

2 minutes application break

Sport energy gels

Facts

Origin America

Dates back Early 1980s

Ingredients Carbohydrates, electrolytes, and other nutrients

Providing a quick source of energy and nutrients to athletes during exercise.

MixSing Process



Design

Shear	CFD simulations confirms >200,000 s ⁻¹
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 75,000 cP
Accessories	Vacuum system, scrape agitator
Materials	Stainless steel: AISI 316L. All materials: EC 1935

Insight

Sports energy gels are a type of food supplement designed to provide a quick and convenient energy source for athletes during exercise. They typically consist of a combination of carbohydrates and electrolytes and are designed to be easily consumed and quickly absorbed by the body.

The history of sports energy gels can be traced back to the early 1980s when PowerBar developed the first commercially available energy gel. This gel was initially marketed towards endurance athletes, such as marathon runners and cyclists, as a convenient energy source during long-

duration events.

In the following decades, the popularity of sports energy gels grew as they became more widely used by athletes in various sports and at all levels of competition. Additionally, companies began to develop gels with different formulations, flavours, and packaging to suit a broader range of consumer needs.

The ingredients of sports energy gels typically include carbohydrates, such as glucose and fructose, and electrolytes, such as sodium and potassium. Some gels also contain caffeine, amino acids, and other

ingredients to provide additional benefits such as improved mental focus and reduced muscle damage.

In recent years, there has been an increasing trend towards using more natural and organic ingredients in sports energy gels and a renewed interest in traditional forms of energy supplementation, such as solid foods and sports drinks.