



GET STARTED GUIDE

NZ's Nature-Powered Sports Nutrition

WELCOME TO KINETRIX

You've just picked up the world's first honeydew-powered energy gel – fuel born in the native forests of Aotearoa, built for athletes like you.

No maltodextrin. No artificial sweeteners. No BS. Just clean energy that works with your body – not against it.

WHY HONEYDEW?

Not all carbs are created equal. Most gels spike. Then crash. Kinetrix doesn't.



FAST + SLOW-RELEASE ENERGY:

Clean fuel now, and stamina that lasts – from natural glucose and fructose.



GENTLE ON DIGESTION:

Easier to absorb, with naturally occurring, gut-friendly oligosaccharides.



HIGH IN PERFORMANCE MINERALS:

Up to 10x more than blossom honey – including potassium, magnesium, and zinc.



BUILT FOR ENDURANCE

Long-lasting energy with no crash. Clean, native fuel designed for athletes.

YOUR BODY KNOWS THE DIFFERENCE – AND SO DO WE

WHO IT'S FOR?

Our energy gels are built for people who train hard, move fast, or go long:

- Runners, cyclists, triathletes
- Combat sports athletes & HIIT trainers
- Climbers, mountaineers, endurance explorers
- Hunters, hikers, and water sports enthusiasts



**Clean Energy.
Powered by Nature.**



FUELLING GUIDE: WHEN & HOW TO TAKE YOUR GELS

Athletes and active people need to take on energy during training, as our muscles can only store enough for around 90 minutes of sport. To fuel performance and maintain energy without taxing the body, we need about 30–60 grams of balanced carbohydrates per hour.

	BEFORE	DURING	AFTER
TIMING	15–30 min	Every 30–45 min	
WHAT TO DO	Take 1 gel	Take another gel	
WHY	Pre-fuels your body with: <ul style="list-style-type: none">▪ 23.5 g of gut-friendly carbs from Honeydew honey▪ 80 mg of caffeine from Guarana▪ B-vitamins and Amino acids	This timing helps sustain blood glucose levels and ensures a steady energy supply to active muscles. Ultimately, listen to your body – every 45 minutes is a good starting point.	Rehydrate well with water or electrolyte solution to support muscle recovery and repair.



Do not exceed 5 gels per day (due to caffeine and B vitamins daily recommended limits).



Keep your body well hydrated during and after activity.

Whether your game is endurance, intensity, or raw performance, your carbohydrate strategy is your metabolic foundation – and honeydew honey is your natural competitive advantage.

TEAR. TAKE. TRAIN. Simply tear off the top of the sachet and sip the flow gel! The sachet stays in one piece, so you can focus on your performance, not wrapper bits.

CLEAN FUEL, CLEAN SPACE. Take your wrappers with you and keep your space as clean as your training.

PERFORMANCE BENEFITS

- **INSTANT + SUSTAINED ENERGY** – no spikes, no crashes.
- **ENDURANCE & RECOVERY** – electrolytes, amino acids & antioxidants.
- **FOCUS & CLARITY** – Guarana, B vitamins & Taurine sharpen the mind.
- **GUT-FRIENDLY FUEL** – smooth, natural digestion.

WHAT'S INSIDE AND WHY IT MATTERS?

FUEL

- Honeydew honey - fast + slow-release carbs
- 10 x more minerals than floral honey
- Gut-friendly naturally occurring prebiotics

FOCUS

- Guarana (80 mg natural caffeine) – smooth, long-lasting focus & alertness
- B vitamins – mental clarity + essential for energy metabolism

ENDURANCE

- Beta-Alanine – buffers lactic acid + delays muscle fatigue
- L-Citrulline – supports blood flow & stamina
- Taurine – hydration + muscle performance

RECOVERY

- Sodium Chloride – electrolyte, supports hydration and muscle recovery
- Antioxidants – reduce stress from training (combo of Honeydew's phenolics and enzymes, Guarana polyphenols, Taurine and vitamins B₂, B₃ and B₆ support antioxidant enzyme systems in the body)

CLEAN FORMULA

- Fruit concentrates and natural flavours for a fruity twist
- Malic acid for balanced and refreshing finish
- Xanthan Gum, naturally fermented carbohydrates for a smooth, stable, and easy-to-consume flow gel

JOIN KINETRIX MOVEMENT

Follow us. Share your training. Fuel with purpose.

 @kinetrix_performance

 @Kinetrix Ltd

EXPLORE MORE AT:
kinetrixperformance.com



QUICKFIRE FAQS

WILL IT CAUSE AN ENERGY CRASH?

No – Honeydew + Guarana delivers smooth, sustained energy.

HOW MANY CARBS PER GEL?

21–24g natural carbs from gut-friendly honeydew.

IS IT GUT-FRIENDLY?

Yes. No maltodextrin, no bloating – just smooth digestion.

IS IT VEGAN?

No – contains honeydew honey. It's vegetarian.

SAFE DAILY?

Yes – especially around training. Just monitor your caffeine, carbohydrates and B vitamins intake.

THE MOVEMENT

Every gel replaces a synthetic one. Our mission? Replace 500,000 synthetic gels by 2030 – fuelling Aotearoa's athletes with energy born from native forests.

WHEN YOU FUEL WITH PURPOSE, YOU PERFORM WITH POWER. AND THAT STARTS WITH YOU.



**The information provided in this guide is for general educational purposes only and is not intended to replace advice from your healthcare professional. If you have any medical conditions, dietary concerns, or are unsure whether this product is suitable for you, please consult your doctor, nutritionist, or dietitian before use.*