

TORQ ENERGY

- Part of the TORQ Fuelling System™
- Multiple Transportable Carbohydrates
- With 5 electrolytes
- Available in single-serve sachets, 500g or 1.5Kg pouch
- 1 naturally caffeinated option



FLAVOURS

- Orange
- Lemon
- Lime & Lemon
- Pink Grapefruit
- Blackcurrant
- Vanilla
- Cola Caffeine (with Guarana)

+COLA
CAFFEINE

WET



TORQ GEL

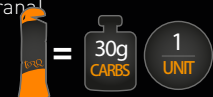
- Part of the TORQ Fuelling System™
- Multiple Transportable Carbohydrates
- With 5 electrolytes (except Naked)
- 4 naturally caffeinated options



FLAVOURS

- NEW Naked
- Flavourless
- Cherry Bakewell
- Lemon Drizzle
- Raspberry Ripple
- Rhubarb & Custard
- Apple Crumble
- Orange & Banana
- Strawberry Yoghurt
- Black Cherry Yoghurt
- Forest Fruits (with guarana)
- Banoffee (with guarana)
- Caramel Latte (with guarana)
- Cola Caffeine (with Guarana)

Smooth



TORQ BAR

- Part of the TORQ Fuelling System™
- Multiple Transportable Carbohydrates
- Moist & chewy
- Very low in fat
- Organic Soil Association Certification
- Softest ever formulation



FLAVOURS

- Organic Zesty Orange
- Organic Sundried Banana
- Organic Juicy Mango
- Organic Zingy Apple

SOFT



TORQ CHEW

- Part of the TORQ Fuelling System™
- Multiple Transportable Carbohydrates
- Organic Soil Association Certification
- Very low in fat
- Cold



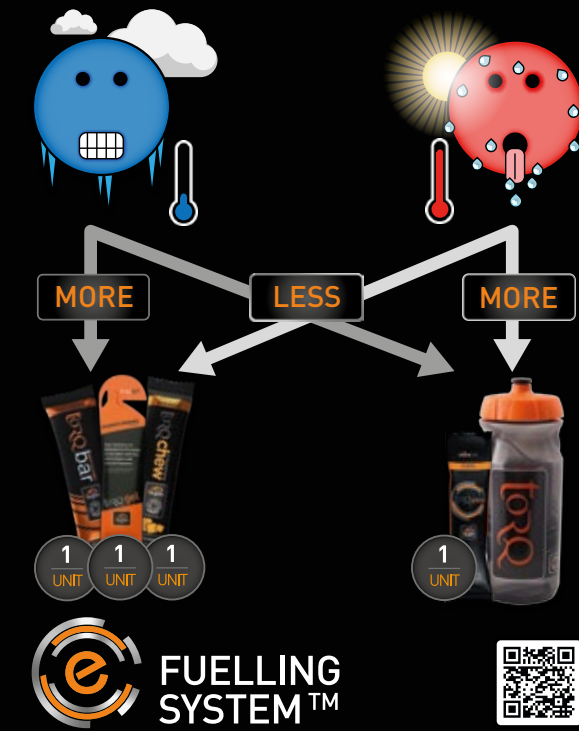
FLAVOURS

- Organic Mango
- Organic Pineapple

CHEWY



EASY AS 1 2 3



RECOVERY SYSTEM™



- PHASE
- PHASE
- PHASE
- PHASE



The TORQ Recovery System™ is composed of 4 phases, which layer TORQ products cumulatively as exercise load increases.

4 PHASE RECOVERY SYSTEM

TORQ RECOVERY

- Part of the TORQ Recovery System™
- 3:1 Carbohydrate : Whey Protein
- Glutamine for muscle protection
- Ribose for cellular recharge
- Silky Smooth
- Vegan Options
- Available in Sample sachets, 500g pouch or 1.5Kg pouch



FLAVOURS

- Chocolate Mint
- Cookies & Cream
- Strawberries & Cream
- Banana & Mango

Vegan (with Pea Protein)

- Robust & Fruity
- Creamy Cocoa



TORQ RECOVERY Plus

- Part of the TORQ Recovery System™
- HMB for muscular repair & development
- Beta-Alanine for anaerobic gain
- Sodium Phosphate for aerobic support
- High potassium cocoa
- No colours, artificial sweeteners or preservatives
- Deliciously smooth hot cocoa drink



ORGANIC ENERGY DRINK

- Part of the TORQ Recovery System™
- Complex carbohydrate energy drink
- Neutral (flavourless)
- Can be added to food
- Organic Soil Association Certification
- No colours, artificial sweeteners or preservatives



TORQ HYDRATION

- The fastest possible hydration method
- Hydrates significantly faster than an electrolyte tablet
- Perfect for high intensity indoor training
- Can be used as part of the TORQ Fuelling System™ for longer endurance efforts
- Available in single-serve sachets or 540g pouch



FLAVOURS

- Watermelon
- Lemon
- Tangerine
- Red Berries



RESEARCH-DRIVEN PREMIUM
ORGANIC NATURAL FLAVOUR
2:1 GLUCOSE:FRUCTOSE FOR

the POWER of...
torq

FOUNDED 1999 EDUCATION
NO COMPROMISE ORGANIC
PREMIUM QUALITY FLAVOUR

PERFORMANCE NUTRITION
FITNESS CONSULTANCY

- 0344 332 0852
- www.torqfitness.co.uk
- TORQFitnessUK
- TORQFitness
- TORQFitness

Explore BREAKFAST



Our Explore instant super-charged breakfasts have been designed to provide easily accessible, useful and effective nutritional fuel in a convenient, lightweight, low volume package.

Each pack contains over 500 calories of high quality functional food to provide the energy needed to get the most out of your adventurous activities.

Available in 3 delicious flavours - Enriched Banana & Mango, Enriched Cinnamon & Raisin and Enriched Apricot & Ginger.

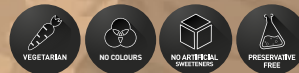
Explore PASTA MEAL



TORQ's NEW Explore Pasta Meals will fill you with functional calories at the mid-point or end-point of your big day out, providing 100g carbohydrate and 25g protein, with less than 3g fat.

A very lightweight and powerful addition to your essential expedition equipment, with 3 enticing flavours - Creamy Mushroom, Tomato & Basil and Chilli Non Carne

Explore DESSERT



TORQ's NEW Explore Desserts combine a creamy semolina base with one of our famous Energy Gels - wonderful Rhubarb & Custard or amazing Apple Crumble - for a delicious, fully functional, guilt-free dessert.

Providing 100g carbohydrate and 25g protein, with less than 1g fat, this 152g pack is your lightweight indulgence at the end of an arduous day.

Explore FLAPJACK

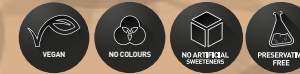


Enjoy our energy-enriched, soft, syrupy and deliciously tasty organic, vegan-friendly TORQ Explore Flapjack as a convenient natural snack at any time of day or why not take this scrumptious homely goodness with you as you pursue your next adventure, wherever that might be?

Soil Association Organic certification means that the ingredients used in these flapjacks are from the purest sources, free from the pesticides and chemicals used in modern intensive farming. Organic ingredients also provide a richer, more wholesome flavour, something that immediately becomes apparent when tasting our flapjacks.

Available in 6 delicious flavours - Organic Apple Strudel, Organic Bakewell Slice, Organic Banana Cake, Organic Black Forest, Organic Carrot Cake & Organic Ginger Cake.

- ✔ Energy-enriched organic flapjack
- ✔ Moist, syrupy & homely goodness
- ✔ Organic Soil Association Certification
- ✔ Suitable for Vegans
- ✔ No preservatives, colours or artificial sweeteners



torq FITNESS CONSULTANCY

We have an enormous wealth of experience in this area having been consulting with athletes and physically active people since 1999.

- ✔ Fitness testing & evaluation
- ✔ Fitness & nutrition education
- ✔ Health & lifestyle consultancy
- ✔ Performance Weight Loss™ specialists
- ✔ Type 1 and Type 2 diabetes specialists
- ✔ Coaching and ongoing support options



Our Immune System Support products have been developed off the back of extensive research by TORQ into the roles that both exercise and nutrition play with regard to immune health. These products form an integral part of an overall immune support strategy.



torq dFND



TORQ dFND is a one-a-day tablet containing 4000iu/1000iu of Vitamin D3 and 15mg Zinc to support the normal functioning of the immune system. Take dFND Ultra (4000iu version) for 90 days to raise Vitamin D levels and maintain with dFND Daily (1000iu).



torq aTAC



TORQ aTAC is a 28-dose powdered drink mix to be taken at the first signs of fever, cold or flu infection. It can also be used during heavy training loads or during International travel. Each dose contains 1000mg Vitamin C, 1000mg Glutamine and 500mg Echinacea.

YOU LOVED THE GEL



NOW SAVOUR THE COFFEE



From bean selection to roasting, our passion and pride is expressed within our distinctly delicate coffee flavours and aromas.

Explore our range of lovingly crafted coffees and enjoy the exquisite flavours released everytime you brew or extract.

To learn more, scan the QR code or browse to torqfitness.co.uk or torqpresscoffee.co.uk



NEW

