



GU Energy Nutrition on Course

Willow Creek

- Roctane Energy Drink: Grape (no caffeine)
- GU Energy Gels: Lemon Sublime (no caffeine), Blueberry Pomegranate (caffeine), Sea Salt Chocolate (caffeine)

Negro Bar

- Roctane Energy Drink: Grape (no caffeine)
- GU Energy Gels: Lemon Sublime (no caffeine), Strawberry Banana (no caffeine) Blueberry Pomegranate (caffeine)

Beal's Point

- Roctane Energy Drink: Grape (no caffeine)
- GU Energy Gels: Strawberry Banana (no caffeine) Blueberry Pomegranate (caffeine) Sea Salt Chocolate (caffeine)

Granite Beach

- Roctane Energy Drink: Lemon Berry (caffeine)
- Gu Energy Gels: Strawberry Banana (no caffeine), Salted Caramel (caffeine), Blueberry Pomegranate (caffeine)

Horseshoe Bar

- Roctane Energy Drink: Lemon Berry (caffeine)
- GU Energy Gels: Strawberry Kiwi (no caffeine), Jet Blackberry (caffeine), Sea Salt Chocolate (caffeine)

Rattlesnake Bar

- Roctane Energy Drink: Summit Tea (caffeine)
- GU Energy Gels: Strawberry Kiwi (no caffeine), Sea Salt Chocolate (caffeine), Blueberry Pomegranate (caffeine)

Cardiac

- Roctane Energy Drink: Summit Tea (caffeine)
- GU Energy Gels: Strawberry Kiwi (no caffeine), Salted Carmel (caffeine), Blueberry Pomegranate (caffeine)

Overlook

- Roctane Energy Drink: Summit Tea (caffeine)
- GU Energy Gels: Strawberry Kiwi (no caffeine), Jet Blackberry (caffeine), Sea Salt Chocolate (caffeine)

No Hands Bridge

- Roctane Energy Drink: Summit Tea (caffeine),
- GU Energy Gels: Strawberry Kiwi (no caffeine), Sea Salt Chocolate (caffeine), Blueberry Pomegranate (caffeine)

ALT

- Roctane Energy Drink: Summit Tea (caffeine)
- GU Energy Gels: Strawberry Kiwi (no caffeine), Salted Caramel (caffeine), Blueberry Pomegranate (caffeine)

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- Roctane Energy Drink: Summit Tea (caffeine)
- GU Energy Gels: Strawberry Banana (no caffeine), Sea Salt Chocolate (caffeine), Blueberry Pomegranate (caffeine)