

Energy Gel comparison

	First Endurance	Enervit	Gu	Gu	E-Caps	Clif	Powerbar
	First Endurance EFS Liquid Shot	Enervitene-Cheerpack	GU-Roctane	GU-original	E-Caps Hammer Gel	Clif Shot	Powergel
Calories	400 calories + effective for complete recovery	120 Calories +	100 Calories -	100 Calories -	90 Calories -	100 calories +	110 Calories -
Carbohydrate	100g Maltodextrin, Sucrose, Glucose + Mix of three high glycemic carbohydrate sources maximizes absorption and digestibility	30.5g Fructose syrup, glucose syrup. - Fructose is absorbed slowly and should not be primary carbohydrate.	25g Maltodextrin, Fructose -/+ Three sources is better than two. Fructose absorbed slowly.	Maltodextrin, Fructose -/+ Three sources is better than two. Fructose absorbed slowly.	23g Maltodextrin, fruit juices (varies per flavor) -/+ Three sources is better than two. Fructose absorbed slowly.	25g brown rice syrup - mixing carbohydrate sources is superior to any one source.	27g Maltodextrin, fructose -/+ Three sources is better than two. Fructose absorbed slowly.
Amino Acids (in mg)	1000.0 Glutamine, BCAA's (Leucine, Isoleucine and Valine) + An effective dose of amino acids	0 -	1200 Histidine, BCAA's (Leucine, Isoleucine, Valine) . OKG=450mg. + An effective dose of amino acids	?? BCAA's (Leucine, Isoleucine and Valine) - Does not list amount of amino acids.	?? BCAA's (Leucine, Isoleucine and Valine), Alanine. - Does not list amount of amino acids.	0 -	0 -
Electrolyte Blend	400mg Sodium	0 Sodium	125mg Sodium	55mg Sodium	25mg-45mg Sodium	40mg Sodium	200mg Sodium
	290mg Potassium	0 Potassium	55mg Potassium	45mg Potassium	0 Potassium	30mg Potassium	20mg Potassium
	150mg Calcium	0 Calcium	20mg Calcium	20mg Calcium	0 Calcium	0 Calcium	0 Calcium
	120mg Magnesium	0 Magnesium	Magnesium	0 Magnesium	0 Magnesium	20mg Magnesium	Magnesium
	600mg Chloride	0 Chloride	Chloride	0 Chloride	0 Chloride	0 Chloride	?? Chloride
	+ more than anyone on the market-contains the right ratio of all 5 electrolytes at the levels needed to sustain electrolyte balance.	- Insufficient electrolyte blend.	- Insufficient electrolyte content for longer racing or racing in the heat. Missing two electrolytes.	- The sodium, potassium and calcium content insufficient. Missing two electrolytes.	- Sodium is insufficient. Missing four electrolytes.	- Sodium, potassium and magnesium insufficient. Missing two electrolytes	- Sodium, potassium and chloride insufficient. Missing two electrolytes.
Packaging/Flexibility	Reusable flask + Eco friendly and offers flexibility to adjust concentration.	Flexible Pouch - Not reusable. Cannot adjust concentration. High waste.	Gel Pack - Not reusable. Cannot adjust concentration. High waste.	Gel Pack - Not reusable. Cannot adjust concentration. High waste.	Offers gel packs and refillable flasks. + refillable flask is reusable, eco friendly and can adjust concentration. Gel pack creates high waste.	Gel Pack - Not reusable. Cannot adjust concentration. High waste.	Gel Pack - Not reusable. Cannot adjust concentration. High waste.
Flavors, Sweeteners, colors	ALL Natural + All natural colors, flavors, sweeteners	All Natural + All natural colors, flavors, sweeteners	All Natural + All natural colors, flavors, sweeteners	All Natural + All natural colors, flavors, sweeteners	All Natural + All natural colors, flavors, sweeteners	All Natural and 90% organic + All natural colors, flavors, sweeteners	All Natural + All natural colors, flavors, sweeteners
Price/100 calories	\$1.50--Price even lower using EFS LS refillable Jug.	\$3.75	\$2.50	\$1.25	\$1.39-Price improves using refillable jug.	\$1.20	\$1.09

First Endurance has gathered the above information from product labeling, company websites and publicly-available clinical research. For the most part, the conclusions about the adequacy or performance of products or their ingredients are based on third-party research. First Endurance believes the information is accurate, and has attempted to portray the information objectively. However, others may have different opinions or reach different conclusions.

