

hüma+

CHIA ENERGY GEL PLUS



energy
gel

+

natural
electrolytes



INGREDIENTS: Evaporated Cane Juice, Brown Rice Syrup, Strawberry Puree, Water, Blueberry Puree, Milled Chia, Pomegranate Juice, Sea Salt, Blueberry Concentrate, Strawberry Concentrate, Coconut Water Powder, Citric Acid



Chia Energy

Soluble Fiber content modulates carbohydrate absorption = no sugar spike + steady energy release

Razzaq (2011); Lairon (2007); Sands (2009); Savory (1992)



Natural Electrolytes

Packed with electrolytes from 100% all-natural sources:



Sea Salt



Coconut Water



Chia Seeds



Ideal 2:1 Ratio

Clinical studies indicate a 2:1 Glucose to Fructose ratio increases carbohydrate absorption

Bartels (1987); el-Mougi (1996); Brouns (1995)