



24 1.1 oz. (32g) PACKETS

NET WT. 271 oz. (1.69 LB.) 768g

GU® ROCTANE® ENERGY GEL

WHEN: HARD TRAINING & CHASING PRs

Created for demanding training and competition, GU Roctane Energy Gel stands out from our original GU Energy Gel with more **sodium** and **amino acids**. **Sodium** is an **electrolyte** that aids in hydration and the **branched-chain amino acids** (**L-leucine**, **L-valine** and **L-isoleucine**) reduce mental fatigue and decrease muscle damage.¹ The **amino acid beta-alanine**² helps promote formation of the intramuscular buffer **carnosine**, while the **amino acid Taurine** helps promote heart contractility and improve cardiac output during long exercise sessions.³ Each 100-calorie serving contains **carbohydrates** (**maltodextrin** and **fructose**) that use non-competing pathways to maximize carbohydrate absorption and utilization while diminishing stomach distress.⁴

¹These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

²The amino acid beta-alanine (as CarnoSyn®). Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.

STASH YOUR TRASH.



ROCTANE ULTRA ENDURANCE AMINO ACID SUPPLEMENT

ENERGY GEL

1425mg AMINO ACIDS per serving
125mg SODIUM per serving
35mg CAFFEINE per serving

BLUEBERRY POMEGRANATE naturally flavored



HYDRATION ENERGY RECOVERY

GU NUTRITION MATRIX

Our athlete-tested Nutrition Matrix is designed to help you perform your best. Our products help you hydrate, energize, and recover optimally before, during, and after demanding endurance activities. Learn more and create your nutrition plan at GUenergy.com.

Supplement Facts

Serving Size 1 packet (32g)
Servings Per Container 24

Amount Per Serving	% Daily Value
Calories 100	
Total Carbohydrate 21g	8%*
Total Sugars 6g	†
Includes 6g Added Sugars	12%*
Calcium 30mg	2%
Sodium 125mg	5%
Roctane Amino Acid Blend 1425mg	†
L-Leucine, Taurine, L-Valine, Beta-Alanine (CarnoSyn®), L-Isoleucine	
Caffeine 35mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

ABOUT US

Since 1993, we've combined heart and science to create performance nutrition products for ourselves and for our passionate community of endurance athletes. We know the sacrifice it takes to train for glory and the heartbreaking failures that are the building blocks of true athletic accomplishment. From our headquarters in Berkeley, CA, we approach what we do with the same humility and hunger for greatness we've learned from you. Our purpose is to assist, educate and inspire you to achieve your highest athletic potential.

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BLUEBERRY POMEGRANATE naturally flavored

INGREDIENTS: MALTODEXTRIN, WATER, FRUCTOSE, L-LEUCINE, TAURINE, SODIUM CITRATE, L-VALINE, NATURAL FLAVORS, POTASSIUM CITRATE, MALIC ACID, CITRIC ACID, CALCIUM CARBONATE, BETA-ALANINE, GREEN TEA (LEAF) EXTRACT (CONTAINS CAFFEINE), L-ISOLEUCINE, SEA SALT, GELLAN GUM, MEDIUM CHAIN TRIGLYCERIDES, SODIUM BENZOATE (PRESERVATIVE), POTASSIUM SORBATE (PRESERVATIVE).

K **R** **C** Gluten-free. Vegan.

Manufactured by:
GU ENERGY LABS
Berkeley, CA 94710
1-800-400-1995
GUENERGY.COM



TERRACYCLE
We can achieve zero waste!
Find out how to recycle gel packets.
terracycle.com



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HOW TO USE

Consume one packet 5 minutes before and one packet every 45 minutes during activity.



Wash down with your favorite GU Hydration. Drink or water for optimum absorption.

This box is made from 100% recycled materials. Please recycle.



ELECTROLYTES

Maintain water balance and aid in optimum hydration.



CARBOHYDRATES

Deliver ready-to-use energy and delay bonking by sparing glycogen.



AMINO ACIDS

Reduce mental fatigue, decrease muscle damage, and improve cardiac output.



CAFFEINE

Enhances performance by increasing focus and concentration and decreasing perceived effort during exercise.