlete in the basic endurance range 1/2



- physical requirements (age, weight, height, sex)
- condition of the route (altitude profile and surface)
- type of sport
- individual performance and intensity (BE1 / BE2)

**Basic endurance 1 (BE1):** Training is completed at a heart rate of approx. 60 to 70 % of the max. heart rate. 30-40g of carbohydrates / hour

**Basic endurance 2 (BE2):** Training/competition is completed at a heart rate of approx. 70 to 80 % of the maximum heart rate. 40-80g of carbohydrates / hour

We recommend 3 Liquid Energy Gel sachets of 60 ml per hour of exercise. Professional athletes consume up to 4 sachets per hour.

SUSTAINABILITY

**Sustainability (H)**

The packaging consists of a state-of-the-art, food-safe and fully recyclable mono foil.



PRODUCT-CATEGORY  
VARIANTE

ENERGY GEL DISPENSER  
LEMON / COLA-CAFFEINE

1



KEYWORDS

- Keywords in the product text
- add. Keywords in the detailed text

Energy Gel, carbohydrates, minerals, vegan, caffeine, endurance sports, energy, training, competition, endurance performance, refillable, dispenser, energy requirement, maltodextrin, isomaltulose, fructose intolerance, half marathon, marathon, ultrarunning, trailrunning, triathlon, long-distance running, energy storage, carbohydrate storage

PRODUCT TEXT (TOP)



The Squeezezy Energy Dispenser offers several advantages in comparison with the sachets: it can be refilled with the refiller as required, contains 125 ml, the equivalent of almost four sachets and does not drip or spill. Ideal for training and racing, no unnecessary rubbish and above all no sticky fingers or jersey pockets. Wash out, refill, reuse.

The gel contained is the same as in the sachets with a complex carbohydrate mix with a multi-stage energy release for consistent endurance performance. Available with refreshing lemon flavour (Lemon) or as a caffeine booster with cola flavour.

We recommend, depending on the exposure, the consumption of a 1/4 to max. ¾ of a dispenser (professional athletes) per hour. The combination with energy drinks is of course possible without any problems. In this case, less gel should be consumed.

**Ideal for:** endurance sport

**Note:** Formulations with/without caffeine.

**Sustainability:** The dispenser is not a one-way product but is designed for reuse. Please wash out with hot water. For refilling we recommend the Squeezezy Energy Gel Refiller.

AT A GLANCE

- Complex and high quality carbohydrate mix for a multi-step energy release.
- Reliable supply of carbohydrates and minerals
- Quickly digestible, well tolerated by the stomach and without dispensable ingredients.
- Vegan, free from lactose, gluten, artificial sweeteners and colourings and fructose (Caffeine Boost).
- with sodium and potassium

PRODUCT IMAGES

[Squeezezy Energy Gel Dispenser - Images](#) 

PRODUCT-CATEGORY  
VARIANT

**ENERGY GEL DISPENSER**  
LEMON / COLA-CAFFEINE

2

PRODUCT TEXT (DETAIL)

The energy demand of the musculature during endurance exercise can no longer be sufficiently covered by the body after 90 minutes at the latest. Modern formulas, such as Squeezy Energy Gel, meet this need and supply the body with complex carbohydrates and minerals. Our variants with caffeine also give athletes an extra kick that motivates and strengthens them mentally. Ideal for long-distance running (half marathon, marathon, ultra), triathlon, duathlon, cycling, winter sports such as skating and cross-country skiing and many more.

Each product contains several carbohydrate sources, which are providing the body with energy in the short and medium term. Salt and potassium replace the loss during sweating. In case of fructose intolerance, we recommend our Cola Caffeine Boost.

**Ingredients (Lemon) (H)**

Maltodextrin, water, fructose, flavourings, acidifier: citric acid; preservative: potassium sorbate; sodium citrate, salt, potassium citrate, antioxidant: ascorbic acid.

**Ingredients (Caffeine Boost) (H)**

Maltodextrin, water, glucose, flavouring, sodium citrate, acidifier: citric acid; potassium citrate, salt, preservative: potassium sorbate; caffeine\*\*, antioxidant: ascorbic acid.

\*\* Not suitable for children, pregnant women and caffeine-sensitive persons.

**Sales description:** Carbohydrate gel

**Net quantity:** Bottle of 125 ml - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

**ENERGY GEL DISPENSER**  
LEMON / COLA-CAFFEINE

2

PRODUCT TEXT (DETAIL)

Nutritional values (H)

ENERGY GEL LEMON	125 ml (one bottle)	100 ml
ENERGY	1406 kJ (330 kcal)	1124 kJ (264 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	0 g / 0 g	0 g / 0 g
CARBOHYDRATES / OF THIS SUGAR	83 g / 5,1g	66 g / 4,1g
PROTEIN (BCAA)	0 g	0 g
SALT	0,20 g	0,15 g

ENERGY GEL CAFFEINE BOOST	125 ml (one bottle)	100 ml
ENERGY	1535 kJ (362 kcal)	1228 kJ (290 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	0 g / 0 g	0 g / 0 g
CARBOHYDRATES / OF THIS SUGAR	90 g / 19 g	72 g / 15 g
PROTEIN (BCAA)	0 g	0 g
SALT	0,48 g	0,38 g

PRODUCT-CATEGORY  
VARIANT

**ENERGY GEL DISPENSER**  
LEMON / COLA-CAFFEINE

3

PRODUKT TEXT (DETAIL)



**Directions** (H)

The product has been developed for the use during sports. You can recognize this on the label of each of our products by the BDA graphic.

The individual need for carbohydrates and proteins is different for each athlete and depends on many factors.

Average carbohydrate needs of an athlete in the basic endurance range 1/2



- physical requirements (age, weight, height, sex)
- condition of the route (altitude profile and surface)
- type of sport
- individual performance and intensity (BE1 / BE2)

**Basic endurance 1 (BE1):** Training is completed at a heart rate of approx. 60 to 70 % of the max. heart rate. 30-40g of carbohydrates / hour.

**Basic endurance 2 (BE2):** Training/competition is completed at a heart rate of approx. 70 to 80 % of the maximum heart rate. 40-80g of carbohydrates / hour

We recommend, depending on the exposure, the consumption of a 1/4 to max. 3/4 of a dispenser (professional athletes) per hour. It is also recommended to drink 150-200 ml of water after consuming a quarter of a dispenser.

SUSTAINABILITY

**Sustainability** (H)

Reusable dispenser made of recyclable PET.



PRODUCT-CATEGORY  
VARIANT

**ENERGY GEL REFILLER**  
LEMON / COLA-CAFFEINE

1



KEYWORDS

- Keywords in the produkt text
- add. Keywords in the detailed text

Energy Gel, carbohydrates, minerals, vegan, caffeine, endurance sports, energy, training, competition, endurance performance, refiller, energy requirement, maltodextrin, isomaltulose, fructose intolerance, half marathon, marathon, ultrarunning, trailrunning, triathlon, long distance running, energy storage, carbohydrate storage

PRODUKTTEXT (TOP)



The Squeezy Energy Refiller is the cost-effective and environmentally friendly solution for filling our energy gel dispenser. With the 500 ml of the refiller the dispenser can be filled completely 4 times. The refiller has an excellent price/performance ratio.

The gel contained is the same as in the sachets with a complex carbohydrate mix and with a multi-stage energy release for consistent endurance performance. Available with refreshing lemon flavour (lemon) or as a caffeine booster with cola flavour.

**Ideal for:** Endurance sports with a continuous exposure of 45 minutes or more

**Note:** Formulations with/without caffeine.

**Sustainability:** The refiller made of PET is fully recyclable.

AT A GLANCE

- Refiller for the Squeezy Energy Gel Dispenser.
- Complex and high quality carbohydrate mix for a multi-step energy release.
- Reliable supply of carbohydrates and minerals without the need for a refill.
- Quickly digestible, well tolerated by the stomach and without dispensable ingredients
- Vegan, free from lactose, gluten, artificial sweeteners and colourings and fructose (Caffeine Boost). With sodium and potassium.

PRODUCT IMAGES

[Squeezy Energy Gel Dispenser - Images](#) 

**PRODUCT-CATEGORY  
VARIANT**

**ENERGY GEL REFILLER**  
LEMON / COLA-CAFFEINE

**2**

**PRODUKT TEXT (DETAIL)**

The energy demand of the musculature during endurance exercise can no longer be sufficiently covered by the body after 90 minutes at the latest. Modern formulas, such as Squeezy Energy Gel, meet this need and supply the body with complex carbohydrates and minerals. Our variants with caffeine also give athletes an extra kick that motivates and strengthens them mentally. Ideal for long-distance running (half marathon, marathon, ultra), triathlon, duathlon, cycling, winter sports such as skating and cross-country skiing and many more.

Each product contains several carbohydrate sources, which are providing the body with energy in the short and medium term. Salt and potassium replace the loss during sweating. In case of fructose intolerance, we recommend our Cola Caffeine Boost.

**Ingredients (Lemon) (H)**

Maltodextrin, water, fructose, flavourings, acidifier: citric acid; preservative: potassium sorbate; sodium citrate, salt, potassium citrate, antioxidant: ascorbic acid.

**Ingredients(Caffeine Boost) (H)**

Maltodextrin, water, glucose, flavouring, sodium citrate, acidifier: citric acid; potassium citrate, salt, preservative: potassium sorbate; caffeine\*\*, antioxidant: ascorbic acid.

\*\* Not suitable for children, pregnant women and caffeine-sensitive persons.

**Sales description:** Carbohydrate gel

**Net quantity:** Bottle á 500 ml - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

**ENERGY GEL REFILLER**  
LEMON / COLA-CAFFEINE

2

PRODUKT TEXT (DETAIL)

Nutritional values (H)

ENERGY GEL LEMON	500 ml (one bottle)	100 ml
ENERGY	5624 kJ (1320 kcal)	1124 kJ (264 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	0 g / 0 g	0 g / 0 g
CARBOHYDRATES / OF THIS SUGAR	332 g / 20,4 g	66 g / 4,1 g
PROTEIN (BCAA)	0 g	0 g
SALT	0,80 g	0,15 g

ENERGY GEL CAFFEINE BOOST	500 ml (one bottle)	100 ml
ENERGY	6140 kJ (1448 kcal)	1228 kJ (290 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	0 g / 0 g	0 g / 0 g
CARBOHYDRATES / OF THIS SUGAR	360 g / 76 g	72 g / 15 g
PROTEIN (BCAA)	0 g	0 g
SALT	1,92 g	0,38 g

PRODUCT-CATEGORY  
VARIANT

**ENERGY GEL REFILLER**  
LEMON / COLA-CAFFEINE

3

PRODUKT TEXT (DETAIL) ■



**Directions (H)**

The product has been developed for the use during sports. You can recognize this on the label of each of our products by the BDA graphic.

The individual need for carbohydrates and proteins is different for each athlete and depends on many factors.

Average carbohydrate needs of an athlete in the basic endurance range 1/2

- physical requirements (age, weight, height, sex)
- condition of the route (altitude profile and surface)
- type of sport
- individual performance and intensity (BE1 / BE2)

**Basic endurance 1 (BE1):** Training is completed at a heart rate of approx. 60 to 70 % of the max. heart rate. 30-40g of carbohydrates / hour.

**Basic endurance 2 (BE2):** Training/competition is completed at a heart rate of approx. 70 to 80 % of the maximum heart rate. 40-80g of carbohydrates / hour.

Please follow the intake recommendation of the Squeezy Energy Gel Dispenser.

SUSTAINABILITY



**Sustainability (H)**

Fully recyclable PET.



PRODUCT-CATEGORY

# AMINOSÄUREN

PRODUCT-CATEGORY  
VARIANT

100% PURE AMINO  
POWDER



KEYWORDS

- Keywords in the product text
- add. Keywords in the detailed text

Amino acids, essential amino acids, BCAA, nitrogen drop, master amino pattern, MAP, proteins, protein requirements, protein, NNU, net nitrogen utilization, muscle building, muscle mass, muscle fatigue, ultrarunning, trailrunning, triathlon, half marathon, marathon, cycling, long distance running

PRODUKT TEXT (TOP)



Squeezy 100% Pure Amino Powder helps with recovery after a sporting challenge and thus ensures training success by supplying the body with very well usable, essential amino acids and optimizes regeneration. The consequently ensured protein requirement ensures muscle growth and preservation of muscle mass, and also prevents muscle fatigue in training and competition.

Anyone who has muscle pain or even cramps after training or a competition and sometimes finds it hard to regenerate quickly and effectively, will find in this product particularly high-quality amino acids at an excellent price. The powder can be perfectly dosed, is 100% vegan and the effect is already "readable" on the body a few hours after training or competition. The digestion and supply of proteins via the normal diet takes a very long time (180 - 360 min.). - 100% Pure Amino is available to the body in less than 30 minutes.

**Ideal for:** Endurance sports with a high protein requirement to prevent muscle cramps and pain, as well as an effective regeneration after exercise.

**Flavour:** Neutral

**Note:** Without colourings, flavourings and preservatives. Highly soluble in water and quickly prepared. Suitable for vegetarians and vegans.

**Sustainability:** As a product of the 'Squeezy goes Green' offensive, we use a sustainable cardboard bag made from partially recycled cellulose with a hygiene insert made from K-PET (based on organic sugar cane).

AT A GLANCE

- Consists of 100% of the 8 essential amino acids. Completely from plant sources sources and therefore suitable for vegetarians and vegans. Hypoallergenic.
- Can be used before and after sports.
- Metabolized within less than 30 minutes, with max. 1% of nitrogen waste.
- Does not contain colours, flavours and sweeteners, preservatives, lactose, fructose, gluten, animal ingredients and other unnecessary ingredients.
- The product is free from any substances on the doping list.

PRODUCT IMAGES

[Squeezy 100% Pure Amino - Images](#) ↓

PRODUCT-CATEGORY  
VARIANT

100% PURE AMINO  
POWDER



2

PRODUCT TEXT (DETAIL)

For athletes, whether amateur or professional, the protein requirement of the body increases with the training. The body's own protein needs more building materials (proteins), the essential amino acids. If these are not supplied, the success of the training suffers, the regeneration comes to a standstill and so on. High-quality amino acids are the perfect supplement to the normal diet and bring the disproportion between need and supply into the right balance.

This especially high-quality product is based on the Master Amino Pattern (MAP®) and is based on the functional principle of natural protein utilization in the body, which combines the 8 essential amino acids in a very specific ratio and metabolizes them by 99% (!) after ingestion. In contrast to preparations that are not based on the MA-Pattern®, only 1% nitrogen waste is produced.

**What's in it - and what's not?** We use only high-quality and indispensable ingredients. Squeezy products meet the highest standards of quality and purity and are developed with maximum stomach tolerance in mind.

- 5 g contain the same amount of amino acids as approx. 175 g of steak but only a fraction of the calories.
- Free from lactose, fructose, gluten and artificial sweeteners
- Free from animal ingredients, therefore suitable for vegetarians and vegans
- Unnecessary colourings, binders and marketing mumbo-jumbo are not part of our philosophy.

**Ingredients** (H)

L-leucine (19.6%), L-valine (16.6%), L-isoleucine (14.8%), L-lysine hydrochloride (14.3%), L-phenylalanine (12.9%), L-threonine (11.1%), L-methionine (7%), L-tryptophan (3.7%)

**Nutritional values** (H)

100% PURE AMINO POWDER	PER 1 GRAMM	PER 100 GRAMM
ENERGY	17 kJ (4 kcal)	1700 kJ (400 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	<0,01 g / <0,01 g	<0,01 g / <0,01 g
CARBOHYDRATES / OF THIS SUGAR	<0,01 g / <0,01 g	<0,01 g / <0,01 g
PROTEIN (BCAA)	1 g	100 g
SALT	0,01 g	<0,79 g

**Sales description:** 100% amino acid powder consisting of the eight essential amino acids of natural origin in a free and crystalline form.

**Net quantity:** bag of 200 g - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

100% PURE AMINO  
POWDER



3

PRODUCT TEXT (DETAIL)



Verzehrempfehlung (H)

This product is designed for use BEFORE and AFTER exercise. You recognize this on the label of our products by the BDA infographic.

The individual need for amino acids varies from athlete to athlete and depends strongly on the muscular strain.

Take 5 g with sufficient liquid approx. 1 hour before exercise to increase the amino acid level in the blood. For a better and faster recovery, you can also take the amino acids directly after exercise.

In case of particularly high exposures, the daily amount can be increased to up to 10 g.

**Dosage:** Mix 1-5 measuring spoons of powder (1 g) e.g. in yoghurt.

**Recommended dosage per day:** 5-10 grams per day



SUSTAINABILITY



Sustainability (H)

The new pouch for 100% Pure Amino is made of partially recycled cellulose (outer packaging). For technical and hygienic reasons, the packaging is a bio-plastic made of K-PET, based on organic sugar cane.

At the time of bottling, it was unfortunately not yet possible to use an equally sustainable measuring spoon. We will offer such a spoon in one of the next batches.

PRODUCT-CATEGORY  
VARIANT

100% PURE AMINO  
TABLETS



1



KEYWORDS

- Keywords in the product text
- add. Keywords in the detailed text

Amino acids, essential amino acids, BCAA, nitrogen drop, master amino pattern, MAP, proteins, protein requirements, protein, NNU, net nitrogen utilization, muscle building, muscle mass, muscle fatigue, ultrarunning, trailrunning, marathon, long distance running, triathlon, half marathon, cycling

PRODUKT TEXT (TOP)



Squeezy 100% Pure Amino Tablets help with recovery after a sporting challenge and thus ensures training success by supplying the body with very well usable, essential amino acids and optimizes regeneration. The consequently ensured protein requirement ensures muscle growth and preservation of muscle mass, and also prevents muscle fatigue in training and competition.

Anyone who has muscle pain or even cramps after training or a competition and sometimes finds it hard to regenerate quickly and effectively, will find in this product particularly high-quality amino acids at an excellent price. The pellets (1 g) are very easy to dose, are 100% vegan and the effect is already "readable" on the body a few hours after training or competition.

The digestion and supply of proteins via the normal diet takes a very long time (180 - 360 min.). - 100% Pure Amino is available to the body in less than 30 minutes.

**Ideal for:** Endurance sports with a high protein requirement to prevent muscle cramps and pain, as well as an effective regeneration after exercise.

**Flavour:** Neutral

**Note:** Without colourings, flavourings and preservatives. Ingestible with a drink. Suitable for vegetarians and vegans.

**Sustainability:** As a product of the 'Squeezy goes Green' offensive, we use a sustainable cardboard bag made from partially recycled cellulose with a hygiene insert made from K-PET (based on organic sugar cane).

AT A GLANCE

- Consists of 100% of the 8 essential amino acids. Completely from plant sources sources and therefore suitable for vegetarians and vegans. Hypoallergenic.
- Can be used before and after sports.
- Metabolized within less than 30 minutes, with max. 1% of nitrogen waste.
- Does not contain colours, flavours and sweeteners, preservatives, lactose, fructose, gluten, animal ingredients and other unnecessary ingredients.
- The product is free from any substances on the doping list.

PRODUCT IMAGES

[Squeezy 100% Pure Amino - Images](#) ↓

PRODUCT-CATEGORY  
VARIANT

100% PURE AMINO  
TABLETS



2

PRODUCT TEXT (DETAIL)

For athletes, whether amateur or professional, the protein requirement of the body increases with the training. The body's own protein needs more building materials (proteins), the essential amino acids. If these are not supplied, the success of the training suffers, the regeneration comes to a standstill and so on. High-quality amino acids are the perfect supplement to the normal diet and bring the disproportion between need and supply into the right balance.

This especially high-quality product is based on the Master Amino Pattern (MAP®) and is based on the functional principle of natural protein utilization in the body, which combines the 8 essential amino acids in a very specific ratio and metabolizes them by 99% (!) after ingestion. In contrast to preparations that are not based on the MA-Pattern®, only 1% nitrogen waste is produced.

**What's in it - and what's not?** We use only high-quality and indispensable ingredients. Squeezy products meet the highest standards of quality and purity and are developed with maximum stomach tolerance in mind.

- 5 g contain the same amount of amino acids as approx. 175 g of steak but only a fraction of the calories.
- Free from lactose, fructose, gluten and artificial sweeteners
- Free from animal ingredients, therefore suitable for vegetarians and vegans
- Unnecessary colourings, binders and marketing mumbo-jumbo are not part of our philosophy.

**Ingredients** (H)

L-leucine (19.6%), L-valine (16.6%), L-isoleucine (14.8%), L-lysine hydrochloride (14.3%), L-phenylalanine (12.9%), L-threonine (11.1%), L-methionine (7%), L-tryptophan (3.7%)

**Nutritional values** (H)

100% PURE AMINO TABLETS	PER 1 GRAMM	PER 100 GRAMM
ENERGY	17 kJ (4 kcal)	1700 kJ (400 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	<0,01 g / <0,01 g	<0,01 g / <0,01 g
CARBOHYDRATES / OF THIS SUGAR	<0,01 g / <0,01 g	<0,01 g / <0,01 g
PROTEIN (BCAA)	1 g	100 g
SALT	0,01 g	<0,79 g

**Sales description:** amino acid tablets consisting of the eight essential amino acids of natural origin in a free and crystalline form.

**Net quantity:** 100 amino acid tablets (each 1 g): 100 g - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

100% PURE AMINO  
TABLETS



3

PRODUCT TEXT (DETAIL) ■



Directions (H)

This product is designed for use BEFORE and AFTER exercise. You recognize this on the label of our products by the BDA infographic.

The individual need for amino acids varies from athlete to athlete and depends strongly on the muscular strain.

Take 5 g (5 pellets) with sufficient liquid approx. 1 hour before exercise to increase the amino acid level in the blood. For a better and faster recovery, you can also take the amino acids directly after exercise.

In case of particularly high exposures, the daily amount can be increased to up to 10 g.

**Recommended dosage per day:** 5-10 grams per day



SUSTAINABILITY



Sustainability (H)

The new bag for 100% Pure Amino, which is the same as well for the powder as for the tablets, is made of partially recycled cellulose (outer packaging). The insert, which is necessary for technical and hygienic reasons, is a bio-plastic made of K-PET, based on organic sugar cane.

PRODUCT-CATEGORY  
**SPECIALS**

PRODUCT-CATEGORY  
VARIANT

ENERGY FRUIT GUMS  
DIFFERENT FRUIT FLAVOURS



1



KEYWORDS

- Keywords in the product text
- add. Keywords in the detailed text

Energy Fruit Gums, carbohydrates, maltodextrin, sodium, potassium, endurance sports, energy, training, competition, endurance performance, energy requirements, half marathon, marathon, ultrarunning, trailrunning, triathlon, long distance running, cycling, energy storage, carbohydrate storage

PRODUCT TEXT (TOP)



Energy Fruit Gums are a popular and functional alternative to energy gels and drinks. They bring variety to the energy supply with their tropical fruit flavour, are easy to use and offer high-quality maltodextrin as an energy source, but also sodium and potassium. The ingredients already dissolve in the oral cavity when sucked. One sachet of Energy Fruit Gum contains more or less as much energy as three sachets of Energy Gel.

**Ideal for:** Endurance sports in training and competition. Especially for very long units that also require mental variety.

**Flavour:** various fruit flavours

**Note:** Without artificial sweeteners and colours, lactose and gluten.

**Sustainability:** Fully recyclable outer packaging.

AT A GLANCE

- Based on maltodextrin (carbohydrate source) with minerals essential for sport
- Can be used during sport in training or competition
- Easy to portion, doesn't stick, great taste.
- Does not contain artificial colours, flavours or sweeteners, gluten or lactose.
- The product is free from any substances on the doping list.

PRODUCT IMAGES

[Squeezy Energy Fruit Gums - Images](#) 

PRODUCT-CATEGORY  
VARIANT

**ENERGY FRUIT GUMS**  
MIXED FLAVOURS



2

PRODUCT TEXT (DETAIL)

The energy demand of the musculature during endurance exercise can no longer be sufficiently covered by the body after 90 minutes at the latest. Modern formulas, such as Squeezy Energy Fruit Gum, meet this need and supply the body with complex carbohydrates and minerals. Our variants with caffeine also give athletes an extra kick that motivates and strengthens them mentally. Ideal for long-distance running (half marathon, marathon, ultra), triathlon, duathlon, cycling, winter sports such as skating and cross-country skiing and many more.

Each product contains several carbohydrate sources, which are coordinated to provide the body with energy in the short and medium term. Salt and potassium replace the loss during sweating.

**Ingredients** (H)

Maltodextrin, water, glucose syrup, gelatine, fructose, acidifier: lactic acid, fruit concentrates and plant extracts (blackcurrant, carrot, turmeric), flavourings, sodium lactate, potassium lactate, vegetable oil (palm kernel oil), separating agent: beeswax and carnauba wax.

**Nutritional values** (H)

ENERGY FRUIT GUMS	PER BAG 100 GRAMM
ENERGY	1396 kJ (329 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	<0,15 g / <0,15 g
CARBOHYDRATES / OF THIS SUGAR	72 g / 44,5 g
PROTEIN	8,4 g
SALT	<0,25 g

**Sales description:** carbohydrate fruit gum

**Net quantity:** bag of 100 g - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

**ENERGY FRUIT GUMS**  
MIXED FLAVOURS

3

PRODUCT TEXT (DETAIL)

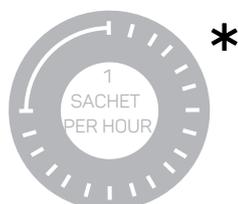


**Directions (H)**

The product has been developed for the use during sports. You can recognize this on the label of each of our products by the BDA graphic.

The individual need for carbohydrates and proteins is different for each athlete and depends on many factors.

Average carbohydrate needs of an athlete in the basic endurance range 1/2



- physical requirements (age, weight, height, sex)
- condition of the route (altitude profile and surface)
- type of sport
- individual performance and intensity (BE1 / BE2)

**Basic endurance 1 (BE1):** Training is completed at a heart rate of approx. 60 to 70 % of the max. heart rate. 30-40g of carbohydrates / hour

**Basic endurance 2 (BE2):** Training/competition is completed at a heart rate of approx. 70 to 80 % of the maximum heart rate. 40-80g of carbohydrates / hour

\* We recommend the product as part of the nutrition strategy in training and competition. The sole supply of energy by Energy Fruit Gums is possible in principle, but is not recommended.

SUSTAINABILITY

**Sustainability (H)**

Fully recyclable outer packaging.



PRODUCT-CATEGORY  
VARIANT

SALT TABS  
COATED

1



KEYWORDS

- Keywords in the product text
- add. Keywords in the detailed text

Salt, minerals, sweating, sweat loss, sodium, potassium, muscle function, mineral deficiency, cramps, endurance sports, training, competition, mineral loss, electrolytes, half marathon, marathon, ultrarunning, trailrunning, triathlon, cycling, long distance running

PRODUCT TEXT (TOP)



Parallel to the effective energy supply with carbohydrates through our Energy products, Squeezezy Salt Tabs with salt and minerals (sodium, potassium) are the ideal supplement for physical exertion with high sweat loss.

Particularly on hot days and long periods of exertion, sweating causes an additional and considerable loss of minerals, which, if not counteracted can lead to a mineral deficiency. The result is an impairment of muscle function and for example cramps, which can lead to the termination of exercise and significantly longer regeneration.

Minerals added in time maintain the necessary level and prevent these undesirable side effects. It should be noted when taking that also energy gels, drinks and other sports foods may contain salt and minerals. These amounts should be taken into account in advance.

**Ideal for:** Endurance sports in training and competition. Especially for long sessions and high temperatures.

**Flavour:** Neutral

**Note:** Without artificial sweeteners and colourings, lactose and gluten. Vegetarian coating.

**Sustainability:** As a product of the 'Squeezezy goes Green' offensive, we use a sustainable cardboard bag made from partially recycled cellulose with a hygiene insert made from K-PET (based on organic sugar cane).

AT A GLANCE

- The vegetarian-coated dragées are very easy to swallow thanks to their small size and pleasant surface.
- per dragée, about half of the amount of salt/minerals needed per hour is supplied (500 mg salt = 200 mg sodium and 60 mg potassium).
- No dispensable ingredients
- Does not contain artificial colourings, flavours or sweeteners, gluten or lactose.
- Tasteless and vegetarian coated dragée.

PRODUCT IMAGES

[Squeezezy Salt Tabs - Images](#) 

PRODUCT-CATEGORY  
VARIANT

SALT TABS  
COATED

2

PRODUKT TEXT (DETAIL)

Mineral losses due to heavy sweating in endurance sports such as long-distance running (half marathons, marathons, ultra (half marathon, marathon, ultra), triathlon, duathlon, cycling and other sports are the reason for problems with normal muscle function. Lost electrolytes must be replenished to maintain muscle function, metabolic processes, digestion, blood circulation and central nervous system processes.

Many athletes underestimate the relevance of mineral losses and misjudge the symptoms that occur (the best example is very painful thigh or calf cramps). Muscular overload can be caused not only due to a low level of training, but also due to an insufficient mineral supply or dehydration.

Ingredients (H)

Sodium chloride, bulking agent: calcium phosphate, potassium chloride, pressing aid: cellulose, coating: hydroxypropylmethylcellulose, anti-caking agent: rice extract.

Nutritional values (H)

SALT TABS (COATED)	PER DRAGEE (0,82 G)	PER 100 GRAMM
ENERGY	0,13 kJ (0,03 kcal)	15,6 kJ (3,7 kcal)
FAT / OF THIS SATURATED FATTY ACIDS	0 g / 0 g	0,20 g / 0,04 g
CARBOHYDRATES / OF THIS SUGAR	0 g / 0 g	0,44 g / 0,02 g
PROTEIN	0 g	0,06 g
<b>MINERALS</b>		
SODIUM	200 mg	24 g
POTASSIUM	60 mg	7,3 g

Sales description: salt tablets

Net quantity: bag of 50 dragées / 51 g - Produced in Germany

PRODUCT-CATEGORY  
VARIANT

**SALT TABS**  
COATED

3

PRODUCT TEXT (DETAIL) ■



**Directions** (H)

The product has been developed for the use during sports. You can recognize this on the label of our products by the BDA infographic. The individual need for minerals varies from athlete to athlete and depends on many factors. Incidentally, the amount of minerals in gels, drinks and/or bars should also be taken into account.

We recommend taking 1 - 2 dragées per hour with sufficient liquid during exercise. Maximum 10 dragées per day. The recommended daily intake must not be exceeded. Food supplements are not a substitute for a varied, balanced diet and a healthy lifestyle. The product should be stored out of the reach of small children.



SUSTAINABILITY



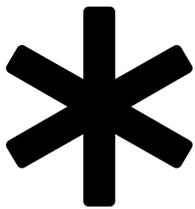
**Sustainability** (H)

The new bag of Squeezy Salt Tabs is made equally from partially recycled cellulose (outer packaging). The insert, which is necessary for technical and hygienic reasons, is a bio-plastic made of K-PET, based on organic sugar cane.

PRODUCT-CATEGORY

# ENERGY BARS

PRODUCT-CATEGORY **ENERGY BARS**  
VARIANT



Status 5th of May 2022, the new 2022 Series Energy Bars are still in progress.

Current variants (available from the end of March 2022)

- Energy Super Bar Cherry
- Energy Bar Apple
- Protein Energy Bar



PRODUCT IMAGES

[Squeezy Energy Bars - Images](#) 



# SQUEEZY<sup>®</sup>

## SPORTS NUTRITION

TRUE SPORTS NUTRITION SINCE 1987

## KONTAKT / CONTACT

Valid from June 1st, 2022

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## MEDIALINKS

[New Logo 2021](#)

[Productimages 2022 \(in work\)](#)

**Broschüre:** ["Grundlagen und Mythen der Sporternährung"](#)

**Video:** ["Die Wahrheit über Muskel und Magenprobleme in Training und Wettkampf"](#)