

COMPARATIVE ENERGY GEL 2017



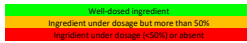
	FENIUX MULTISPORTS	SPONSER*	APTONA*	SPONSER*	WIGGLE*	APTONA*	SS*	SQUEEZY*	+ WATT*	HIGH 5	ISOSTAR*	EAFFI*	POWERBAR*	FENIUX MULTISPORTS	GU*	NUTRISNS SPORT*	ETIXX*	+ WATT*	STC NUTRITION*	INKOSPOR*	APURNA*	GU*	NUTRISNS SPORT*	ERIC FAVRE*	STC NUTRITION*	OVERSTIMS*	MULEBAR*	EAFFI*	PUNCH POWER*	MULEBAR*	MX3*	OVERSTIMS*	PUNCH POWER*	OVERSTIMS*	Authentic Nutrition*	
Quantity (each 1 gel)	42 g	70 g	32 g	70 g	38 g	32 g	60 ml	60 ml	50 g	40 g	35 g	25 g	41 g	27 g	32 g	40 g	40 g	50 g	25 g	40 g	27 g	32 g	27 g	30 g	25 g	27 g	27 g	25 g	25 g	25 g	25 g	25 g	25 g	25 g	25 g	25 g
Energy (kcal)	122	156	97	210	90	96	87	105	105	90	112	75	107	80	100	80	96	109	74	109	80	100	201	89	60	81	108	74	74	97	75	84	76	77	62	
Proteins (g)	1	0.3																																		
Carbohydrates (g)	30.8	39	28	33	22.6	24	32	30	26.3	29	28	18.7	26.7	29	29	20.3	24.3	26.9	18.4	27.3	18.9	31	29	27	24.9	29	27	18	18.8	22.5	18.6	21.8	19	10.2	15.6	
Of which sugars (g)	17.2	22	9	13	6.6	13	0.6	9	20.3	23	19	14.6	9.8	16	6	13.8	15.3	12.4	6.1	11.6	6	13.8	14.3	4.4	9.3	25	11			20.5	12.6	20.0		18.025	13.3	1.6
Fat (g)																																				
Of which saturates (g)																																				
Sodium (mg)	84	200	54	120	40	20	40	32		20			105	23.76	34		136		40	11		115.2	40			23	40			40	10		45	6.8	13	
Potassium (mg)	54	70	36	96																																
Magnesium (mg)																																				
Zinc (mg)			3																																	
Calcium (mg)														29.43																						
Vit B1 (mg)	0.42		0.18		0.33					0.33			0.2	0.21		0.17		0.2	0.36	0.11		0.21	0.22			0.1		0.8	0.18		0.23	0.2	0.2	0.15	0.3	
Vit B2 (mg)																																				
Niacine - Vit B3 (mg)	4.62												9																							
Vit B5 (mg)																																				
Vit B6 (mg)	0.42		0.42											0.16								0.22				0.21	2.2	0.1		1					0.15	0.2
Biotine - Vit B8 (µg)														75																						
Vit B12 (µg)			0.79											0.5																						
Vit C (mg)	4.43		7.5							16	30			11				40		9.0		17		11.1	11.1	12.0		31.0						0.5	1.7	
Vit E (mg)																																				
BCAA (g)		0.3							0.3						0.42																					
Conditioning	Lot 6	Unité	Lot 4	Unité	Lot 20	Lot 4	Lot 6	Unité	Unité	Unité	Lot 4	Lot 9	Unité	Unité	Unité	Unité	Unité	Unité	Lot 10 gels	Unité	Lot 5	Unité	Unité	Lot 4	Lot 10 gels	Lot 10	Unité	Lot 10	Lot 6	Unité	Lot 10	Lot 10	Lot 6	Lot 10	Unité	
Price	12.60 €	2.85 €	4.99 €	2.85 €	10.99 €	2.99 €	11.00 €	1.79 €	2.00 €	0.99 €	6.90 €	19.70 €	1.89 €	12.50 €	18.00 €	2.00 €	8.95 €	3.20 €	2.50 €	10.50 €	20.00 €	22.00 €	2.50 €	17.30 €	12.50 €	2.80 €	25.00 €	22.00 €	12.50 €	23.80 €	2.30 €	92.00 €				
Price for 1 kg	50.00 €	40.71 €	38.98 €	40.71 €	14.46 €	23.36 €	30.56 €	29.83 €	40.00 €	24.75 €	49.29 €	78.80 €	46.10 €	77.16 €	68.75 €	44.44 €	69.50 €	40.00 €	72.00 €	50.00 €	66.30 €	100.00 €	92.59 €	87.50 €	80.00 €	81.48 €	67.57 €	69.20 €	83.33 €	75.68 €	100.00 €	81.48 €	95.20 €	92.00 €		
Quality rating	14	11	11	8	3.5	3.5	3.5	3.5	5	2	6.5	9.5	5	11	8	3.5	8	2	8	3.5	6.5	11	9.5	8	6.5	6.5	3.5	3.5	5	3.5	8	3.5	3.5	5	3.5	
Price rating	15	17	17	17	20	19	19	17	20	15	11.5	16	9.5	11.5	16	11	17	10.5	15	11.5	5	6.5	7.5	9	8.5	11.5	11	8.5	10	5	8.5	8.5	6	6.5		
Quality/Price rating (/20)	14.5	14	14	12.5	11.75	11.75	11.25	11.25	11	11	10.75	10.5	10.5	10.25	9.75	9.5	9.5	9.25	9.25	9	8	8	7.75	7.75	7.5	7.5	7.25	6.75	6.75	6.5	6	6	5.5	5		

Bating criteria for quality (according to European regulations):
 Minimum 56 mg of magnesium (contributes to normal muscle function)
 Minimum 300 mg potassium (contributes to normal muscle function)
 Minimum of 12 mg of Vit C or 1.8 mg of Vit E or 1.5 mg of Zinc (help protect cells against oxidative stress = antioxidants)
 Minimum of 2 vitamins of group B (participate in a normal energetic metabolism)

Crères de notation pour la qualité (selon mon expérience): (en plus des recommandations européennes)
 - minimum 30g of carbohydrates per hour (= body fuel)
 - sugar / carbohydrate ratio > 75% = 3 pts; between 50 and 74.9% = 1.5 pt and <50% = 0k
 - minimum 300mg of sodium per hour (one of the most hot minerals in sweat)
 - minimum 1g of BCAA for their role in the fight against central fatigue

Scale for the quality score:
 # -1.5 points for carbohydrates per 2.5 g
 # -3 points if no more than 50% (by criteria) for other ingredients
 # -1.5 point if at least 50% of the ingredient inputs
 # -3 points if absence of 2 vitamins of group B
 # -2 points for the presence of aspartame

Example of reading (Energy Gel BCAA2 Fenieux MultiSport):
 Energy BCAA2 gel is 42 g and contains 30.6 g of carbohydrates, 0 mg of Vitamin C (etc.). It is marketed by batch of 6 to 12.60 €, a cost per kg of 50 €.
 Quality score = 20 - 3 (because there is no magnesium) - 3 (absence of bcaa) = 14.
 Price = 15 => to know that I always rounded to the nearest. Example: € 33 = the note of € 32.5 and not € 35.
 Quality / Price Rating = (14 + 15) / 2 = 14.5



NOTE GRID

Prix au kg	Note
25	20
27.5	19.5
30	19
32.5	18.5
35	18
37.5	17.5
40	17
42.5	16.5
45	16
47.5	15.5
50	15
52.5	14.5
55	14
57.5	13.5
60	13
62.5	12.5
65	12
67.5	11.5
70	11
72.5	10.5
75	10
77.5	9.5
80	9
82.5	8.5
85	8
87.5	7.5
90	7
92.5	6.5
95	6
97.5	5.5
100	5
102.5	4.5
105	4
107.5	3.5
110	3
112.5	2.5
115	2
117.5	1.5
120	1
122.5	0.5



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 Because your preparation also goes through the diet
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