

# MelliGEL

## MelliGEL Organic Honey Energy Gel

BIO Energy in action

**MelliGEL®** is an entirely natural product that provides energy for the muscles and brain. The energy gel contains honey, freeze-dried red fruits or superfood extracts, cordyceps extract, herbal oils, and Himalayan salt; free from any artificial additives or allergens. Since it is 100% organic, the product contains no GMOs or residual contaminants like pesticides, herbicides, and antibiotics.

Besides its function as an energy booster, **MelliGEL®** also supports immunity and recovery after intense workload because the honey and other ingredients contain beneficial enzymes, polyphenols, minerals, antioxidants, and adaptogens.

Thanks to its ingredients, **MelliGEL®** has a fresh and natural taste.

**MelliGEL®** products are certified by [Informed Sport](#), by the requirements of the World Anti-Doping Agency, which is an important guarantee for their use by professional athletes.

### MelliGEL is suitable for:

- Endurance during prolonged physical or mental exercise
- Running, swimming, marathons, and ultramarathons
- Cycling, tennis, golf, and team sports
- Prolonged hikes and trekking in mountain conditions
- Climbing, multi-hour diving, and more
- Strength and endurance competitions
- Sailing and kayaking adventures
- Fast and effective recovery after stress
- Vegetarians; people with diabetes and food allergies
- Nutrient loading at absence of other food source

### Recommended use and dosage:

- Recommended intake – one sachet before or during intense activities. Maximum intake – up to 6 sachets daily.
- Not a substitute for a balanced and varied diet.
- Products containing caffeine are not recommended for pregnant and breastfeeding mothers. Keep out of reach of little children.

### Storage and shelf life:

- Minimum shelf life – 24 months after the production date
- No specific storage conditions.



## MelliGEL Guarana

### Ingredients:

- Organic honey
- Organic guarana
- Organic cinnamon
- Organic cordyceps extract 160 mg
- Himalayan salt



**Guarana** are the seeds of a South American shrub. It is a well-known stimulant in sports nutrition due to its high caffeine content (twice that of coffee – 3-7% versus 1-2%). Along with its content of theobromine and theophylline, guarana increases metabolism and reduces fatigue. Additionally, it is a good source of catechins, which reduce oxidative stress associated with the development of neurodegenerative and cardiovascular diseases.

**Cinnamon** (*Cinnamomum zeylanicum*) is a popular spice with versatile medicinal properties – a source of antioxidants and polyphenols. Cinnamon is associated with a reduced risk of heart disease by improving blood pressure, balancing triglycerides, and cholesterol. It also helps regulate blood sugar spikes by improving carbohydrate uptake.

**Honey** is a top-quality source of carbohydrates that provide a surge of strength and energy. Honey is a natural combination of glucose and fructose, which increases the rate of absorption and thus extends endurance during intense workload. In addition, it has antibacterial properties and contains vitamins, minerals, enzymes, amino acids, and other beneficial substances that strengthen the immune system and support recovery after stress for the body.

**Cordyceps** (*Cordyceps Sinensis*) is added to support tone, libido, and productivity. Numerous studies show that cordyceps extract enhances athletic performance through its antioxidant mechanism of action. It has been used as a traditional medicinal remedy for centuries in Tibet and China, and in Europe it is approved for inclusion in foods and dietary supplements.

**Himalayan salt** is one of the purest forms of rock salt, rich in numerous minerals besides sodium. The salt catalyzes all metabolic processes, helps improve the body's electrolyte balance, and is especially important during prolonged muscular workload.

## MelliGEL Spirulina

### Ingredients:

- Organic honey
- Organic spirulina
- Organic lime oil
- Organic cordyceps extract 160 mg
- Himalayan salt



**Spirulina** is a blue-green algae that grows in both fresh and salt water. Once consumed by the ancient Aztecs, it has regained popularity after NASA decided to use it as food for astronauts, as it is considered one of the most nutritious foods on our planet (containing 57% protein). Phycocyanin, its main active ingredient, has powerful anti-inflammatory and antioxidant properties, particularly effective in reducing lipid peroxidation.

**Lime oil** (*Citrus Aurantifolia*) is added because it has antispasmodic effects, helping muscles to be involuntarily controlled, which is useful for spasms and cramps.

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## MelliGEL GingerCherry

### Ingredients:

- Organic honey
- Organic lyophilized sour cherries
- Organic ginger extract
- Organic chamomile oil
- Organic cordyceps extract 160 mg
- Himalayan salt



**Sour cherries** are rich in anthocyanin polyphenols, whose anti-inflammatory and antioxidant properties show a positive effect on the recovery from muscle damage, immunity, lipid peroxidation, and oxidative stress. Cyclists, runners, and marathoners who consume them experience reduced muscle pain and inflammation, as well as accelerated recovery. Additionally, sour cherries are a good source of fiber, B vitamins, magnesium, and potassium.

The mildly spicy taste of the gel comes from **ginger** extract (*Zingiber officinale*), whose roots have a long history of use in traditional medicine, as they are loaded with various bioactive compounds. Ginger is well-known for helping with nausea, indigestion, and respiratory infections, but its main component – gingerol – has powerful anti-inflammatory and antioxidant properties that also reduce joint pain and stiffness. It is effective against muscle pain and also improves reaction time and working memory.

Roman **chamomile** oil (*Anthemis Nobilis*) is added because chamomile has a regulatory effect on the stomach, and its anti-inflammatory and analgesic properties support recovery after stress.

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## MelliGEL Matcha

### Ingredients:

- Organic honey
- Organic matcha
- Organic lemon oil
- Organic cordyceps extract 160 mg
- Himalayan salt



**Matcha** is a Japanese green tea powder, but it is grown differently and has a unique nutritional profile. It contains significantly more caffeine and antioxidants than those typically found in green tea. It can reduce cell damage and prevent various diseases. Matcha improves attention, memory, and reaction time, reduces heart risk factors, while also boosting metabolism and fat burning.

**Lemon** oil (*Citrus Medica Limonum*) relieves spasms and cramps, improves digestion, and alleviates stress and anxiety. It acts as a tonic and enhances the function of the immune system; it also helps detoxification by stimulating circulation and sweating.

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## MelliGEL Strawberry +caffeine

### Ingredients:

- Organic honey
- Organic lyophilized strawberries
- Organic mint oil
- Organic lemon oil
- Organic cordyceps extract 160 mg
- Organic caffeine 25 mg
- Himalayan salt



**Strawberries** are a source of vitamin C, manganese, folic acid, and potassium. They are among the best sources of phenolic antioxidants such as pelargonidin, ellagic acid, ellagitannins, and procyanidins – all associated with numerous health benefits. The carbohydrates in strawberries consist mainly of fiber and simple sugars, and their relatively low glycemic index (GI) slows the digestion of glucose and reduces insulin spikes.

**Menthol** in peppermint oil (*Mentha piperita*) accelerates the absorption of the gel by creating a cooling sensation, even though it does not change the body's temperature. Peppermint increases tone and concentration and dispels anxiety and fatigue.

**Lemon oil** (*Citrus Medica Limonum*) relieves spasms and cramps, improves digestion, and alleviates stress and anxiety. It acts as a tonic and enhances the function of the immune system; it also helps detoxification by stimulating circulation and sweating.

The added **caffeine** is an extract from organically grown green coffee. It is a popular means for stimulating concentration and toning the body.

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## MelliGEL Raspberry +caffeine

### Ingredients:

- Organic honey
- Organic lyophilized raspberries
- Organic ginger extract
- Organic cordyceps extract 160 mg
- Organic caffeine 25 mg
- Himalayan salt



**Raspberries** are rich in polyphenolic compounds with antioxidant and anti-inflammatory properties. They are an excellent refreshing and strengthening agent, rich in vitamins, which improve the overall tone of the body. The seeds of the raspberries (which are not separated in the product) help improve the function of the respiratory system.

**Ginger** (*Zingiber officinale*) is known for helping with nausea, poor digestion, and respiratory infections, but its main compound – gingerol – has strong anti-inflammatory and antioxidant properties, which also reduce joint pain and stiffness. It is effective against muscle pain and also improves reaction time and working memory.

The added **caffeine** is an extract from organically grown green coffee. It is a popular means for stimulating concentration and toning the body.

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## MelliGEL CitrusFresh +caffeine

### Ingredients:

- Organic honey
- Organic bee pollen
- Organic lemon juice
- Organic lemon and orange oils
- Organic cordyceps extract 160 mg
- Organic caffeine 25 mg
- Himalayan salt



**Bee pollen** is a rich source of essential nutrients, making it a true superfood. It contains various vitamins, minerals, enzymes, and fatty acids. It has proven to be quite beneficial for enhancing athletic performance because it accelerates recovery, including the return to normal pulse, breathing, and readiness for the next event. Bee pollen improves subsequent actions and results.

**Lemon oil** (*Citrus Medica Limonum*) relieves spasms and cramps, improves digestion, and alleviates stress and anxiety. It acts as a tonic and enhances the function of the immune system; it also helps detoxification by stimulating circulation and sweating. Orange oil (*Citrus Sinensis*) is popular for its broad-spectrum application: it relieves digestion, combats chronic fatigue and depression, has anti-inflammatory properties, and boosts immunity and libido.

The added **caffeine** is an extract from organically grown green coffee. It is a popular means for stimulating concentration and toning the body.

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## MelliGEL PRO CacaoMint

### Ingredients:

- Organic honey
- Organic raw cacao
- Organic mint oil
- Organic glycerin extract of rhodiola
- Organic cordyceps extract 160 mg
- Himalayan salt



The product contains **raw cacao** powder, which is processed to retain as many natural enzymes and various minerals as possible, including calcium, magnesium, and zinc. With its theobromine content, which acts like caffeine but with a milder effect, cacao stimulates the central nervous system, tones the body, and enhances mood.

**Menthol** in peppermint oil (*Mentha piperita*) accelerates the absorption of the gel by creating a cooling sensation, even though it does not change the body's temperature. Peppermint increases tone and concentration and dispels anxiety and fatigue.

**Rhodiola** (*Rhodiola Rosea*) is an herb used by the Vikings for strength and energy. It counteracts stress hormones by increasing energy levels and VO2 max. As a powerful adaptogen, rhodiola has an antioxidant effect, reduces fatigue, increases endurance, and improves mental strength. Glycerin, on the other hand, improves hydration through controlled fluid retention and is a popular ingredient in endurance sports products.

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## MelliGEL PRO BlackC

### Ingredients:

- Organic honey
- Organic lyophilized black currant
- Organic lemon oil
- Organic glycerin extract of rhodiola
- Organic cordyceps extract 160 mg
- Himalayan salt



**Black currant** is a superfood that combats oxidative stress, boosts tone and immunity. It helps the body more effectively pump oxygen-rich blood to the muscles and removes waste elements like lactic acid. Black currant is rich in anthocyanins, polyphenols, gamma-linolenic acid, antioxidants (twice as much as blueberries), vitamin C (four times more than oranges), and more.

**Lemon oil** (*Citrus Medica Limonum*) relieves spasms and cramps, improves digestion, and alleviates stress and anxiety. It acts as a tonic and enhances the function of the immune system; it also helps detoxification by stimulating circulation and sweating.

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## MelliGEL PRO RedBeet

### Ingredients:

- Organic honey
- Organic red beet
- Organic orange oil
- Organic glycerin extract of rhodiola
- Organic cordyceps extract 160 mg
- Himalayan salt



**Red beet** is a natural source of dietary nitrates, which are important for human health. Natural plant-based dietary nitrate is used in sports foods to increase nitric oxide, which plays an important role in regulating blood pressure, blood flow, and muscle contraction. It has been proven that increasing the intake of natural nitrates in the diet enhances exercise performance.

**Orange oil** (*Citrus Sinensis*) is popular for its broad-spectrum application: it relieves digestion, combats chronic fatigue and depression, has anti-inflammatory properties, and boosts immunity and libido.

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