



	Suitable For Vegetarians (No meat products)	Synthetic Sweeteners or Colouring	Diabetics Sugars Content % Total Carbs	Peanuts	Tree Nuts	Sesame Seeds	Dairy Products	Egg	Fish	Crustacea, Molluscs, Shell Fish	Soy	Sulphite 10mg/kg or more	Cereals Containing Gluten (Wheat, Barley, Oats, rye, spelt or hybridised strains)
ENERGY BAR													
BANANA	Yes	No	Not Available	** Yes (Possible Trace Amounts)	-	-	-	-	-	-	-	Yes	Yes
CITRUS	Yes	No	Not Available	** Yes (Possible Trace Amounts)	-	-	-	-	-	-	-	Yes	Yes
BERRY	Yes	No	Not Available	** Yes (Possible Trace Amounts)	-	-	-	-	-	-	-	Yes	Yes
PROTEIN BAR													
BANANA & VANILLA	No	No	Not Available	** Yes (Possible Trace Amounts)	-	-	Yes	-	-	-	Yes	-	-
DOUBLE CHOCOLATE	Yes	No	Not Available	** Yes (Possible Trace Amounts)	-	-	Yes	-	-	-	Yes	-	-
SPORTS BAR													
CARAMEL	Yes	No	Not Available	** Yes (Possible Trace Amounts)	-	-	Yes	-	-	-	Yes	-	Yes
BANANA	Yes	No	Not Available	** Yes (Possible Trace Amounts)	-	-	Yes	-	-	-	Yes	-	Yes
BERRY	Yes	No	Not Available	** Yes (Possible Trace Amounts)	-	-	Yes	-	-	-	Yes	-	Yes
ENERGYSOURCE X'TREME													
CITRUS HEAC	Yes	No	42% Fructose / 58% Maltodextrin	-	-	-	-	-	-	-	-	-	*
ENERGYSOURCE 4:1 (CONTAINS WHEY PROTEIN ISOLATE)													
CITRUS	Yes	No	40% Fructose / 60% Maltodextrin	-	-	-	Yes, but Lactose Free.	-	-	-	Soy Lecithin	-	*
SUMMER FRUIT	Yes	No	40% Fructose / 60% Maltodextrin	-	-	-	Yes, but Lactose Free.	-	-	-	Soy Lecithin	-	*
ENERGYSOURCE													
CITRUS	Yes	No	33% Fructose / 67% Maltodextrin	-	-	-	-	-	-	-	-	-	*
SUMMER FRUIT	Yes	No	33% Fructose / 67% Maltodextrin	-	-	-	-	-	-	-	-	-	*
ORANGE	Yes	No	33% Fructose / 67% Maltodextrin	-	-	-	-	-	-	-	-	-	*
TROPICAL SAMBA	Yes	No	33% Fructose / 67% Maltodextrin	-	-	-	-	-	-	-	-	-	*
CITRUS PLUS HEAC	Yes	No	33% Fructose / 67% Maltodextrin	-	-	-	-	-	-	-	-	-	*
ENERGYSOURCE ORIGINAL													
NEUTRAL	Yes	No	100% Maltodextrin	-	-	-	-	-	-	-	-	-	-

- * Product may contain a small amount of Glutamine, but it is classified as free from Gluten according to the definition of the Codex Alimentarius
- ** Sports Bar, Protein Bar and Energy Bar do not contain Peanuts, Tree Nuts and Sesame Seeds, but other bars containing these ingredients are manufactured on the same production line
- *** Product to be changed from Aspartame-AK to Succulose in 2008 - check pack for details
- **** Many diabetics successfully train and race using High5 products. However, diabetics should determine the suitability of our products for themselves dependent on the severity of their condition, diet, training load and other factors.
- Does not contain allergen (any sulphite level below 10mg/kg)

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ISOTONIC													
CITRUS	Yes	No	49% Fructose / 51% Maltodextrin	-	-	-	-	-	-	-	-	-	*
SUMMER FRUIT	Yes	No	50% Fructose / 50% Maltodextrin	-	-	-	-	-	-	-	-	-	*
PROTEIN RECOVERY (CONTAINS WHEY PROTEIN ISOLATE)													
SUMMER FRUIT	Yes	No	34% Fructose / 50% Maltodextrin / 16% Dextrose	-	-	-	Yes , but Lactose Free.	-	-	-	Soy Lecithin	-	*
CHOCOLATE	Yes	No	25% Fructose / 25% Maltodextrin / 50% Dextrose	-	-	-	Yes , but Lactose Free.	-	-	-	Soy Lecithin	-	*
BANANA & VANILLA	Yes	No	4% Fructose / 96% Maltodextrin	-	-	-	Yes , but Lactose Free.	-	-	-	Soy Lecithin	-	-
PROTEIN PURE (CONTAINS WHEY PROTEIN ISOLATE)													
SUMMER FRUIT	Yes	*** Succrolose	No Carbohydrate	-	-	-	Yes , but Lactose Free.	-	-	-	Soy Lecithin	-	*
CHOCOLATE	Yes	*** Succrolose	No Carbohydrate	-	-	-	Yes , but Lactose Free.	-	-	-	Soy Lecithin	-	*
BANANA & VANILLA	Yes	*** Succrolose	No Carbohydrate	-	-	-	Yes , but Lactose Free.	-	-	-	Soy Lecithin	-	-
ENERGY GEL													
BANANA BLAST	Yes	No	50% Maltodextrin / 50% Glucose	-	-	-	-	-	-	-	-	-	-
JUICY ORANGE	Yes	No	50% Maltodextrin / 50% Glucose	-	-	-	-	-	-	-	-	-	-
CITRUS BURST	Yes	No	50% Maltodextrin / 50% Glucose	-	-	-	-	-	-	-	-	-	-
SUMMER FRUIT	Yes	No	50% Maltodextrin / 50% Glucose	-	-	-	-	-	-	-	-	-	*
RASPBERRY PLUS	Yes	No	50% Maltodextrin / 50% Glucose	-	-	-	-	-	-	-	-	-	*
ORANGE PLUS	Yes	No	50% Maltodextrin / 50% Glucose	-	-	-	-	-	-	-	-	-	-
ISO X'TREME GEL													
CITRUS	Yes	No	50% Maltodextrin / 50% Glucose	-	-	-	-	-	-	-	-	-	-
ISO GEL													
ORANGE	Yes	No	50% Maltodextrin / 50% Glucose	-	-	-	-	-	-	-	-	-	-
BERRY	Yes	No	50% Maltodextrin / 50% Glucose	-	-	-	-	-	-	-	-	-	*
SUPPLEMENTS													
JOINT PROTECTION	To Be Advised												
CREATINE	Yes		-	-	-	-	-	-	-	-	-	-	-

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