

## **EFS Liquid Shots**

Does not contain any gelling agents. Gelling agents slow down absorption and digestion

EFS LS deliver 400 super charged calories that are fortified with over 1,500mg of electrolytes, 1000mg of amino acids and 100g of simple and complex sugars.

Contains 1g of free form amino acids which is the equivalent in BCAA and glutamine profile to 5g of Whey Protein

Benefits during exercise:

- Supply fast and sustained energy for muscles
- Improved fuel absorption
- Reduces cramping and dehydration
- Easy to digest and absorb
- Improved glycogen resynthesis
- Delayed central (mental) fatigue
- Replenishes electrolyte loss

18 month shelf life – even when opened and poured into a sealed container

FE recommends consuming product within 24 hours once your lips have touched it due to the introduction of bacteria.

32oz Jug will fill 6 flasks

Use your EFS drinks as your foundation, then add calories & electrolytes with liquid shots