

# Clear H<sub>2</sub>O<sup>®</sup> DietGel<sup>®</sup> Recovery Nutritional Formulation Comparison

**NEW FORMULATION**



with enhanced  
flavor and all  
**6** essential  
electrolytes

## Ingredients (original formulation):

Purified Water, Corn Syrup, Vegetable Oil, Hydrocolloids, Wheat Protein Isolate, Electrolyte Mix, Food Acid, Mineral Mix.

## Ingredients (improved formulation):

Purified Water, **Cane Sugar**, Corn Syrup, **Molasses**, Vegetable Oil, Hydrocolloids, Plant Protein (Wheat), Electrolyte Blend, Food Acids, Mineral Mix.

| Per 100g               | Original | Improved |
|------------------------|----------|----------|
| Calories (kcal)        | 120      | 112.5    |
| Moisture (%)           | 70       | 71       |
| Protein (g)            | 0.6      | 0.6      |
| Carbs (g)              | 25.2     | 23.2     |
| Fiber (g)              | 0.8      | 1.1      |
| Fat (g)                | 1.9      | 1.9      |
| Ca <sup>2+</sup> (mg)  | 6        | 34.8     |
| P (mg)                 | 0        | 48.4     |
| K <sup>+</sup> (mg)    | 101.3    | 86.3     |
| Na <sup>+</sup> (mg)   | 51.8     | 105.8    |
| Mg <sup>2+</sup> (mcg) | 0        | 300      |
| Cl <sup>-</sup> (mg)   | 105.2    | 114.5    |

