



PRODUCT GUIDE

OTESPORTS.CO.UK

THAT'S OHH TEE EEE

ABOUT OTE

Our range of naturally flavoured energy products and recovery drinks have been developed by experienced sports nutritionists and athletes to bring you the best tasting and functionally effective products out there.

We Won't Compromise On:

- Delivering on Taste & Function
- Being Gentle On The Stomach
- Having Products For Everyone
- Putting Our Community First
- Demystifying Sports Nutrition



IN PARTNERSHIP WITH:



[OTESPORTS.CO.UK](https://www.otesports.co.uk)

PRODUCT BENEFITS KEY



AIDS HYDRATION



HIGH IN CARBS



LOW IN SUGAR



ADDED VITAMINS
& MINERALS



VEGAN OPTIONS



HIGH IN PROTEIN



GLUTEN FREE



ADDED CAFFEINE



SUITABLE FOR
VEGETARIANS



ADDED
ELECTROLYTES



KIND ON YOUR
STOMACH



NUT FREE

The Informed Sport programme provides assurance that products have been tested for a wide range of substances prohibited in sport. In addition to batch testing, we have also certified the following products under the Informed Sport programme: Energy Gels, Caffeine Energy Gels, Duo Bars, Whey Protein Recovery drinks, Hydro Tabs, Protein Bars and Super Carbs, with more products to follow.



HYDRATION TABS

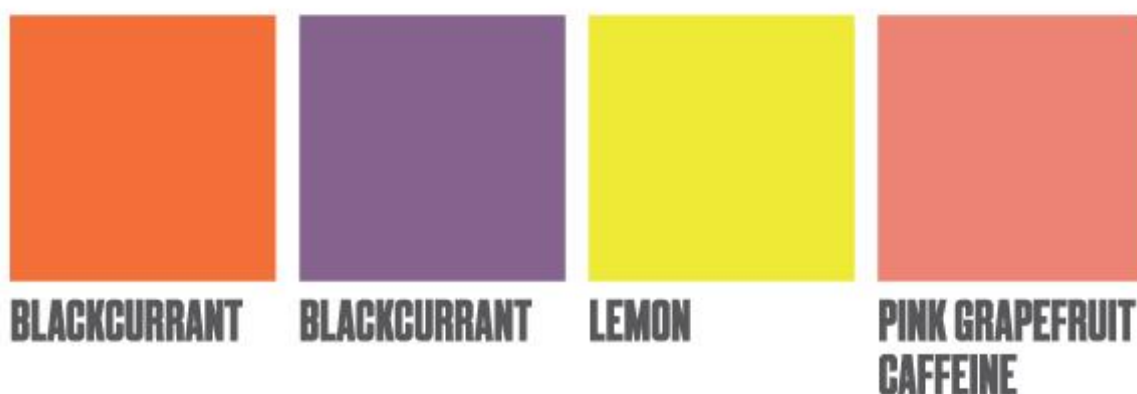


Our Hydro Tabs are one of the best ways to help your body rehydrate. Each tablet is naturally flavoured and sweetened and contains the important electrolytes sodium, potassium and magnesium.

With only 8 kcal per tablet, Hydro Tabs have been developed for use during all sports where staying hydrated is important to maintaining performance. They are also perfect for using when you are exercising in hot or humid conditions, or working outdoors.



Flavours:



ENERGY DRINK



Our Energy Drinks have been designed to provide the carbs and electrolytes needed to fuel exercise and replace salts lost during sweating to aid rehydration. We have also designed our energy drinks to be pH neutral, meaning they are kind on the stomach.

All our energy drinks are produced in an Informed Sport certified manufacturing facility.



Flavours:



LEMON & LIME



ORANGE



BLACKCURRANT



SUPER CARBS



Super Carbs is a new concept in performance energy drink. Formulated to deliver a huge 80g of carbohydrates per 500ml serving. This naturally flavoured drink gives you double the energy of our standard energy drink in one bottle!

Super Carbs is designed to be mixed with water and consumed like your regular energy drink. However, when the drink hits the acidity of the stomach a gel is formed that allows transportation of the drink (and more carbs/energy) into the intestine where they are absorbed. The go-to energy drink when your energy requirements are high or when time to fuel is limited.



Flavours:



LEMON & LIME



BLACKCURRANT



ANYTIME BARS



The OTE Anytime Bar is made from 100% natural ingredients and is also nut and gluten free. This makes these flapjack style bars the ideal snack for those looking for a healthier option.

Our Anytime Bar can also be used before or during exercise as a great tasting source of energy. Eating an Anytime Bar 1-2 hours before exercise will give you that carbohydrate boost you need to help you through your workout.

Great tasting, easily digested bar that contain over 35g of carbohydrate per bar.



Flavours:



RASPBERRY
WHITE CHOC CHIP



BLUEBERRY



COCONUT
CHOC CHIP



APPLE &
CINNAMON



COCOA NIBS



CHERRY



BANANA



CARAMEL

DUO BARS



Developed alongside professional cycling teams, the Duo Bar was designed to replicate the rice cake concept used in World Tour races. Each Duo Bar is pre-cut into two equal pieces with each piece delivering 20g of carbohydrate, making it very easy to calculate exactly how much energy you've taken onboard.

High in carbohydrate, the Duo Bar provides an alternative source of carbohydrate to energy drinks and gels if you prefer to take solid food on board during exercise. The bar has been designed to be great tasting, easily digested, light on the stomach. It will supply enough energy for 40-60 minutes of moderate to intense exercise.



Flavours:



CHOCOLATE



VANILLA



COOKIES
& CREAM



PROTEIN BARS



OTE Sports multi-layered protein bars pack 20g of high-quality protein into every 63g bar with around 200 calories and under 2g of sugar.

Developed to help repair and rebuild muscles after exercise, OTE Sports protein bars are ideal for aiding recovery when eaten within 30 minutes of exercise or as a healthy snack any time of day or night!

Each bar has less than 2g of sugar and only around 200kcal per bar. It's also naturally flavoured and sweetened with a real dark chocolate coating.



Flavours:



PEANUT



COOKIES &
CREAM



ZESTY JAFFA



ENERGY GELS



OTE Sports Energy Gels have been designed to provide quick release energy during exercise. They also contain electrolytes to help replace salts lost during sweating. One gel provides you with 20g of carbohydrates, enough energy for 20 minutes of moderate to intense exercise.

They are naturally flavoured with real fruit juice concentrate, providing a refreshing fruity taste in an easy to consume, almost liquid-like consistency that is kind on the stomach.



Flavours:



APPLE



BLACKCURRANT



ORANGE



LEMON & LIME



CAFFEINE GELS



OTE Sports Caffeine Energy Gels have been designed to provide quick release energy during exercise. They also contain electrolytes to help replace salts lost during sweating and either 50mg (lemon & lime flavour) or 100mg of natural caffeine (blackcurrant flavour) from Guarana to help lower the feeling of perceived exertion.

One gel provides you with 20g of carbohydrates, enough energy for 20 minutes of moderate to intense exercise. They are naturally flavoured, contain real fruit juice concentrate, providing a refreshing fruity taste in an easy to consume, almost liquid-like consistency that is kind on the stomach. OTE Caffeine Gels are certified with Informed Sport.



Flavours:



BLACKCURRANT



LEMON & LIME



SUPER GELS



OTE Super Gels are a high-carb gel offering a quick & big hit of energy when you need it most. One gel provides you with 40g of carbohydrates, which is double the amount of our normal energy gels. This is your go to gel when a big hit of energy is required but with limited time to consume it.

We've used natural flavouring to bring you this delicious Berry flavour; this comes from real fruit juice concentrate. It's easy to use and consume, developed with the athlete in mind. The OTE Super Gel contains balanced electrolytes to promote fluid uptake and help you remain hydrated during exercise.



Flavours:



BERRY



TROPICAL



RECOVERY PROTEIN



Our Whey and Soya Recovery Drinks have been designed to help repair and rebuild muscles to help speed up your recovery and adaptation from exercise.

Our Recovery Drinks provides 25g of essential proteins needed to support recovery but also supply carbohydrates to help the re-fuelling process along with added electrolytes to aid rehydration.

The Soya Recovery Drink is vegan friendly.



Flavours:



CHOCOLATE
SOYA



CHOCOLATE
WHEY

SUPER GREENS



Our Natural Lime Flavoured Super Greens are a rich source of vitamins & minerals. Designed to help keep on top of immune support when travelling or for those with a busy lifestyle.

One serving of OTE Super Greens provides a great and convenient way of supplementing your vegetable intake. Super Greens also give the body natural energy and can also be used to boost recovery after hard exercise. The alkalising affect helps to neutralize lactic acid build up and flush toxins away promoting faster recovery. Add one level scoop (13g) of Super Greens to 300ml of water and shake until the powder has fully dissolved.



Flavours:



LEMON & LIME

SUPPLEMENT RANGE



BERRY MULTIVITAMIN TABS

Our Multivitamin Tab provides high levels of several essential vitamins and is ideal for anyone seeking a high-quality multi vitamin to support an active lifestyle and make sure they are getting important nutrients.



HEALTH & IMMUNE

Health & Immune is a blend of vitamins, minerals and pine bark extract with additional probiotics. If you only take one supplement this is the one to take.



OMEGA 3 FISH OIL

Our reformulated Omega 3 Fish Oil Supplement provides multiple health benefits to support those with an active lifestyle.



BETA ALANINE

Beta Alanine has been shown to help increase muscle carnosine which in turn acts as a buffer for intense training. Increasing carnosine may delay fatigue during endurance exercise or translate into lifting more weights and increasing total work output.



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