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(54) Title: CARBOHYDRATE GEL

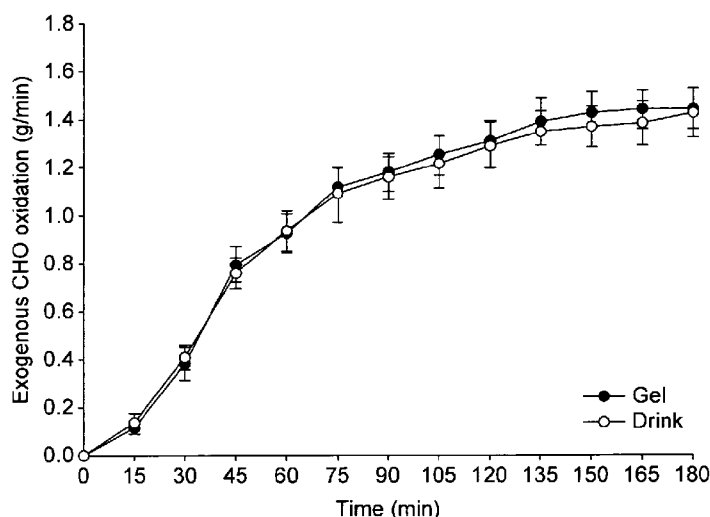


FIG. 5

(57) Abstract: The present invention generally relates to the field of nutrition, in particular performance nutrition. In particular, the present invention relates to a novel carbohydrate gel comprising glucose and fructose in a ratio in the range of 3:1 to 1:1. The carbohydrate gel of the present invention can be used to treat or prevent problems with the gastrointestinal tract while allowing for an enhanced blood sugar maintenance and/or an increased exogenous carbohydrate oxidation.



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