



## LIQUID ENERGY GEL

★★★★☆ 46 Reviews

Great Tasting Drinkable Energy

Introducing GU Liquid Energy Gels, delivering the same portable and fast-absorbing carbohydrates as our original Energy Gel in a refreshingly light and smooth liquid form. Each 100-calorie serving not only delivers a great-tasting blend of complex and simple carbohydrates, electrolytes, and branched-chain amino acids (BCAAs), it offers you an alternative form factor to fine-tune your nutrition plan and give you a powerful finish line kick just when you need it. All Liquid Energy Gels are Vegan and Gluten Free. [JUMP TO FULL DETAILS](#)

QUICK TIP: JUST LIKE YOU MIGHT TIRE FROM EATING THE SAME FLAVOR OVER TIME, YOUR TASTE BUDS ALSO CRAVE VARIETY IN TEXTURE AS WELL. WE DEVELOPED LIQUID ENERGY GEL TO PROVIDE ANOTHER OPTION TO KEEP YOU GOING, ESPECIALLY DURING YOUR FINISH LINE KICK.

### COFFEE

Our Coffee Liquid Energy Gel delivers that smooth coffee flavor that'll perk you up with every sip. Refreshing like an iced glass of cold brew coffee, this flavor is perfect for getting you out the door for those early morning sessions. Plus, the 40mg of caffeine will jolt you through your next workout!



### SIZE

BOX OF 12

### QUANTITY

1

\$ 25.20

ADD TO CART



## GU LIQUID ENERGY GEL



### Bonking Doesn't Solve Itself

GU Liquid Energy Gels deliver the same benefits as our Original Energy Gels with energy from a precise blend of complex and simple carbohydrates that will fuel you up, so you feel good, longer. Along with energy, Liquid Energy Gels also deliver key nutrients like electrolytes and amino acids to maintain proper hydration and keep you moving strong.

### The GU You Can Gulp

Our Liquid Energy Gels are just that – liquid! Mixing up your nutrition plan with different form factors can actually impact your performance. That's because you're more likely to keep fueling, especially in later stages of a longer effort, when you have multiple form factors to choose from.

### We Feed the Need to Move

We believe movement, in any form, can make us feel alive, healthy, and connected. When you're moving and working out, you need easy-to-digest calories from carbohydrates that deliver immediate and sustained energy while reducing the risk of stomach distress. When you're fueled-up, you feel better and perform better.



May reduce mental fatigue and help decrease muscle damage during exercise



Delivers ready-to-use energy for athletes and can delay bonking by sparing glycogen stores



Helps enhance performance by increasing focus and concentration while training or racing

## REVIEWS

LET US KNOW HOW YOU GU FOR IT