Product Catalogue

Gams



2026 / 2027

OWNER OF THE BRAND

ANJ Nutrition Group

Advance Nutrition Journey


Gains
Gain
And
Maintain
Stamina
TASTE. FUNCTION.
ENERGY FOR EVERY DAY.



OUR GOAL IS TO CREATE **GREAT-TASTING, FUNCTIONAL PRODUCTS** THAT NATURALLY FIT INTO EVERYDAY LIFE.

FROM PROTEIN BARS AND SNACKS TO FUNCTIONAL DRINKS, SHOTS, PROTEIN POWDERS, SUPPLEMENTS AND FOOD, WE CREATE PRODUCTS THAT COMBINE **TASTE, FUNCTIONALITY AND CONVENIENCE**.

WE WANT TO MAKE BETTER EVERYDAY CHOICES **EASIER, MORE ACCESSIBLE AND MORE ENJOYABLE.**

TASTE. FUNCTION. EVERY DAY.

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Gams
Our story

Gams started with a simple idea – to create a **tastier and more convenient way to support an active lifestyle.**



2018

THE BEGINNING

Gams is born with its first protein products.

2021

GROWING

Gams builds its presence in the Slovak and Czech markets.

2024

A NEW CHAPTER

Gams joins ANJ-distribution, gaining direct manufacturing and product development capabilities.

2026

A NEW ERA BEGINS

Gams enters a new chapter with a fresh identity, an expanding product portfolio and continued growth as a brand and company.

2026 marked a significant milestone – the company changed its name to ANJ Nutrition Group and adopted a new strategic direction with a primary focus on manufacturing.

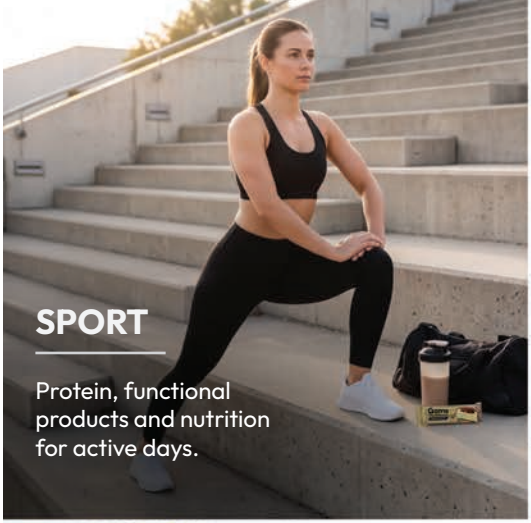
Gams

FOR EVERY DAY

Different days.

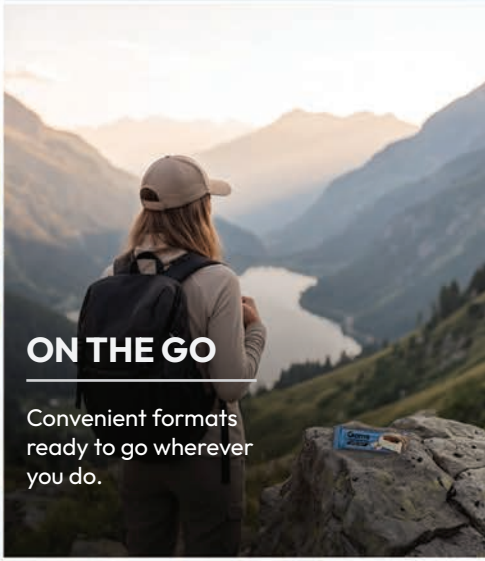
Different needs.

One Gams.









ONE BRAND.
MANY MOMENTS.



Gain And Maintain Stamina

Healthy lifestyle
Gams Protein



One Brand, Many Possibilities

Gams offers a diverse portfolio of products for an **active, modern lifestyle.**

From protein bars and snacks to functional drinks, shots, protein powders, supplements and food.



DIFFERENT FORMATS. DIFFERENT FLAVOURS. DIFFERENT NEEDS.

PROTEIN BARS • SNACKS • PROTEIN DRINKS • SHOTS

• PROTEIN POWDER • FOOD • DIETARY SUPPLEMENTS

Gams Protein Bars



Gams

Gams Protein Bars

NO ADDED SUGAR*
GLUTEN FREE*
MADE IN SLOVAKIA

Gams protein bars combine great taste, high protein content and carefully selected ingredients in a wide range of flavours and recipes. From classic smooth bars to multi-layer, extra soft, vegan and nut bars, all the way to functional variants – each line brings its own taste experience and specific nutritional benefits.

A broad portfolio designed to deliver great taste and functional nutrition for different needs and lifestyles.



High Protein

A wide range of protein-rich recipes.



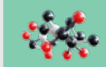
Great Taste

Carefully developed flavours and textures.



Wide Flavour Selection

A broad variety of flavours across different product lines.



Functional Ingredients

Selected recipes with collagen and other functional ingredients.

*Selected product lines.



Gams Protein Electrolyte

The new generation of Gams multi-layer protein bars combines **great taste, protein, and an added electrolyte blend.** The practical 50g format and wide range of flavours make it a functional snack for an active lifestyle.

Protein
Protein bar with protein content.

5 Minerals
The electrolyte blend contains sodium, potassium, magnesium, calcium, and zinc.

With Collagen
Collagen is part of the protein blend.

9 Flavours
A variety of combinations of fruit, caramel, cookies, coconut, and chocolate.



BANANA



NUTRITIONAL VALUES PER 100 g

Energy:	1 592 kJ / 380 kcal
Fat:	18 g
of which saturates:	12 g
Carbohydrate:	30 g
of which sugars:	14 g
of which polyols:	8.8 g
Fibre:	7.2 g
Protein:	24 g
Salt:	0.54 g

Ingredients:
Protein blend 25% (milk protein concentrate, hydrolysed collagen peptides 8.1%, soy protein, sweet whey powder, whole milk powder), dark chocolate with maltitol 22% [cocoa mass, sweetener (maltitol), cocoa butter, emulsifiers (lecithins, polyglycerol polyricinoleate), flavouring], banana paste 20% [sugar, glucose syrup, banana purée 11.8% (providing 19.5% fruit content), concentrated apple purée 9.7% (providing 45% fruit content), concentrated lemon juice, natural flavouring], polydextrose (fibre), humectant (glycerol), cocoa butter, soy protein extrudate (soy protein, tapioca starch, salt), coconut oil, electrolyte premix 2% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), emulsifier (lecithins), flavourings, thickener (acacia gum), colour (curcumin), antioxidant (tocopherol-rich extract). May contain peanuts and nuts.

EAN/pcs: 8585067206708

BLACKCURRANT



NUTRITIONAL VALUES PER 100 g

Energy:	1 582 kJ / 378 kcal
Fat:	18 g
of which saturates:	15 g
Carbohydrate:	32 g
of which sugars:	15 g
of which polyols:	11 g
Fibre:	5.6 g
Protein:	24 g
Salt:	0.61 g

Ingredients:
Protein blend 25% (milk protein concentrate, hydrolysed collagen peptides 8.3%, soy protein, sweet whey powder, whole milk powder), white coating with maltitol 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), skimmed milk powder, sweet whey powder, emulsifier (lecithins), flavouring], blackcurrant paste 20% [sugar, glucose syrup, concentrated blackcurrant purée 17.8% (providing 75% fruit content), concentrated apple purée 8.2% (providing 39% fruit content), natural flavouring], polydextrose (fibre), humectant (glycerol), cocoa butter, soy protein extrudate (soy protein, tapioca starch, salt), coconut oil, electrolyte premix 2% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), acidity regulator (lactic acid), emulsifier (lecithins), flavourings, thickener (acacia gum), antioxidant (tocopherol-rich extract). May contain peanuts and nuts.

EAN/pcs: 8585067206623

COCONUT



NUTRITIONAL VALUES PER 100 g

Energy:	1 451 kJ / 347 kcal
Fat:	18 g
of which saturates:	12 g
Carbohydrate:	19 g
of which sugars:	5.1 g
of which polyols:	8.8 g
Fibre:	18 g
Protein:	23 g
Salt:	0.53 g

Ingredients:
Caramel-flavoured paste 25% [fructooligosaccharides, whole milk powder, drinking water, cocoa butter, rapeseed oil, humectant (glycerol), flavouring, emulsifier (lecithins), salt], protein blend 23% (milk protein concentrate, hydrolysed collagen peptides 8.2%, soy protein, sweet whey powder, whole milk powder), dark chocolate with maltitol 22% [cocoa mass, sweetener (maltitol), cocoa butter, emulsifiers (lecithins, polyglycerol polyricinoleate), flavouring], humectant (glycerol), polydextrose (fibre), soy protein extrudate (soy protein, tapioca starch, salt), coconut oil, desiccated coconut 2.2%, electrolyte premix 2% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), emulsifier (lecithins), thickener (acacia gum), flavourings, antioxidant (tocopherol-rich extract). May contain peanuts and nuts.

EAN/pcs: 8585067206548

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
50 g	365	24	7200	300

RASPBERRY



NUTRITIONAL VALUES PER 100 g

Energy:	1 590 kJ / 380 kcal
Fat:	18 g
of which saturates:	15 g
Carbohydrate:	33 g
of which sugars:	16 g
of which polyols:	11 g
Fibre:	5.4 g
Protein:	24 g
Salt:	0.61 g

Ingredients:
Protein blend 25% (milk protein concentrate, hydrolysed collagen peptides 8.3%, soy protein, sweet whey powder, whole milk powder), white coating with maltitol 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), skimmed milk powder, sweet whey powder, emulsifier (lecithins), flavouring], raspberry paste 20% [sugar, glucose syrup, concentrated raspberry purée 13.2% (providing 75% fruit content), concentrated apple purée 10.2% (providing 45% fruit content), natural flavouring], polydextrose (fibre), humectant (glycerol), cocoa butter, soy protein extrudate (soy protein, tapioca starch, salt), coconut oil, electrolyte premix 2% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), acidity regulator (lactic acid), flavourings, emulsifier (lecithins), thickener (acacia gum), antioxidant (tocopherol-rich extract). May contain peanuts and nuts.

EAN/pcs: 8585067206661

SALTED CARAMEL



NUTRITIONAL VALUES PER 100 g

Energy:	1 418 kJ / 339 kcal
Fat:	16 g
of which saturates:	10 g
Carbohydrate:	20 g
of which sugars:	6.9 g
of which polyols:	8.7 g
Fibre:	17 g
Protein:	24 g
Salt:	1.23 g

Ingredients:
Caramel-flavoured paste 25% [fructooligosaccharides, whole milk powder, drinking water, cocoa butter, rapeseed oil, humectant (glycerol), flavouring, emulsifier (lecithins), salt], protein blend 24% (milk protein concentrate, hydrolysed collagen peptides 7.9%, soy protein, sweet whey powder, whole milk powder), milk chocolate with maltitol 22% [sweetener (maltitol), cocoa butter, whole milk powder, cocoa mass, fat-reduced cocoa powder, emulsifier (lecithins), flavouring], humectant (glycerol), polydextrose (fibre), soy protein extrudate (soy protein, tapioca starch, salt), coconut oil, electrolyte premix 2% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), salt 0.6%, emulsifier (lecithins), flavourings, thickener (acacia gum), antioxidant (tocopherol-rich extract). May contain peanuts and nuts.

EAN/pcs: 8585067206586

APRICOT



NUTRITIONAL VALUES PER 100 g

Energy:	1 593 kJ / 381 kcal
Fat:	19 g
of which saturates:	12 g
Carbohydrate:	30 g
of which sugars:	13 g
of which polyols:	8.8 g
Fibre:	7.1 g
Protein:	24 g
Salt:	0.55 g

Ingredients:
Protein blend 25% (milk protein concentrate, hydrolysed collagen peptides 8.4%, soy protein, sweet whey powder, whole milk powder), dark chocolate with maltitol 22% [cocoa mass, sweetener (maltitol), cocoa butter, emulsifiers (lecithins, polyglycerol polyricinoleate), flavouring], apricot paste 20% [sugar, glucose syrup, concentrated apricot purée 18.5% (providing 75% fruit content), concentrated apple purée 6.5% (providing 30% fruit content), natural flavouring], polydextrose (fibre), humectant (glycerol), cocoa butter, soy protein extrudate (soy protein, tapioca starch, salt), coconut oil, electrolyte premix 2% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), acidity regulator (lactic acid), emulsifier (lecithins), flavourings, thickener (acacia gum), antioxidant (tocopherol-rich extract). May contain peanuts and nuts.

EAN/pcs: 8585067206524

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
50 g	365	24	7200	300

STRAWBERRY



NUTRITIONAL VALUES PER 100 g

Energy:	1 639 kJ / 392 kcal
Fat:	18 g
of which saturates:	12 g
Carbohydrate:	33 g
of which sugars:	16 g
of which polyols:	8.6 g
Fibre:	6.0 g
Protein:	25 g
Salt:	0.58 g

Ingredients:
Protein blend 25% (milk protein concentrate, hydrolysed collagen peptides 8.3%, soy protein, sweet whey powder, whole milk powder), milk chocolate with maltitol 22% [sweetener (maltitol), cocoa butter, whole milk powder, cocoa mass, fat-reduced cocoa powder, emulsifier (lecithins), flavouring], strawberry paste 20% [sugar, glucose syrup, concentrated strawberry purée 17.3% (providing 40% fruit content), concentrated apple purée (providing 50% fruit content), natural flavouring], polydextrose (fibre), humectant (glycerol), cocoa butter, soy protein extrudate (soy protein, tapioca starch, salt), coconut oil, electrolyte premix 2% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), acidity regulator (lactic acid), emulsifier (lecithins), flavourings, thickener (acacia gum), antioxidant (tocopherol-rich extract). May contain peanuts and nuts.

EAN/pcs: 8585067206609

COOKIES



NUTRITIONAL VALUES PER 100 g

Energy:	1 388 kJ / 332 kcal
Fat:	15 g
of which saturates:	12 g
Carbohydrate:	22 g
of which sugars:	6.7 g
of which polyols:	11 g
Fibre:	17 g
Protein:	24 g
Salt:	0.62 g

Ingredients:
Caramel-flavoured paste 25% [fructooligosaccharides, whole milk powder, drinking water, cocoa butter, rapeseed oil, humectant (glycerol), flavouring, emulsifier (lecithins), salt], white coating with maltitol 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), skimmed milk powder, sweet whey powder, emulsifier (lecithins), flavouring], protein blend 22% (milk protein concentrate, hydrolysed collagen peptides 7.4%, soy protein, sweet whey powder, whole milk powder), polydextrose (fibre), humectant (glycerol), soy protein extrudate (soy protein, tapioca starch, salt), coconut oil, electrolyte premix 2% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), colour (activated charcoal), flavourings, emulsifier (lecithins), thickener (acacia gum), antioxidant (tocopherol-rich extract). May contain peanuts and nuts.

EAN/pcs: 8585067206647

CHOCOLATE



NUTRITIONAL VALUES PER 100 g

Energy:	1 438 kJ / 344 kcal
Fat:	16 g
of which saturates:	11 g
Carbohydrate:	20 g
of which sugars:	6.6 g
of which polyols:	8.7 g
Fibre:	17 g
Protein:	25 g
Salt:	0.66 g

Ingredients:
Caramel-flavoured paste 25% [fructooligosaccharides, whole milk powder, drinking water, cocoa butter, rapeseed oil, humectant (glycerol), flavouring, emulsifier (lecithins), salt], protein blend 24% (hydrolysed collagen peptides 8.6%, milk protein concentrate, soy protein, sweet whey powder, whole milk powder), milk chocolate with maltitol 22% [sweetener (maltitol), cocoa butter, whole milk powder, cocoa mass, fat-reduced cocoa powder, emulsifier (lecithins), flavouring], polydextrose (fibre), humectant (glycerol), soy protein extrudate (soy protein, tapioca starch, salt), coconut oil, electrolyte premix 2% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), fat-reduced cocoa powder 1.1% [fat-reduced cocoa powder, acidity regulator (potassium carbonates)], emulsifier (lecithins), flavourings, thickener (acacia gum), antioxidant (tocopherol-rich extract). May contain peanuts and nuts.

EAN/pcs: 8585067206562

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
50 g	365	24	7200	300

Gams Protein Core

UP TO 35g PROTEIN
9 FLAVOURS

Gams CORE protein bars combine great taste, an extra smooth texture and up to 35g of protein. They are made from carefully selected ingredients, enriched with collagen and available in **9 delicious flavours** for an everyday protein snack.

NO ADDED SUGAR

WITH COLLAGEN

GLUTEN FREE

NO PALM OIL



BANANA



NUTRITIONAL VALUES PER 100 g

Energy:	1 704 kJ/ 407 kcal
Fat:	17 g
of which saturates:	9.6 g
Carbohydrate:	35 g
of which sugars:	5.0 g
Fibre:	1.5 g
Protein:	34 g
Salt:	0.49 g

Ingredients:
Protein blend 34% (milk protein concentrate, hydrolysed collagen peptides 12%, whole milk powder), dark coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), cocoa powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], vanillin-flavoured paste with maltitol 12% [sweetener (maltitol), rapeseed oil, cocoa butter, sweet whey powder, whole milk powder, emulsifier (lecithins), flavouring], humectant (glycerol), sweetener (maltitol), soy protein extrudate 5% (soy protein, tapioca starch, salt), rapeseed oil, freeze-dried banana powder 3.2%, drinking water, flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), colours (curcumin, plain caramel), salt. May contain peanuts and nuts.

EAN/pcs: 8585067201154

BLACKCURRANT



NUTRITIONAL VALUES PER 100 g

Energy:	1 721 kJ/ 411 kcal
Fat:	18 g
of which saturates:	9.2 g
Carbohydrate:	34 g
of which sugars:	6.1 g
Fibre:	1.6 g
Protein:	34 g
Salt:	0.58 g

Ingredients:
Protein blend 33% (milk protein concentrate, hydrolysed collagen peptides 12%, whole milk powder), white coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], vanillin-flavoured paste with maltitol 14% [sweetener (maltitol), rapeseed oil, cocoa butter, sweet whey powder, whole milk powder, emulsifier (lecithins), flavouring], humectant (glycerol), sweetener (maltitol), rapeseed oil, soy protein extrudate 5% (soy protein, tapioca starch, salt), drinking water, freeze-dried blackcurrant pieces 2.3%, acidity regulator (lactic acid), flavourings, thickener (acacia gum), colouring concentrate from hibiscus and carrot [hibiscus and carrot concentrate, drinking water, antioxidant (citric acid)], emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain peanuts and nuts.

EAN/pcs: 8585067200928

COCONUT



NUTRITIONAL VALUES PER 100 g

Energy:	1 756 kJ/ 420 kcal
Fat:	20 g
of which saturates:	11 g
Carbohydrate:	34 g
of which sugars:	3.2 g
Fibre:	1.8 g
Protein:	33 g
Salt:	0.48 g

Ingredients:
Protein blend 32% (milk protein concentrate, hydrolysed collagen peptides 12%, whole milk powder), dark coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), cocoa powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], vanillin-flavoured paste with maltitol 12% [sweetener (maltitol), rapeseed oil, cocoa butter, sweet whey powder, whole milk powder, emulsifier (lecithins), flavouring], sweetener (maltitol), humectant (glycerol), rapeseed oil, soy protein extrudate 5% (soy protein, tapioca starch, salt), desiccated coconut 3.1%, drinking water, thickener (acacia gum), flavourings, emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), colour (plain caramel), salt. May contain peanuts and nuts.

EAN/pcs: 8585067200898

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
50 g	365	24	7200	300

COCONUT CHEESECAKE



NUTRITIONAL VALUES PER 100 g

Energy:	1 681 kJ/ 402 kcal
Fat:	20 g
of which saturates:	11 g
Carbohydrate:	28 g
of which sugars:	3.8 g
Fibre:	8.0 g
Protein:	29 g
Salt:	0.58 g

Ingredients:
Protein blend 31% (milk protein concentrate, hydrolysed collagen peptides 11%, whole milk powder), milk coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring], caramel-flavoured paste 14% [fructooligosaccharides, whole milk powder, drinking water, cocoa butter, rapeseed oil, humectant (glycerol), flavouring, emulsifier (lecithins), salt], humectant (glycerol), sweetener (maltitol), crushed almonds 6%, rapeseed oil, desiccated coconut 2.9%, drinking water, acidity regulator (lactic acid), salt 0.3%, flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract). May contain peanuts, soy and other nuts.

EAN/pcs: 8585067200881

CHOCOLATE



NUTRITIONAL VALUES PER 100 g

Energy:	1 698 kJ/ 406 kcal
Fat:	18 g
of which saturates:	9.7 g
Carbohydrate:	34 g
of which sugars:	3.1 g
Fibre:	2.1 g
Protein:	35 g
Salt:	0.49 g

Ingredients:
Protein blend 34% (milk protein concentrate, hydrolysed collagen peptides 12%, whole milk powder), milk coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring], vanillin-flavoured paste with maltitol 12% [sweetener (maltitol), rapeseed oil, cocoa butter, sweet whey powder, whole milk powder, emulsifier (lecithins), flavouring], humectant (glycerol), sweetener (maltitol), soy protein extrudate 5% (soy protein, tapioca starch, salt), rapeseed oil, drinking water, fat-reduced cocoa powder 2.6% [fat-reduced cocoa powder, acidity regulator (potassium carbonates)], flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain peanuts and nuts.

EAN/pcs: 8585067200911

PISTACHIO



NUTRITIONAL VALUES PER 100 g

Energy:	1 575 kJ/ 376 kcal
Fat:	15 g
of which saturates:	8.7 g
Carbohydrate:	30 g
of which sugars:	5.5 g
Fibre:	6.8 g
Protein:	33 g
Salt:	0.53 g

Ingredients:
Protein blend 33% (milk protein concentrate, hydrolysed collagen peptides 10%, whole milk powder), white coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], caramel-flavoured paste 14% [fructooligosaccharides, whole milk powder, drinking water, cocoa butter, rapeseed oil, humectant (glycerol), flavouring, emulsifier (lecithins), salt], humectant (glycerol), sweetener (maltitol), soy protein extrudate 5% (soy protein, tapioca starch, salt), rapeseed oil, drinking water, crushed pistachios 1%, flavouring, thickener (acacia gum), colour (copper complexes of chlorophylls and chlorophyllins), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain peanuts and other nuts.

EAN/pcs: 8585067202052

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
50 g	365	24	7200	300

RASPBERRY



NUTRITIONAL VALUES PER 100 g

Energy:	1 726 kJ/ 413 kcal
Fat:	18 g
of which saturates:	10 g
Carbohydrate:	37 g
of which sugars:	5.5 g
Fibre:	1.7 g
Protein:	32 g
Salt:	0.56 g

Ingredients:
Protein blend 31% (milk protein concentrate, hydrolysed collagen peptides 11%, whole milk powder), white coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], vanillin-flavoured paste with maltitol 14% [sweetener (maltitol), rapeseed oil, cocoa butter, sweet whey powder, whole milk powder, emulsifier (lecithins), flavouring], sweetener (maltitol), humectant (glycerol), soy protein extrudate 5% (soy protein, tapioca starch, salt), rapeseed oil, drinking water, desiccated coconut, freeze-dried raspberry pieces 1.1%, acidity regulator (lactic acid), flavourings, thickener (acacia gum), plant-based colouring concentrate [beetroot juice concentrate, colour (carotenes), acid (citric acid), preservative (potassium sorbate)], emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain peanuts and nuts.

EAN/pcs: 8585067200935

SALTED CARAMEL



NUTRITIONAL VALUES PER 100 g

Energy:	1 547 kJ/ 370 kcal
Fat:	15 g
of which saturates:	9.2 g
Carbohydrate:	28 g
of which sugars:	3.6 g
Fibre:	7.0 g
Protein:	34 g
Salt:	0.89 g

Ingredients:
Protein blend 33% (milk protein concentrate, hydrolysed collagen peptides 11%, whole milk powder), milk coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring], caramel-flavoured paste 14% [fructooligosaccharides, whole milk powder, drinking water, cocoa butter, rapeseed oil, humectant (glycerol), flavouring, emulsifier (lecithins), salt], sweetener (maltitol), humectant (glycerol), soy protein extrudate 5% (soy protein, tapioca starch, salt), rapeseed oil, drinking water, salt 0.5%, flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract). May contain peanuts and nuts.

EAN/pcs: 8585067200904

VANILLA



NUTRITIONAL VALUES PER 100 g

Energy:	1 705 kJ/ 408 kcal
Fat:	17 g
of which saturates:	9.1 g
Carbohydrate:	37 g
of which sugars:	5.2 g
Fibre:	1.1 g
Protein:	34 g
Salt:	0.57 g

Ingredients:
Protein blend 33% (milk protein concentrate, hydrolysed collagen peptides 10%, whole milk powder), white coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], vanillin-flavoured paste with maltitol 14% [sweetener (maltitol), rapeseed oil, cocoa butter, sweet whey powder, whole milk powder, emulsifier (lecithins), flavouring], humectant (glycerol), sweetener (maltitol), soy protein extrudate 5% (soy protein, tapioca starch, salt), rapeseed oil, drinking water, flavouring, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain peanuts and nuts.

EAN/pcs: 8585067200942

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
50 g	365	24	7200	300

Gams Protein Extra-Soft

EXTRA SMOOTH TEXTURE
SOURCE OF FIBRE

Gams Extra-Soft protein bars stand out with **a uniquely smooth texture and soft bite**. With up to **27g of protein**, low sugar content and as a source of fibre, they combine functional nutrition with an exceptional taste experience.

LOW SUGAR

WITH COLLAGEN

GLUTEN FREE

27g

UP TO 27g PROTEIN



BANANA



NUTRITIONAL VALUES PER 100 g

Energy:	1 667 kJ/400 kcal
Fat:	21 g
of which saturates:	11 g
Carbohydrate:	36 g
of which sugars:	3.6 g
Fibre:	4.5 g
Protein:	27 g
Salt:	0.42 g

Ingredients:
Milk chocolate with maltitol 22% [sweetener (maltitol), cocoa butter, whole milk powder, cocoa mass, fat-reduced cocoa powder, emulsifier (lecithins)], cream [sweetener (maltitol), vegetable oils (shea seed oil, rapeseed oil) in varying proportions, milk protein concentrate, fat-reduced cocoa powder, emulsifier (lecithins), caramel flavourings, colour (carotenes)], sweetener (maltitol), whey protein concentrate 6.5%, soy protein isolate 6.5%, milk protein concentrate 6.5%, humectant (glycerol), hydrolysed collagen peptides 4%, oligofructose (soluble fibre), thickener [polydextrose (fibre)], shea seed oil, soy protein extrudate (soy protein, tapioca starch), rapeseed oil, white chocolate with maltitol [sweetener (maltitol), cocoa butter, whole milk powder, casein protein (contains milk), emulsifier (lecithins), vanilla extract], freeze-dried banana pieces 1%, skimmed milk powder, drinking water, emulsifier (soy lecithin), natural banana-type flavouring, colour (carotenes), acid (citric acid), salt, peanuts. May contain nuts.

EAN/pcs: 8585067203578

COCONUT



NUTRITIONAL VALUES PER 100 g

Energy:	1 729 kJ/415 kcal
Fat:	23 g
of which saturates:	13 g
Carbohydrate:	36 g
of which sugars:	2.9 g
Fibre:	4.2 g
Protein:	26 g
Salt:	0.40 g

Ingredients:
Milk chocolate with maltitol 22% [sweetener (maltitol), cocoa butter, whole milk powder, cocoa mass, fat-reduced cocoa powder, emulsifier (lecithins)], cream [sweetener (maltitol), vegetable oils (shea seed oil, rapeseed oil) in varying proportions, milk protein concentrate, fat-reduced cocoa powder, emulsifier (lecithins), caramel flavourings, colour (carotenes)], sweetener (maltitol), whey protein concentrate 6.5%, soy protein isolate 6.5%, milk protein concentrate 6.5%, humectant (glycerol), hydrolysed collagen peptides 3.5%, oligofructose (soluble fibre), thickener [polydextrose (fibre)], shea seed oil, soy protein extrudate (soy protein, tapioca starch), desiccated coconut 2.5%, rapeseed oil, white chocolate with maltitol [sweetener (maltitol), cocoa butter, whole milk powder, casein protein (contains milk), emulsifier (lecithins), vanilla extract], drinking water, skimmed milk powder, emulsifier (soy lecithin), natural coconut flavouring, natural vanilla flavouring, salt, peanuts. May contain nuts.

EAN/pcs: 8585067203592

COOKIES



NUTRITIONAL VALUES PER 100 g

Energy:	1 764 kJ/423 kcal
Fat:	20 g
of which saturates:	12 g
Carbohydrate:	39 g
of which sugars:	4.7 g
Fibre:	5.3 g
Protein:	27 g
Salt:	0.38 g

Ingredients:
White coating with maltitol 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], vanillin-flavoured paste with maltitol [sweetener (maltitol), rapeseed oil, cocoa butter, sweet whey powder, whole milk powder, emulsifier (lecithins), flavouring], sweetener (maltitol), whey protein concentrate 6.5%, soy protein isolate 6.5%, milk protein concentrate 6.5%, hydrolysed collagen peptides 4%, humectant (glycerol), oligofructose (soluble fibre), thickener [polydextrose (fibre)], shea seed oil, soy protein extrudate (soy protein, cocoa powder, tapioca starch), rapeseed oil, milk coating with maltitol [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring], fat-reduced cocoa powders, drinking water, natural flavouring, emulsifier (soy lecithin), colour (activated charcoal), flavouring. May contain peanuts and nuts.

EAN/pcs: 8585067204650

CHOCOLATE



NUTRITIONAL VALUES PER 100 g

Energy:	1 669 kJ/401 kcal
Fat:	21 g
of which saturates:	11 g
Carbohydrate:	36 g
of which sugars:	2.8 g
Fibre:	4.8 g
Protein:	27 g
Salt:	0.42 g

Ingredients:
Milk chocolate with maltitol 22% [sweetener (maltitol), cocoa butter, whole milk powder, cocoa mass, fat-reduced cocoa powder, emulsifier (lecithins)], cream [sweetener (maltitol), vegetable oils (shea seed oil, rapeseed oil) in varying proportions, milk protein concentrate, fat-reduced cocoa powder, emulsifier (lecithins), caramel flavourings, colour (carotenes)], sweetener (maltitol), whey protein concentrate 6.5%, soy protein isolate 6.5%, milk protein concentrate 6.5%, humectant (glycerol), hydrolysed collagen peptides 3.5%, oligofructose (soluble fibre), thickener [polydextrose (fibre)], soy protein extrudate (soy protein, tapioca starch), shea seed oil, rapeseed oil, white chocolate with maltitol [sweetener (maltitol), cocoa butter, whole milk powder, casein protein (contains milk), emulsifier (lecithins), vanilla extract], fat-reduced cocoa powder 0.5%, drinking water, skimmed milk powder, natural cocoa flavouring, emulsifier (soy lecithin), natural caramel flavouring, salt, peanuts. May contain nuts.

EAN/pcs: 8585067203615

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
40 g	365	18	7776	432

PISTACHIO



NUTRITIONAL VALUES PER 100 g

Energy:	1 760 kJ / 422 kcal
Fat:	20 g
of which saturates:	12 g
Carbohydrate:	39 g
of which sugars:	5.0 g
Fibre:	4.8 g
Protein:	27 g
Salt:	0.48 g

Ingredients:
White coating with maltitol 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], vanillin-flavoured paste with maltitol [sweetener (maltitol), rapeseed oil, cocoa butter, sweet whey powder, whole milk powder, emulsifier (lecithins), flavouring], sweetener (maltitol), whey protein concentrate 6.5%, soy protein isolate 6.5%, milk protein concentrate 6.5%, humectant (glycerol), hydrolysed collagen peptides 4%, oligofructose (soluble fibre), thickener [polydextrose (fibre)], shea seed oil, soy protein extrudate (soy protein, tapioca starch), rapeseed oil, milk coating with maltitol [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring], crushed pistachios 1%, drinking water, skimmed milk powder, flavouring, emulsifier (soy lecithin), colour (copper complexes of chlorophylls and chlorophyllins), salt. May contain peanuts and other nuts.

EAN/pcs: 8585067204674

VANILLA



NUTRITIONAL VALUES PER 100 g

Energy:	1 703 kJ/409 kcal
Fat:	22 g
of which saturates:	12 g
Carbohydrate:	36 g
of which sugars:	2.8 g
Fibre:	4.4 g
Protein:	27 g
Salt:	0.41 g

Ingredients:
Milk chocolate with maltitol 22% [sweetener (maltitol), cocoa butter, whole milk powder, cocoa mass, fat-reduced cocoa powder, emulsifier (lecithins)], cream [sweetener (maltitol), vegetable oils (shea seed oil, rapeseed oil) in varying proportions, milk protein concentrate, fat-reduced cocoa powder, emulsifier (lecithins), caramel flavourings, colour (carotenes)], sweetener (maltitol), whey protein concentrate 6.5%, soy protein isolate 6.5%, milk protein concentrate 6.5%, humectant (glycerol), hydrolysed collagen peptides 4%, oligofructose (soluble fibre), thickener [polydextrose (fibre)], shea seed oil, soy protein extrudate (soy protein, tapioca starch), rapeseed oil, white chocolate with maltitol [sweetener (maltitol), cocoa butter, whole milk powder, casein protein (contains milk), emulsifier (lecithins), vanilla extract], desiccated coconut, water, natural vanilla flavouring, skimmed milk powder, emulsifier (soy lecithin), salt, peanuts. May contain nuts.

EAN/pcs: 8585067203639

STRAWBERRY



NUTRITIONAL VALUES PER 100 g

Energy:	1 725 kJ / 413 kcal
Fat:	19 g
of which saturates:	12 g
Carbohydrate:	40 g
of which sugars:	5.6 g
Fibre:	5.0 g
Protein:	26 g
Salt:	0.39 g

Ingredients:
White coating with maltitol 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], vanillin-flavoured paste with maltitol [sweetener (maltitol), rapeseed oil, cocoa butter, sweet whey powder, whole milk powder, emulsifier (lecithins), flavouring], sweetener (maltitol), whey protein concentrate 6.5%, soy protein isolate 6.5%, milk protein concentrate 6.5%, humectant (glycerol), hydrolysed collagen peptides 3.5%, oligofructose (soluble fibre), thickener [polydextrose (fibre)], shea seed oil, soy protein extrudate (soy protein, tapioca starch), rapeseed oil, milk coating with maltitol [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring], freeze-dried strawberries 1%, drinking water, beetroot powder, skimmed milk powder, natural flavouring, emulsifier (soy lecithin), flavouring, acid (citric acid), salt. May contain peanuts and nuts.

EAN/pcs: 8585067203653

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
40 g	365	18	7776	432

Gams Protein Multilayer

EXTRA SMOOTH TEXTURE
SOURCE OF FIBRE

Gams Multilayer protein bars combine **a smooth, creamy caramel layer with crunchy nuts**, delivering a distinctive texture and a rich taste experience. With up to **26g of protein** and no added sugar, they create the ideal combination of functional nutrition and a tasty snack.

26g
UP TO 26g PROTEIN

NO ADDED SUGAR

CREAMY CARAMEL LAYER

TWO-LAYER TEXTURE



CHOCOLATE



NUTRITIONAL VALUES PER 100 g

Energy:	1 601 kJ/383 kcal
Fat:	20 g
of which saturates:	10 g
Carbohydrate:	24 g
of which sugars:	5.0 g
Fibre:	13 g
Protein:	26 g
Salt:	0.29 g

Ingredients:
Caramel-flavoured paste 25% [fructooligosaccharides, whole milk powder, drinking water, cocoa butter, rapeseed oil, humectant (glycerol), flavouring, emulsifier (lecithins), salt], protein blend 24% (milk protein concentrate, hydrolysed collagen peptides 8.5%, whole milk powder), milk coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring], roasted peanuts 10%, sweetener (maltitol), humectant (glycerol), rapeseed oil, drinking water, fat-reduced cocoa powder 1.1% [fat-reduced cocoa powder, acidity regulator (potassium carbonates)], flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain soy and nuts.

EAN/pcs: 8585067200782

STRAWBERRY



NUTRITIONAL VALUES PER 100 g

Energy:	1 624 kJ/388 kcal
Fat:	20 g
of which saturates:	10 g
Carbohydrate:	27 g
of which sugars:	7.3 g
Fibre:	13 g
Protein:	25 g
Salt:	0.34 g

Ingredients:
Caramel-flavoured paste 25% [fructooligosaccharides, whole milk powder, drinking water, cocoa butter, rapeseed oil, humectant (glycerol), flavouring, emulsifier (lecithins), salt], protein blend 23% (milk protein concentrate, hydrolysed collagen peptides 8.2%, whole milk powder), white coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], roasted peanuts 10%, sweetener (maltitol), humectant (glycerol), rapeseed oil, drinking water, desiccated coconut, freeze-dried strawberry pieces 0.7%, acidity regulator (lactic acid), flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain soy and nuts.

EAN/pcs: 8585067200812

COOKIES



NUTRITIONAL VALUES PER 100 g

Energy:	1 600 kJ/382 kcal
Fat:	19 g
of which saturates:	9.7 g
Carbohydrate:	25 g
of which sugars:	6.9 g
Fibre:	13 g
Protein:	27 g
Salt:	0.39 g

Ingredients:
Caramel-flavoured paste 25% [fructooligosaccharides, whole milk powder, drinking water, cocoa butter, rapeseed oil, humectant (glycerol), flavouring, emulsifier (lecithins), salt], protein blend 24% (milk protein concentrate, hydrolysed collagen peptides 8.1%, whole milk powder), white coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], roasted peanuts 10%, sweetener (maltitol), humectant (glycerol), rapeseed oil, drinking water, soy protein extrudate (soy protein, tapioca starch, salt), colour (activated charcoal), flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain nuts.

EAN/pcs: 8585067200805

VANILLA



NUTRITIONAL VALUES PER 100 g

Energy:	1 591 kJ/380 kcal
Fat:	19 g
of which saturates:	10 g
Carbohydrate:	26 g
of which sugars:	5.1 g
Fibre:	13 g
Protein:	26 g
Salt:	0.26 g

Ingredients:
Caramel-flavoured paste 25% [fructooligosaccharides, whole milk powder, drinking water, cocoa butter, rapeseed oil, humectant (glycerol), flavouring, emulsifier (lecithins), salt], protein blend 24% (milk protein concentrate, hydrolysed collagen peptides 7.6%, whole milk powder), milk coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring], roasted peanuts 10%, humectant (glycerol), sweetener (maltitol), rapeseed oil, drinking water, flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain soy and nuts.

EAN/pcs: 8585067200799

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
50 g	365	28	8400	300

Gams Protein
Fight Night Challenge

EXTRA SMOOTH TEXTURE
NO PALM OIL

Gams Fight Night Challenge protein bars bring functional nutrition into everyday life. Thanks to their **extra smooth texture, bold flavour and up to 35g** of protein, they are made for active customers looking for a functional snack with no compromise on taste.

Inspired by professional fighters and the world of Fight Night Challenge.

35g
UP TO 35g PROTEIN

NO ADDED SUGAR

WITH COLLAGEN

GLUTEN FREE



VANILLA



NUTRITIONAL VALUES PER 100 g

Energy:	1 705 kJ/408 kcal
Fat:	17 g
of which saturates:	9.1 g
Carbohydrate:	37 g
of which sugars:	5.2 g
Fibre:	1.1 g
Protein:	34 g
Salt:	0.57 g

Ingredients:
Protein blend 33% (milk protein concentrate, hydrolysed collagen peptides 10%, whole milk powder), white coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated rapeseed and coconut oil, sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], vanillin-flavoured paste with maltitol 14% [sweetener (maltitol), rapeseed oil, cocoa butter, sweet whey powder, whole milk powder, emulsifier (lecithins), flavouring], humectant (glycerol), sweetener (maltitol), soy protein extrudate 5% (soy protein, tapioca starch, salt), rapeseed oil, water, flavouring, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain peanuts and nuts.

EAN/pcs: 8585067204926

SALTED CARAMEL



NUTRITIONAL VALUES PER 100 g

Energy:	1 547 kJ/370 kcal
Fat:	15 g
of which saturates:	9.2 g
Carbohydrate:	28 g
of which sugars:	3.6 g
Fibre:	7.0 g
Protein:	34 g
Salt:	0.89 g

Ingredients:
Protein blend 33% (milk protein concentrate, hydrolysed collagen peptides 11%, whole milk powder), milk coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated rapeseed and coconut oil, milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring], caramel-flavoured paste 14% [fructooligosaccharides, whole milk powder, water, cocoa butter, sunflower oil, humectant (glycerol), flavouring, emulsifier (lecithins), salt], sweetener (maltitol), humectant (glycerol), soy protein extrudate 5% (soy protein, tapioca starch, salt), rapeseed oil, water, salt 0.5%, flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract). May contain peanuts and nuts.

EAN/pcs: 8585067204940

CHOCOLATE



NUTRITIONAL VALUES PER 100 g

Energy:	1 698 kJ/406 kcal
Fat:	18 g
of which saturates:	9.7 g
Carbohydrate:	34 g
of which sugars:	3.1 g
Fibre:	2.1 g
Protein:	35 g
Salt:	0.49 g

Ingredients:
Protein blend 34% (milk protein concentrate, hydrolysed collagen peptides 12%, whole milk powder), milk coating with maltitol and protein 22% [sweetener (maltitol), fully hydrogenated rapeseed and coconut oil, milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring], vanillin-flavoured paste with maltitol 12% [sweetener (maltitol), rapeseed oil, cocoa butter, sweet whey powder, whole milk powder, emulsifier (lecithins), flavouring], humectant (glycerol), sweetener (maltitol), soy protein extrudate 5% (soy protein, tapioca starch, salt), rapeseed oil, water, fat-reduced cocoa powder 2.6% [fat-reduced cocoa powder, acidity regulator (potassium carbonates)], flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain peanuts and nuts.

EAN/pcs: 8585067204902

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
50 g	395	24	7200	300

Gams Protein Nuts

PREMIUM NUTS
REAL DRIED FRUIT

Gams Nuts protein bars combine **premium nuts, plant protein and real dried fruit** into a tasty and nutritious snack. A combination of cashews, peanuts, almonds and pistachios is complemented by a smooth protein coating for a rich nutty flavour and a pleasant texture.



UP TO 19g PROTEIN



PLANT PROTEIN



GLUTEN FREE



NO PALM OIL



4 NUTS



NUTRITIONAL VALUES PER 100 g

Energy:	2 246 kJ/537 kcal
Fat:	38 g
of which saturates:	7.9 g
Carbohydrate:	28 g
of which sugars:	13 g
Fibre:	8.0 g
Protein:	19 g
Salt:	0.08 g

Ingredients:
Roasted peanuts 45%, glucose syrup, almonds 13%, dark coating with maltitol and protein 10% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), cocoa powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], glucose-fructose syrup, pistachios 5.8%, cashew pieces 3.6%, soy protein extrudate 1.7% (soy protein, tapioca starch, salt), rapeseed oil, emulsifier (lecithins), salt. May contain other nuts. May contain small fragments of pits and shells.

EAN/pcs: 8585067200829

BERRIES



NUTRITIONAL VALUES PER 100 g

Energy:	2 134 kJ/510 kcal
Fat:	33 g
of which saturates:	7.6 g
Carbohydrate:	34 g
of which sugars:	20 g
Fibre:	7.7 g
Protein:	17 g
Salt:	0.11 g

Ingredients:
Roasted peanuts 53%, glucose syrup, dark coating with maltitol and protein 10% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), cocoa powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], sweetened dried cranberries 9.6% (cranberries 60%, sugar, sunflower oil), glucose-fructose syrup, cashew pieces 5.4%, rapeseed oil, soy protein extrudate 1.4% (soy protein, tapioca starch, salt), freeze-dried blackcurrants 0.7%, freeze-dried raspberry pieces 0.5%, emulsifier (lecithins), salt. May contain other nuts. May contain small fragments of pits and shells.

EAN/pcs: 8585067200836

SALTED CARAMEL



NUTRITIONAL VALUES PER 100 g

Energy:	2 209 kJ/528 kcal
Fat:	36 g
of which saturates:	7.5 g
Carbohydrate:	32 g
of which sugars:	16 g
Fibre:	7.2 g
Protein:	18 g
Salt:	0.72 g

Ingredients:
Salted roasted peanuts 45% (peanuts, sunflower oil, salt), glucose syrup, dark coating with maltitol and protein 10% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), cocoa powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], cashew pieces 8.8%, roasted peanuts 8.8%, glucose-fructose syrup, caramel pieces 5.6% (sugar, glucose syrup, salt), soy protein extrudate 1.8% (soy protein, tapioca starch, salt), rapeseed oil, emulsifier (lecithins), salt 0.04%. May contain other nuts. May contain small fragments of pits and shells.

EAN/pcs: 8585067200843

APPLE & CINNAMON



NUTRITIONAL VALUES PER 100 g

Energy:	2 002 kJ/479 kcal
Fat:	27 g
of which saturates:	5.9 g
Carbohydrate:	43 g
of which sugars:	24 g
Fibre:	4.3 g
Protein:	15 g
Salt:	0.30 g

Ingredients:
Walnut pieces 25%, glucose syrup, milk coating with maltitol and protein 10% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring], dried raisins 9.4% (raisins 99%, sunflower oil), soy protein extrudate (soy protein, tapioca starch, salt), roasted peanut pieces 9%, glucose-fructose syrup, dried apple pieces 8.4% [apples 99.3%, antioxidant (citric acid)], rapeseed oil, ground cinnamon 0.8%, emulsifier (lecithins), salt. May contain other nuts. May contain small fragments of pits and shells.

EAN/pcs: 8585067200850

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
40 g	365	30	9000	300

Gams Protein Vegan

HIGH IN FIBRE
DRIED FRUIT & NUTS

Gams Vegan protein bars combine **rice and soy protein with dried fruit and nuts** into a tasty plant-based snack. High fibre content and a vegan protein coating deliver a balanced combination of taste, texture and plant-based nutrition.

100%
PLANT PROTEIN

RICE & SOY PROTEIN

GLUTEN FREE

NO PALM OIL



SALTED CARAMEL



NUTRITIONAL VALUES PER 100 g

Energy:	1 531 kJ/366 kcal
Fat:	14 g
of which saturates:	9.6 g
Carbohydrate:	31 g
of which sugars:	19 g
Fibre:	17 g
Protein:	23 g
Salt:	1.0 g

Ingredients:
Date paste, protein blend 21% (rice protein, soy protein), dark coating with maltitol 20% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), cocoa powder, emulsifier (lecithins), flavouring], chicory root fibre, peanut butter 5.2%, soy protein extrudate 3.9% (soy protein, tapioca starch, salt), cocoa butter, flavouring, salt 0.1%, antioxidant (tocopherol-rich extract). May contain milk and nuts.

EAN/pcs: 8585067200874

BLACKCURRANT



NUTRITIONAL VALUES PER 100 g

Energy:	1 534 kJ/367 kcal
Fat:	15 g
of which saturates:	9.4 g
Carbohydrate:	35 g
of which sugars:	23 g
Fibre:	17 g
Protein:	19 g
Salt:	0.75 g

Ingredients:
Date paste, dark coating with maltitol 20% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), cocoa powder, emulsifier (lecithins), flavouring], protein blend 19% (rice protein, soy protein), chicory root fibre, sweetened dried cranberries (cranberries, sugar, sunflower oil), crushed almonds, freeze-dried blackcurrant pieces 4%, cocoa butter, cashew pieces, flavouring, antioxidant (tocopherol-rich extract), salt. May contain milk, peanuts and other nuts.

EAN/pcs: 8585067200867

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
40 g	365	30	9000	300

Gams
Dubai Style

UNIQUE TEXTURE
3 PRODUCTS
3 FLAVOURS

Gams Dubai Style combines **crunchy kadayif, real chocolate and rich nut fillings** into a unique, Dubai-inspired taste experience. From the iconic pistachio Dubai Chocolate to protein bars with pistachios, peanut butter and salted caramel – every product delivers a bold flavour and an unmistakable texture.



CRUNCHY
KADAYIF



REAL
CHOCOLATE



UP TO 20g
PROTEIN



RICH
NUT FILLINGS



PEANUT BUTTER



NUTRITIONAL VALUES PER 100 g

Energy:	1804 kJ/431 kcal
Fat:	26 g
of which saturates:	12 g
Carbohydrate:	37 g
of which sugars:	4.2 g
Fibre:	2.7 g
Protein:	20 g
Salt:	0.53 g

Ingredients:
Paste with kadaif and peanut butter 50% [kadaif pastry 33% (water, wheat flour, wheat starch, maize starch, salt, emulsifier /soy lecithin/, sunflower oil, preservative /potassium sorbate/), peanut butter 31%, milk chocolate with sweetener (sweetener /maltitol/, cocoa butter, milk powder, cocoa mass, emulsifier /soy lecithin/, natural vanilla flavouring), sweetener (xylitol), coconut oil, tahini (sesame seeds), salt, antioxidant (rosemary extracts /sunflower oil, rosemary extract/)], milk chocolate with maltitol 25% [sweetener (maltitol), cocoa butter, whole milk powder, cocoa mass, emulsifier (lecithins), flavouring], protein blend 14% (hydrolysed collagen peptides 4.9%, milk protein isolate, milk protein concentrate, whole milk powder), sweetener (maltitol), humectant (glycerol), rapeseed oil, water, flavourings, colour (plain caramel), thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain nuts.

EAN/pcs: 8585067202465

PISTACHIO



NUTRITIONAL VALUES PER 100 g

Energy:	1840 kJ/440 kcal
Fat:	27 g
of which saturates:	12 g
Carbohydrate:	38 g
of which sugars:	4.3 g
Fibre:	3.7 g
Protein:	20 g
Salt:	0.44 g

Ingredients:
Paste with kadaif and pistachios 50% [kadaif pastry 33% (water, wheat flour, wheat starch, maize starch, salt, emulsifier /soy lecithin/, sunflower oil, preservative /potassium sorbate/), pistachio paste 31% (100% pistachios), white chocolate with sweetener (sweetener /maltitol/, cocoa butter, milk powder, emulsifier /soy lecithin/, natural vanilla flavouring), sweetener (xylitol), coconut oil, tahini (sesame seeds), salt, antioxidant (rosemary extracts /sunflower oil, rosemary extract/)], milk chocolate with maltitol 25% [sweetener (maltitol), cocoa butter, whole milk powder, cocoa mass, emulsifier (lecithins), flavouring], protein blend 14% (hydrolysed collagen peptides 5.1%, milk protein isolate, milk protein concentrate, whole milk powder), humectant (glycerol), sweetener (maltitol), rapeseed oil, water, fat-reduced cocoa powder 1.1% [fat-reduced cocoa powder, acidity regulator (potassium carbonates)], thickener (acacia gum), flavourings, emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt. May contain peanuts and other nuts.

EAN/pcs: 8585067202458

SALTED CARAMEL



NUTRITIONAL VALUES PER 100 g

Energy:	1771 kJ/423 kcal
Fat:	27 g
of which saturates:	12 g
Carbohydrate:	33 g
of which sugars:	3.6 g
Fibre:	3.0 g
Protein:	20 g
Salt:	0.50 g

Ingredients:
Salted caramel-flavoured paste with kadaif 50% [kadaif pastry 33% (water, wheat flour, wheat starch, maize starch, salt, emulsifier /soy lecithin/, sunflower oil, preservative /potassium sorbate/), almond paste (100% almonds), white chocolate with sweetener (sweetener /maltitol/, cocoa butter, milk powder, emulsifier /soy lecithin/, natural vanilla flavouring), sweetener (xylitol), coconut oil, tahini (sesame seeds), flavouring, salt 0.4%, antioxidant (rosemary extracts /sunflower oil, rosemary extract/)], milk chocolate with maltitol 25% [sweetener (maltitol), cocoa butter, whole milk powder, cocoa mass, emulsifier (lecithins), flavouring], protein blend 14% (hydrolysed collagen peptides 4.9%, milk protein isolate, milk protein concentrate, whole milk powder), sweetener (maltitol), humectant (glycerol), rapeseed oil, water, colour (plain caramel), salt 0.07%, flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract). May contain peanuts and other nuts.

EAN/pcs: 8585067202533

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
60 g	365	24	7200	300

Gams Protein Chips



Gams

Gams Protein Chips

SOURCE OF PROTEIN
SOURCE OF FIBRE
PALM-OIL FREE

Gams Protein Chips combine bold flavour and a satisfying crunch with benefits that take everyday snacking one step further. Made with carefully selected plant-based ingredients and offering a source of protein and fibre, they are a modern alternative for consumers who expect more from their snacks than great taste alone.

The portfolio features three distinctive ranges – **Lentil Chips, Mung Bean Chips and Taste of the World.** Each has its own character, base ingredients and flavour selection – from familiar favourites to bolder combinations inspired by tastes from around the world.

Crunchy, full of flavour and made for modern snacking. Gams Protein Chips offer a diverse range with something for every taste and every snacking moment.



Plant-based Ingredients
Carefully selected ingredients with a focus on quality.



Protein & Fibre
More than just great taste and crunch.



3 Distinctive Ranges
Lentil, Mungo and Taste of the World – each with its own character and flavours.



Gams Protein Lentil Chips

50% LESS FAT
SOURCE OF FIBRE
SOURCE OF PROTEIN
PALM-OIL FREE
SOY FREE

Gams Protein Lentil Chips are a crunchy snack made with **red lentils,** combining bold flavour with up to **16% protein and 50% less fat than regular potato chips.** A blend of red lentils, corn and rice flour creates a light, crispy texture available in eight delicious flavours.



Red Lentils
At the heart of our Lentil Chips.



Corn & Rice flour
For a light and crispy texture.



8 Flavours
From classic favourites to bolder combinations.



SEA SALT



NUTRITIONAL VALUES PER 100 g

Energy:	1 886 kJ/449 kcal
Fat:	16 g
of which saturates:	1.8 g
Carbohydrate:	59 g
of which sugars:	2.1 g
Fibre:	3.1 g
Protein:	15 g
Salt:	2.7 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, sea salt 7%, potato starch, salt, sugar. May contain cereals containing gluten, milk and soya.

EAN/pcs: 8585067201291

SOUR CREAM & ONION



NUTRITIONAL VALUES PER 100 g

Energy:	1 876 kJ/447 kcal
Fat:	16 g
of which saturates:	1.9 g
Carbohydrate:	58 g
of which sugars:	4.2 g
Fibre:	3.1 g
Protein:	16 g
Salt:	3.3 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with the flavour of sour cream and onion 7% [whey powder, salt, onion, sugar, lactose, yeast extract, garlic, parsley, acidity regulator (citric acid), pepper extracts, flavourings], potato starch, salt, sugar. May contain cereals containing gluten and soya.

EAN/pcs: 8585067201307

SMOKED HAM



NUTRITIONAL VALUES PER 100 g

Energy:	1 886 kJ/449 kcal
Fat:	17 g
of which saturates:	1.8 g
Carbohydrate:	57 g
of which sugars:	1.6 g
Fibre:	3.4 g
Protein:	15 g
Salt:	2.8 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with the flavour of smoked ham 7% [dextrose, salt, cheese powder, tomato powder, onion, smoked yeast, garlic, acidity regulator (lactic acid), flavouring, lactose, spices, spice extracts], potato starch, salt, sugar. May contain cereals containing gluten and soya.

EAN/pcs: 8585067201314

BARBECUE



NUTRITIONAL VALUES PER 100 g

Energy:	1 886 kJ/449 kcal
Fat:	17 g
of which saturates:	1.8 g
Carbohydrate:	57 g
of which sugars:	1.6 g
Fibre:	3.4 g
Protein:	15 g
Salt:	2.8 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with barbecue flavour 7% (maltodextrin, dextrose, salt, yeast extract, onion, flavouring, pepper extract), potato starch, salt, sugar. May contain cereals containing gluten, milk and soya.

EAN/pcs: 8585067203264

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
65 g	365	12	768	64

CHEESE & JALAPEÑO



NUTRITIONAL VALUES PER 100 g

Energy:	1 876 kJ/447 kcal
Fat:	16 g
of which saturates:	1.9 g
Carbohydrate:	58 g
of which sugars:	4.2 g
Fibre:	3.1 g
Protein:	16 g
Salt:	3.3 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning with cheese and jalapeño peppers 7% [sugar, salt, cheese powder, chili, paprika, yeast extract, onion, flavouring, acidity regulators (sodium acetates, citric acid), garlic, spice extracts, spices], potato starch, salt, sugar. May contain cereals containing gluten and soya.

EAN/pcs: 8585067203417

LIME & CHILLI



NUTRITIONAL VALUES PER 100 g

Energy:	1 886 kJ/449 kcal
Fat:	17 g
of which saturates:	1.8 g
Carbohydrate:	57 g
of which sugars:	1.6 g
Fibre:	3.4 g
Protein:	15 g
Salt:	2.8 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with chilli and lime flavour 7% [salt, dextrose, onion, chilli, sugar, cumin (Cuminum cyminum), yeast extract, acidity regulators (sodium acetates, citric acid), paprika, flavouring, cocoa powder, lime powder, spice extracts, spices], potato starch, salt, sugar. May contain cereals containing gluten, milk and soya.

EAN/pcs: 8585067203288

SWEET CHILLI



NUTRITIONAL VALUES PER 100 g

Energy:	1 886 kJ/449 kcal
Fat:	17 g
of which saturates:	1.8 g
Carbohydrate:	57 g
of which sugars:	1.6 g
Fibre:	3.4 g
Protein:	15 g
Salt:	2.8 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with a sweet spicy chilli flavour 7% [sugar, salt, tomato powder, chilli, onion, yeast extract, acidity regulators (sodium acetates, citric acid), garlic, paprika, pepper extract, flavouring, sweetener (sucralose)], potato starch, salt, sugar. May contain cereals containing gluten, milk and soya.

EAN/pcs: 8585067203394

EXTRA SPICY



NUTRITIONAL VALUES PER 100 g

Energy:	1 876 kJ/447 kcal
Fat:	16 g
of which saturates:	1.9 g
Carbohydrate:	58 g
of which sugars:	4.2 g
Fibre:	3.1 g
Protein:	16 g
Salt:	3.3 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient made from paprika and jalapeño peppers 7% [sugar, salt, maltodextrin, acidity regulators (sodium acetates, citric acid), paprika, onion, chilli, yeast extract, chilli – jalapeño, garlic, pepper extract], potato starch, salt, sugar. May contain cereals containing gluten, milk and soya.

EAN/pcs: 8585067204810

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
65 g	365	12	768	64

Gams Protein Chips

Taste of the World

15g PROTEIN
50% LESS FAT
SOURCE OF FIBRE
PALM-OIL FREE

Taste the world in every crunch. Gams Taste of the World turns everyday snacking into a flavour journey around the globe. Made with **46% lentils,** these crispy protein chips combine strong nutritional benefits with bold flavours inspired by cuisines from around the world.

From **Japanese Wasabi, Korean Kimchi and Thai Tom Yum to Indian Curry, Italian Arrabbiata and exotic Mango Coco Chilli,** every flavour brings a new destination and a different taste experience.

With **15g of protein per 100g, a source of fibre and 50% less fat than regular fried potato chips,** Taste of the World combines adventurous flavour with the nutritional benefits you expect from Gams Protein Chips.



46% Lentils
A plant-based base for a crispy protein snack.



Flavours of the World
Inspired by iconic cuisines from around the globe.



10 Flavours. 10 Destinations.
From Wasabi and Kimchi to Tom Yum and Mango Coco Chilli.



MANGO COCO CHILLI



NUTRITIONAL VALUES PER 100 g

Energy:	1886 kJ /449 kcal
Fat:	16 g
of which saturates:	1.8 g
Carbohydrate:	59 g
of which sugars:	2.1 g
Fibre:	3.1 g
Protein:	15 g
Salt:	2.7 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning blends with mango chilli coconut taste profile 7% [maltodextrin, salt, sugar, chilli pepper 6.8%, paprika, onion, coconut milk 4.2%, yeast extract, flavouring, lime juice concentrate, spice (garlic, white pepper), acidity regulator (citric acid), mango powder 1.2%, sodium caseinate (from milk), spice extract (turmeric)], potato starch, salt, sugar. May contain cereals containing gluten, mustard and soya.

EAN/pcs: 8585067206326

MEXICANA



NUTRITIONAL VALUES PER 100 g

Energy:	1886 kJ /449 kcal
Fat:	16 g
of which saturates:	1.8 g
Carbohydrate:	59 g
of which sugars:	2.1 g
Fibre:	3.1 g
Protein:	15 g
Salt:	2.7 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with the flavour of mexicano 7% [maltodextrin, salt, sugar, paprika, tomato, onion, garlic, chilli, yeast extract, spice, oregano, spice extract (paprika, oregano)], potato starch, salt, sugar. May contain cereals containing gluten, mustard, milk and soya.

EAN/pcs: 8585067206340

KIMCHI



NUTRITIONAL VALUES PER 100 g

Energy:	1886 kJ /449 kcal
Fat:	16 g
of which saturates:	1.8 g
Carbohydrate:	59 g
of which sugars:	2.1 g
Fibre:	3.1 g
Protein:	15 g
Salt:	2.7 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with the flavour of kimchi 7% [maltodextrin, salt, whey powder, sugar, chilli, garlic, acidity regulator (sodium diacetate, lactic acid, calcium lactate), yeast extract, flavouring, fibre, spice (ginger)], potato starch, salt, sugar. May contain cereals containing gluten, mustard and soya.

EAN/pcs: 8585067206302

SOUTH INDIAN CURRY



NUTRITIONAL VALUES PER 100 g

Energy:	1886 kJ /449 kcal
Fat:	16 g
of which saturates:	1.8 g
Carbohydrate:	59 g
of which sugars:	2.1 g
Fibre:	3.1 g
Protein:	15 g
Salt:	2.7 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with the flavour of Indian curry 7% [maltodextrin, salt, sugar, curry ground 7%, onion, garlic, cumin, yeast extract, spice (fennel, black pepper), flavouring, acidity regulator (citric acid), spice extract (paprika, turmeric)], potato starch, salt, sugar. May contain cereals containing gluten, mustard, milk and soya.

EAN/pcs: 8585067206388

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
60 g	365	12	768	64

ARRABIATA



NUTRITIONAL VALUES PER 100 g

Energy:	1886 kJ /449 kcal
Fat:	16 g
of which saturates:	1.8 g
Carbohydrate:	59 g
of which sugars:	2.1 g
Fibre:	3.1 g
Protein:	15 g
Salt:	2.7 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with the flavour of arrabiata 7% (salt, sugar, dextrose, paprika, chilli, tomato powder, garlic, spice, onion, flavouring, spice extracts), potato starch, salt, sugar. May contain cereals containing gluten, mustard, milk and soya.

EAN/pcs: 8585067206241

SALSA SAN DIEGO



NUTRITIONAL VALUES PER 100 g

Energy:	1886 kJ /449 kcal
Fat:	16 g
of which saturates:	1.8 g
Carbohydrate:	59 g
of which sugars:	2.1 g
Fibre:	3.1 g
Protein:	15 g
Salt:	2.7 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with the flavour of san diego salsa 7% [maltodextrin, salt, sugar, tomato 12%, dextrose, chilli, whey powder, yeast extract, flavouring, spice (parsley, rosemary), acidity regulator (citric acid), spice extract (paprika)], potato starch, salt, sugar. May contain cereals containing gluten, mustard and soya.

EAN/pcs: 8585067206364

TOM YUM



NUTRITIONAL VALUES PER 100 g

Energy:	1886 kJ /449 kcal
Fat:	16 g
of which saturates:	1.8 g
Carbohydrate:	59 g
of which sugars:	2.1 g
Fibre:	3.1 g
Protein:	15 g
Salt:	2.7 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with the flavour of tom yum 7% [maltodextrin, sugar, salt, acidity regulator (sodium diacetate, citric acid), flavouring, tomato, garlic, onion, chilli, yeast extract, fibre], potato starch, salt, sugar. May contain cereals containing gluten, mustard, milk and soya.

EAN/pcs: 8585067206401

WASABI



NUTRITIONAL VALUES PER 100 g

Energy:	1886 kJ /449 kcal
Fat:	16 g
of which saturates:	1.8 g
Carbohydrate:	59 g
of which sugars:	2.1 g
Fibre:	3.1 g
Protein:	15 g
Salt:	2.7 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with the flavour of wasabi 7% [mustard, salt, maltodextrin, sugar, dextrose, spinach, wasabi powder 3%, acidity regulator (citric acid), flavouring, spice extract (turmeric), colouring (chlorophylls)], potato starch, salt, sugar. May contain cereals containing gluten, milk and soya.

EAN/pcs: 8585067206425

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
60 g	365	12	768	64

HONEY & MUSTARD



NUTRITIONAL VALUES PER 100 g

Energy:	1886 kJ /449 kcal
Fat:	16 g
of which saturates:	1.8 g
Carbohydrate:	59 g
of which sugars:	2.1 g
Fibre:	3.1 g
Protein:	15 g
Salt:	2.7 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with the flavour of honey and mustard 7% [maltodextrin, sugar, salt, whey powder (from milk), dextrose, mustard 2.5%, flavouring, acidity regulator (citric acid), spice extract (turmeric)], potato starch, salt, sugar. May contain cereals containing gluten and soya.

EAN/pcs: 8585067206265

CHEESE



NUTRITIONAL VALUES PER 100 g

Energy:	1886 kJ / 449 kcal
Fat:	16 g
of which saturates:	1.8 g
Carbohydrate:	59 g
of which sugars:	2.1 g
Fibre:	3.1 g
Protein:	15 g
Salt:	2.7 g

Ingredients:
Finely ground lentils 46%, corn flour, rice flour, sunflower oil 15%, seasoning ingredient with the flavour of cheese 7% [maltodextrin, salt, sugar, whey powder, dextrose, yeast extract, cheese powder 4% (from milk), lactose, flavouring, acidity regulator (lactic acid, calcium lactate, citric acid), fibre, spice extract (paprika)], potato starch, salt, sugar. May contain cereals containing gluten, mustard and soya.

EAN/pcs: 8585067206289

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
60 g	365	12	768	64

Gams Protein Mung Bean Chips

Gams Protein Mung Bean Chips are extra-thin and crispy chips **made from black mung bean flour, available in 5 flavours**.



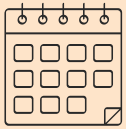
Extra thin and crispy in 5 flavours



Made from fine mung bean flour



Mineral frying and almost 0% fat



Launch 01/2027



Gams Snacks



Gams

Gams Snacks

BONS
COATED FRUIT
COATED NUTS
CHEESE BALLS
WAFERS
BISCUITS

From crunchy and creamy to fruity, nutty or savoury – Gams protein snacks bring variety to everyday snacking. Different formats, textures and flavours let you choose according to your taste and the occasion.

VARIOUS FORMATS

SWEET & SAVOURY

PROTEIN SNACKS

FOR EVERY DAY



Gams Bons

7 FLAVOURS
Blackcurrant
Vanilla
Coconut
Banana
Raspberry
Salted caramel
Cookies

Gams Protein Bons combine **a deliciously soft centre with a rich protein coating** into a tasty protein snack. With up to **28g of protein**, milk protein concentrate and hydrolysed collagen, they combine functional nutrition with a pleasantly soft texture.

28g
UP TO 28g PROTEIN

SOFT CENTRE

PROTEIN COATING

WITH COLLAGEN



BLACKCURRANT



NUTRITIONAL VALUES PER 100 g

Energy:	1 785 kJ/427 kcal
Fat:	22 g
of which saturates:	17 g
Carbohydrate:	36 g
of which sugars:	7.3 g
of which polyols:	21 g
Fibre:	1.9 g
Protein:	28 g
Salt:	0.49 g

Ingredients:
White coating with maltitol and protein 50% [sweetener (maltitol), fully hydrogenated rapeseed and coconut oil, sweet whey, skimmed milk powder, milk protein concentrate, emulsifier (lecithins), flavouring]. Protein mass 49% [protein blend 27% (milk protein concentrate, hydrolysed collagen peptides, whole milk powder), humectant (glycerol), sweetener (maltitol), rapeseed oil, water, freeze-dried blackcurrant pieces 2%, acidity regulator (lactic acid), flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), colouring concentrate from hibiscus and carrot [hibiscus and carrot concentrate, water, antioxidant (citric acid)], salt]. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain peanuts, soy and nuts.

EAN/pcs: 8585067201277

VANILLA



NUTRITIONAL VALUES PER 100 g

Energy:	1 752 kJ/419 kcal
Fat:	2.5 g
of which saturates:	27 g
Carbohydrate:	23 g
of which sugars:	18 g
of which polyols:	35 g
Fibre:	1.8 g
Protein:	28 g
Salt:	0.28 g

Ingredients:
Milk coating with maltitol and protein 50% [sweetener (maltitol), fully hydrogenated rapeseed and coconut oil, milk protein concentrate, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring]. Protein mass 49% [protein blend 28% (milk protein concentrate, hydrolysed collagen peptides, whole milk powder), humectant (glycerol), sweetener (maltitol), rapeseed oil, water, flavouring, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), colour (curcumin), salt]. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain peanuts, soy and nuts.

EAN/pcs: 8585067201260

COCONUT



NUTRITIONAL VALUES PER 100 g

Energy:	1 822 kJ/435 kcal
Fat:	25 g
of which saturates:	20 g
Carbohydrate:	34 g
of which sugars:	2.2 g
of which polyols:	22 g
Fibre:	2.4 g
Protein:	27 g
Salt:	0.28 g

Ingredients:
Dark coating with maltitol and protein 50% [sweetener (maltitol), fully hydrogenated rapeseed and coconut oil, cocoa powder, milk protein concentrate, emulsifier (lecithins), flavouring]. Protein mass 49% [protein blend 26% (milk protein concentrate, hydrolysed collagen peptides, whole milk powder), sweetener (maltitol), humectant (glycerol), rapeseed oil, desiccated coconut 2.5%, water, thickener (acacia gum), flavourings, emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt]. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain peanuts, soy and nuts.

EAN/pcs: 8585067201253

BANANA



NUTRITIONAL VALUES PER 100 g

Energy:	1 781 kJ/426 kcal
Fat:	23 g
of which saturates:	18 g
Carbohydrate:	35 g
of which sugars:	3.7 g
of which polyols:	22 g
Fibre:	2.2 g
Protein:	28 g
Salt:	0.29 g

Ingredients:
Dark coating with maltitol and protein 50% [sweetener (maltitol), fully hydrogenated rapeseed and coconut oil, cocoa powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring], protein mass 49% [protein blend 27% (milk protein concentrate, hydrolysed collagen peptides 9.6%, whole milk powder), humectant (glycerol), sweetener (maltitol), rapeseed oil, freeze-dried banana powder 2.5%, water, flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), colour (curcumin), salt]. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain peanuts, soy and nuts.

EAN/pcs: 8585067203134

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
70 g	365	10	1800	180

RASPBERRY



NUTRITIONAL VALUES PER 100 g

Energy:	1 791 kJ/428 kcal
Fat:	22 g
of which saturates:	18 g
Carbohydrate:	38 g
of which sugars:	6.8 g
of which polyols:	23 g
Fibre:	1.9 g
Protein:	27 g
Salt:	0.48 g

Ingredients:
White coating with maltitol and protein 50% [sweetener (maltitol), fully hydrogenated rapeseed and coconut oil, sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring]. Protein mass 49% [protein blend 26% (milk protein concentrate, hydrolysed collagen peptides 9.2%, whole milk powder), sweetener (maltitol), humectant (glycerol), rapeseed oil, water, desiccated coconut, freeze-dried raspberry pieces 0.9%, acidity regulator (lactic acid), flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt]. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain peanuts, soy and nuts.

EAN/pcs: 8585067203172

SALTED CARAMEL



NUTRITIONAL VALUES PER 100 g

Energy:	1 745 kJ/417 kcal
Fat:	23 g
of which saturates:	18 g
Carbohydrate:	35 g
of which sugars:	2.4 g
of which polyols:	28 g
Fibre:	1.8 g
Protein:	28 g
Salt:	0.42 g

Ingredients:
Milk coating with maltitol and protein 50% [sweetener (maltitol), fully hydrogenated rapeseed and coconut oil, milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring]. Protein mass 49% [protein blend 28% (milk protein concentrate, hydrolysed collagen peptides 9.3%, whole milk powder), sweetener (maltitol), humectant (glycerol), rapeseed oil, water, colour (plain caramel), salt 0.1%, flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract)]. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain peanuts, soy and nuts.

EAN/pcs: 8585067203158

COOKIES



NUTRITIONAL VALUES PER 100 g

Energy:	1 767 kJ/422 kcal
Fat:	22 g
of which saturates:	17 g
Carbohydrate:	36 g
of which sugars:	6.5 g
Fibre:	1.5 g
Protein:	29 g
Salt:	0.53 g

Ingredients:
White coating with maltitol and protein 50% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring]. Protein mass 49% [protein blend 27% (milk protein concentrate, hydrolysed collagen peptides 9.3%, whole milk powder), sweetener (maltitol), humectant (glycerol), rapeseed oil, drinking water, soy protein extrudate (soy protein, tapioca starch, salt), colour (activated charcoal), flavourings, thickener (acacia gum), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract), salt]. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain peanuts and nuts.

EAN/pcs: 8585067206036

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
70 g	365	10	1800	180

Gams Coated Fruit

REAL FREEZE-DRIED FRUIT
MILK PROTEIN COATING
3 FLAVOURS
Banana
Strawberry
Raspberry

Gams Protein Fruits combine **real freeze-dried fruit with a smooth milk protein coating** into a fruity and crunchy snack. Strawberries, raspberries and bananas deliver the authentic taste of fruit combined with functional protein nutrition.

NO ADDED SUGAR

GLUTEN FREE

NO PALM OIL

SOY FREE



BANANA



NUTRITIONAL VALUES PER 100 g

Energy:	1 903 kJ/ 455 kcal
Fat:	28 g
of which saturates:	26 g
Carbohydrate:	49 g
of which sugars:	17 g
Fibre:	4.8 g
Protein:	9.7 g
Salt:	0.08 g

Ingredients:
Dark coating with maltitol and protein 74% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), cocoa powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring]. Freeze-dried bananas 25%. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain peanuts, soy and nuts.

EAN/pcs: 8585067201239

RASPBERRY



NUTRITIONAL VALUES PER 100 g

Energy:	1 941 kJ/464 kcal
Fat:	31 g
of which saturates:	29 g
Carbohydrate:	48 g
of which sugars:	7.7 g
Fibre:	3.6 g
Protein:	11 g
Salt:	0.08 g

Ingredients:
Milk coating with maltitol and protein 82.3% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring]. Freeze-dried raspberries 16.7%. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain peanuts, soy and nuts.

EAN/pcs: 8585067201222

STRAWBERRY



NUTRITIONAL VALUES PER 100 g

Energy:	1 934 kJ/462 kcal
Fat:	28 g
of which saturates:	25 g
Carbohydrate:	52 g
of which sugars:	18 g
Fibre:	2.6 g
Protein:	11 g
Salt:	0.40 g

Ingredients:
White coating with maltitol and protein 79% [sweetener (maltitol), fully hydrogenated vegetable oils (rapeseed, coconut), sweet whey, skimmed milk powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring]. Freeze-dried strawberries 20%. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain peanuts, soy and nuts.

EAN/pcs: 8585067201246

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
70 g	365	10	1800	180

Gams Coated Nuts

3 FLAVOURS
Peanuts
Almonds
Hazelnuts

Gams Protein Nuts combine **whole crunchy nuts with a smooth protein coating** into a satisfying snack with a rich nutty flavour.

REAL NUTS

PROTEIN COATING

CRUNCHY TEXTURE

3 TYPES OF NUTS



ALMONDS



NUTRITIONAL VALUES PER 100 g

Energy:	2 242 kJ/536 kcal
Fat:	43 g
of which saturates:	19 g
Carbohydrate:	25 g
of which sugars:	3.1 g
of which polyols:	17 g
Fibre:	8.3 g
Protein:	16 g
Salt:	0.05 g

Ingredients:
Unblanched almonds 49.5%. Dark coating with maltitol and protein 49.5% [sweetener (maltitol), fully hydrogenated rapeseed and coconut oil, cocoa powder, milk protein concentrate 10%, emulsifier (lecithins), flavouring]. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain peanuts, soy and other nuts.

EAN/pcs: 8585067203486

HAZELNUTS



NUTRITIONAL VALUES PER 100 g

Energy:	2 411 kJ/576 kcal
Fat:	51 g
of which saturates:	20 g
Carbohydrate:	24 g
of which sugars:	2.7 g
of which polyols:	21 g
Fibre:	6.4 g
Protein:	13 g
Salt:	0.15 g

Ingredients:
Roasted blanched hazelnut kernels 49.5%. Milk coating with maltitol and protein 49.5% [sweetener (maltitol), fully hydrogenated rapeseed and coconut oil, milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring]. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain peanuts, soy and other nuts.

EAN/pcs: 8585067203509

PEANUTS



NUTRITIONAL VALUES PER 100 g

Energy:	2 221 kJ/531 kcal
Fat:	44 g
of which saturates:	20 g
Carbohydrate:	23 g
of which sugars:	3.4 g
of which polyols:	21 g
Fibre:	5.3 g
Protein:	19 g
Salt:	0.05 g

Ingredients:
Roasted shelled peanuts 49.5%. Milk coating with maltitol and protein 49.5% [sweetener (maltitol), fully hydrogenated rapeseed and coconut oil, milk protein concentrate 10%, skimmed milk powder, cocoa powder, emulsifier (lecithins), flavouring]. Glazing agent 1% (carnauba wax, beeswax, shellac). May contain soy and nuts.

EAN/pcs: 8585067203493

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
80 g	365	12	2160	180

Gams Cheese Balls

NO ARTIFICIAL ADDITIVES
SOURCE OF CALCIUM AND PHOSPHORUS
2 FLAVOURS
Gouda
Cheddar

Gams Protein Cheese Balls turn **100% real Gouda or Cheddar cheese** into a light and crunchy protein snack. With up to 48g of protein and no carbohydrates, they deliver the authentic taste of cheese in a completely new form.



100% CHEESE



UP TO 48g PROTEIN



NO CARBOHYDRATES



KETO FRIENDLY



GOUDA



NUTRITIONAL VALUES PER 100 g

Energy:	2 531 kJ/605 kcal
Fat:	47 g
of which saturates:	30 g
Carbohydrate:	1.5 g
of which sugars:	1.4 g
Protein:	42 g
Salt:	2.8 g

Ingredients:
[pasteurised cow's milk, salt, starter cultures, microbial rennet, colour (carotenes)]. Fat in dry matter min. 40±5%, dry matter min. 88%.

EAN/pcs: 8585067204056

CHEDDAR



NUTRITIONAL VALUES PER 100 g

Energy:	2 614kJ/688 kcal
Fat:	44 g
of which saturates:	31 g
Carbohydrate:	1.5 g
of which sugars:	1.4 g
Protein:	48 g
Salt:	3.1 g

Ingredients:
Cheese (pasteurised cow's milk, salt, starter cultures, microbial rennet). Fat in dry matter min. 40±5%, dry matter min. 87%.

EAN/pcs: 8585067204049

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
30 g	365	10	1800	180

Gams Wafers

3 FLAVOURS

Vanilla cream

Lemon cream & almonds

Nut cream & hazelnuts

Gams protein wafers combine **light, crunchy layers with a smooth creamy filling**, creating a pleasant contrast of textures. With up to **29g of protein**, plant fibre and no added sugar, they deliver the classic wafer experience as a functional protein snack.

29g

UP TO 29g PROTEIN

CRISPY WAFER LAYERS

CREAMY FILLING

NO ADDED SUGAR



VANILLA CREAM



NUTRITIONAL VALUES PER 100 g

Energy:	2 280 kJ/549 kcal
Fat:	35 g
of which saturates:	18 g
Carbohydrate:	31 g
of which sugars:	15 g
Fibre:	4.2 g
Protein:	29 g
Salt:	0.77 g

Ingredients:
Protein blend 29% (soy protein isolate, whey protein concentrate), vegetable oils (rapeseed oil, fully hydrogenated rapeseed oil and coconut oil), cocoa coating 12% [sugar, vegetable oils (fully hydrogenated coconut and rapeseed oil, shea seed oil), fat-reduced cocoa powder 15%, whey powder, emulsifier (lecithins), flavourings], maize starch, potato starch, sugar, whey powder, ground soybeans, maize flour, amaranth flour, thickener (guar gum), vanillin flavouring, flavouring, raising agents (sodium carbonates, ammonium carbonates), sweetener (sucralose), emulsifier (lecithins), roasted peanuts. May contain eggs, sesame and nuts.

EAN/pcs: 8585067202410

LEMON CREAM & ALMONDS



NUTRITIONAL VALUES PER 100 g

Energy:	2 420 kJ/583 kcal
Fat:	42 g
of which saturates:	23 g
Carbohydrate:	29 g
of which sugars:	5.1 g
of which polyols:	8.3 g
Fibre:	3.5 g
Protein:	25 g
Salt:	0.18 g

Ingredients:
Protein blend 28% (milk protein concentrate, whey protein concentrate), vegetable oils (rapeseed oil, fully hydrogenated rapeseed and coconut oil, shea kernel oil), milk coating with maltitol 21% [sweeteners (maltitol 45.6%, sucralose), vegetable oils (fully hydrogenated coconut and rapeseed oil, shea kernel oil), skimmed milk powder 14%, fat-reduced cocoa powder, cocoa butter, cocoa mass, emulsifier (lecithins), flavourings], roasted almonds 6%, maize starch, potato starch, chicory root fibre, whey powder, maize flour, amaranth flour, natural lemon flavouring, acidity regulator (citric acid), flavourings, thickener (guar gum), raising agents (sodium carbonates, ammonium carbonates), sweetener (sucralose), emulsifier (lecithins), roasted peanuts. May contain soy, eggs, sesame seeds and other nuts.

EAN/pcs: 8585067202397

NUT CREAM & HAZELNUTS



NUTRITIONAL VALUES PER 100 g

Energy:	2 450 kJ/589 kcal
Fat:	42 g
of which saturates:	22 g
Carbohydrate:	29 g
of which sugars:	3.7 g
of which polyols:	7.5 g
Fibre:	3.1 g
Protein:	25 g
Salt:	0.22 g

Ingredients:
Protein blend 28% (milk protein concentrate, whey protein concentrate), vegetable oils (rapeseed oil, fully hydrogenated rapeseed oil and coconut oil, shea seed oil), milk coating with maltitol 21% [sweeteners (maltitol 45.6%, sucralose), vegetable oils (fully hydrogenated coconut and rapeseed oil, shea seed oil), skimmed milk powder 14%, fat-reduced cocoa powder, cocoa butter, cocoa mass, emulsifier (lecithins), flavourings], roasted hazelnuts 6%, maize starch, potato starch, chicory root fibre, hazelnut paste 1.6%, fat-reduced cocoa powder, maize flour, amaranth flour, flavourings, thickener (guar gum), raising agents (sodium carbonates, ammonium carbonates), sweetener (sucralose), emulsifier (lecithins), roasted peanuts. May contain soy, eggs, sesame and other nuts.

EAN/pcs: 8585067202373

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
50-55 g	420	20	6900	345

Gams Bisquits

SOURCE OF FIBRE

3 FLAVOURS

Butter
Cinnamon
Cocoa

Gams biscuits combine **ghee butter, spelt flour and chicory root fibre** in a simple recipe with a pleasantly crunchy texture. **With no added sugar** or sweeteners, they deliver a naturally tasty snack made from carefully selected ingredients.

WITH GHEE BUTTER

WITH SPELT FLOUR

NO ADDED SUGAR

SOURCE OF FIBRE FROM CHICORY ROOT



BUTTER



NUTRITIONAL VALUES PER 100 g

Energy:	2 150 kJ/513 kcal
Fat:	28 g
of which saturates:	22 g
Carbohydrate:	60 g
of which sugars:	13 g
Fibre:	3.9 g
Protein:	8.4 g
Salt:	0.06 g

Ingredients:
Wholegrain spelt flour* 54%, chicory root fibre 15%, coconut fat*, clarified ghee butter* 9%, sweetener (erythritol)*, emulsifier (soy lecithin)*, raising agent (maize starch, potassium tartrates, sodium carbonates)*. Contains gluten. May contain milk, nuts, eggs, peanuts and sesame seeds.
*from organic farming

EAN/pcs: 8585067203981

CINNAMON



NUTRITIONAL VALUES PER 100 g

Energy:	2 120 kJ/507 kcal
Fat:	27 g
of which saturates:	23 g
Carbohydrate:	61 g
of which sugars:	14 g
Fibre:	4.9 g
Protein:	8.1 g
Salt:	0.04 g

Ingredients:
Wholegrain spelt flour* 54%, coconut fat*, chicory root fibre 15%, cinnamon powder* 4%, sweetener (erythritol)*, emulsifier (soy lecithin)*, raising agent (maize starch, potassium tartrates, sodium carbonates)*. Contains gluten. May contain milk, nuts, eggs, peanuts and sesame seeds.
*from organic farming

EAN/pcs: 8585067204001

COCOA



NUTRITIONAL VALUES PER 100 g

Energy:	2 100 kJ/503 kcal
Fat:	27 g
of which saturates:	23 g
Carbohydrate:	60 g
of which sugars:	13 g
Fibre:	4.7 g
Protein:	8.7 g
Salt:	0.02 g

Ingredients:
Wholegrain spelt flour* 54%, coconut fat*, chicory root fibre 15%, cocoa powder* 3%, sweetener (erythritol)*, emulsifier (soy lecithin)*, raising agent (maize starch, potassium tartrates, sodium carbonates)*. Contains gluten. May contain milk, nuts, eggs, peanuts and sesame seeds.

EAN/pcs: 8585067204025

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
100 g	274	24	1680	70

Gams Shots



Gams

Gams Ginger Shots

Our **Gams Ginger Shots** celebrate the bold, unmistakable character of real ginger, combining cold-pressed ginger juice with carefully selected fruits and natural ingredients.

With **25–50% ginger juice depending on the variety**, every shot delivers its own balance of intense ginger kick and vibrant fruit flavour. Available in eight distinctive varieties, the range moves from fresh and fruity combinations to extra-strong ginger experiences. Made with **100% natural ingredients** and vitamin C, each convenient 60ml bottle brings bold flavour and real ginger intensity into your day.

25–50% GINGER JUICE
WITH VITAMIN C
100% NATURAL INGREDIENTS



Cold-pressed ginger

Up to 50% ginger juice for a bold, naturally intense ginger kick.



Fruit combinations

Carefully selected fruits create fresh, vibrant and distinctive flavour profiles.



8 Distinctive varieties

From fruity and refreshing to bold and extra strong – a ginger shot for every taste.



LEMON



EXTRA STRONG
50% GINGER JUICE

NUTRITIONAL VALUES PER 100 ml

Energy:	125 kJ/30 kcal
Fat:	0.2 g
of which saturates:	0 g
Carbohydrate:	6.7 g
of which sugars:	5.4 g
Protein:	0.4 g
Salt:	0.01 g
Vitamin C:	110 mg

Ingredients:
Ginger juice 50%, apple juice, lemon juice, vitamin C.

EAN/pcs: 8585067205855

APPLE & LEMON



NUTRITIONAL VALUES PER 100 ml

Energy:	315 kJ/74 kcal
Fat:	0 g
of which saturates:	0 g
Carbohydrate:	18 g
of which sugars:	18 g
Protein:	1.1 g
Salt:	0 g

Ingredients:
Apple juice 35%, cold-pressed ginger juice 35%, bees honey 15%, lemon juice 14.92%, antioxidant (vitamin C) 0.08%.

EAN/pcs: 8585067201697

TURMERIC SEA BUCKTHORN



NUTRITIONAL VALUES PER 100 ml

Energy:	332 kJ/78 kcal
Fat:	1.0 g
of which saturates:	0 g
Carbohydrate:	19 g
of which sugars:	18 g
Protein:	1.4 g
Salt:	0 g

Ingredients:
Cold pressed ginger juice 35%, sea buckthorn juice 25%, bees honey 20%, lemon juice 12.92%, turmeric juice 7%, antioxidant (vitamin C) 0.08%.

EAN/pcs: 8585067201680

BEETROOT



NUTRITIONAL VALUES PER 100 ml

Energy:	264 kJ/63 kcal
Fat:	0 g
of which saturates:	0 g
Carbohydrate:	14 g
of which sugars:	12 g
Protein:	1.8 g
Salt:	0.2 g

Ingredients:
Apple juice, ginger juice 25%, beetroot juice concentrate 11%, blood orange juice from concentrate.

EAN/pcs: 8585067205831

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
60 ml	365	18	5832	324

CRANBERRIES



NUTRITIONAL VALUES PER 100 ml

Energy:	444 kJ/104 kcal
Fat:	0 g
of which saturates:	0 g
Carbohydrate:	26 g
of which sugars:	25 g
Protein:	0.6 g
Salt:	0 g

Ingredients:
Cranberry juice 39.92%, cold-pressed ginger juice 35%, bees honey 25%, antioxidant (vitamin C) 0.08%

EAN/pcs: 8585067201673

GRAPEFRUIT



NUTRITIONAL VALUES PER 100 ml

Energy:	135 kJ/32 kcal
Fat:	0.1 g
of which saturates:	0 g
Carbohydrate:	6.4 g
of which sugars:	5.9 g
Protein:	0.7 g
Salt:	0.01 g
Vitamin C:	133 mg

Ingredients:
Apple juice, ginger juice 25%, grapefruit juice from concentrate 20%, vitamin C.

EAN/pcs: 8585067205879

KIWI



NUTRITIONAL VALUES PER 100 ml

Energy:	160 kJ/35 kcal
Fat:	1.0 g
of which saturates:	0 g
Carbohydrate:	7.5 g
of which sugars:	6.3 g
Protein:	0.3 g
Salt:	0.01 g
Vitamin C:	116 mg

Ingredients:
Apple juice, kiwi puree 30%, ginger juice 25%, vitamin C.

EAN/pcs: 8585067205893

QUINCE & HONEY



NUTRITIONAL VALUES PER 100 ml

Energy:	430 kJ/101 kcal
Fat:	0.1 g
of which saturates:	0 g
Carbohydrate:	25 g
of which sugars:	25 g
Protein:	0.3 g
Salt:	0.0 g
Vitamin C:	122 mg

Ingredients:
Quince juice 41%, ginger juice 25%, honey 17%, apple juice, vitamin C.

EAN/pcs: 8585067205916

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
60 ml	365	18	5832	324

Gams Hot Shots

100% NATURAL INGREDIENTS
FRUIT JUICES & EXTRACTS
UNIQUE FLAVOUR COMBINATIONS

Gams Hot Shots – when you fancy something warm, you don't always have to reach for tea. Simply pour hot water over the contents of the shot and enjoy it as an intense fruity-herbal drink. They offer an unusual combination of fruit juices, herbs and spices in three original flavours.

Choose from three combinations – **Apple & Linden Blossom, Blackcurrant & Black Pepper, or Cranberry & Chilli**. Each Hot Shot is made with **100% natural ingredients** and delivers a bold fruity flavour complemented by carefully selected botanical ingredients.



Real fruit juices
Carefully selected fruit juices create a vibrant and authentic flavour base.



Unexpected pairings
Fruit meets herbs and spices for bold, distinctive flavour combinations.



Bold taste experience
From delicately floral to peppery and fiery – every shot brings its own character.



HOT SHOT APPLE & LINDENFLOWER



NUTRITIONAL VALUES PER 100 ml

Energy:	151 kJ/34 kcal
Fat:	0 g
of which saturates:	0 g
Carbohydrate:	8.9 g
of which sugars:	8.5 g
Protein:	0 g
Salt:	0 g

Ingredients:
Apple juice from concentrate 65%, apple juice 24.5%, drinking water, linden flower extract 0.5%.

EAN/pcs: 8585067206142

HOT SHOT BLACKCURRANT & PEPPER



NUTRITIONAL VALUES PER 100 ml

Energy:	151 kJ/34 kcal
Fat:	0 g
of which saturates:	0 g
Carbohydrate:	7.6 g
of which sugars:	7.5 g
Protein:	0 g
Salt:	0.01 g

Ingredients:
Apple juice from concentrate, apple juice, ginger juice 10%, blackcurrant concentrate 10%, cinnamon and clove extract, black pepper extract.

EAN/pcs: 8585067206166

HOT SHOT CRANBERRY & CHILLI PEPPER



NUTRITIONAL VALUES PER 100 ml

Energy:	151 kJ/34 kcal
Fat:	0 g
of which saturates:	0 g
Carbohydrate:	7.7 g
of which sugars:	7.5 g
Protein:	0 g
Salt:	0 g

Ingredients:
Apple juice from concentrate, cranberry juice from concentrate 24.5%, apple juice, ginger juice, chilli pepper extract 0.5%.

EAN/pcs: 8585067206180

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
60 ml	365	18	5832	324

Gams Functional Shots

100% NATURAL INGREDIENTS
WITH VITAMIN C
FRUIT & BOTANICALS

Our **Gams Functional Shots** bring together carefully selected fruit and ginger juices with distinctive botanical ingredients, creating a modern range of naturally bold shots. Each blend combines familiar fruit flavours with ingredients such as **ginseng, ashwagandha, rose root, Chaga, artichoke and matcha**.

Discover six distinctive combinations – from Aronia & Ginseng and Orange & Ashwagandha to Passion Fruit & Rose Root, Pineapple & Chaga, Sea Buckthorn & Artichoke and Ginger & Matcha. Made with **100% natural ingredients** and vitamin C, every 60 ml shot offers its own unique fruit and botanical experience.



Botanical ingredients
Ginseng, ashwagandha, rose root, Chaga, artichoke and matcha give every blend its distinctive character.



Fruit & ginger juices
Carefully selected juices create vibrant flavour profiles and complement each botanical combination.



6 unique combinations
Six distinctive blends, each bringing together fruit and botanicals in a different way.



DEFENCE
ARONIA & GINSENG



NUTRITIONAL VALUES PER 100 ml

Energy:	205 kJ/49 kcal
Fat:	0.2 g
of which saturates:	0 g
Carbohydrate:	12 g
of which sugars:	8.3 g
Protein:	0.6 g
Salt:	0.01 g
Vitamin C:.	125 mg

For immune support and everyday vitality.

Ingredients:
Aronia juice 30%, blackcurrant juice 25%, cranberry juice 25%, apple juice concentrate, turmeric juice, black pepper extract, panax ginseng extract, vitamin C.

EAN/pcs: 8585067205954

IMMUNITY
ORANGE & ASHWAGANDHA



NUTRITIONAL VALUES PER 100 ml

Energy:	143 kJ/33 kcal
Fat:	0.1 g
of which saturates:	0 g
Carbohydrate:	6.3 g
of which sugars:	5.7 g
Protein:	0.7 g
Salt:.	0.01 g
Vitamin C:	100 mg

For balance and better stress management.

Ingredients:
Orange juice 40%, ginger juice, pink grapefruit juice from concentrate 15%, pineapple juice, lemon juice 10%, pineapple juice from concentrate, ashwagandha extract, vitamin C.

EAN/pcs: 8585067205978

BALANCE
PASSION FRUIT & ROSE ROOT



NUTRITIONAL VALUES PER 100 ml

Energy:	196 kJ/46 kcal
Fat:	0.1 g
of which saturates:	0 g
Carbohydrate:	11 g
of which sugars:	8.2 g
Protein:	0.6 g
Salt:	0.01 g
Vitamin C:	115 mg

For physical and mental performance.

Ingredients:
Orange juice 40%, ginger juice, pineapple juice 20%, mango juice from concentrate 6%, passion fruit juice from concentrate 9%, lemon juice, natural rose root extract with Rhodiola rosea, vitamin C.

EAN/pcs: 8585067206012

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
60 ml	365	18	5832	324

CHAGA
PINEAPPLE & CHAGA



NUTRITIONAL VALUES PER 100 ml

Energy:	185 kJ/44 kcal
Fat:	0.1 g
of which saturates:	0 g
Carbohydrate:	9.8 g
of which sugars:	7.3 g
Protein:	0.7 g
Salt:	0.01 g
Vitamin C:	115 mg

For everyday vitality and overall well-being.

Ingredients:
Pineapple juice 50%, ginger juice 30%, lemon juice, apple juice from concentrate, chaga mushroom extract – Chaga *(Inonotus obliquus)* 0.05%, vitamin C.

EAN/pcs: 8585067206050

HARMONY
SEA BUCKTHORN & ARTICHOKE



NUTRITIONAL VALUES PER 100 ml

Energy:	214 kJ/51 kcal
Fat:	0.2 g
of which saturates:	0 g
Carbohydrate:	12 g
of which sugars:	9.5 g
Protein:	0.5 g
Salt:	0.01 g
Vitamin C:	135 mg

For digestive support and a feeling of lightness.

Ingredients:
Apple juice, sea buckthorn juice 30%, ginger juice 15%, apple juice from concentrate, artichoke extract, olive leaf extract, black pepper extract, vitamin C.

EAN/pcs: 8585067205992

BOOST
GINGER & MATCHA



NUTRITIONAL VALUES PER 100 ml

Energy:	202 kJ/48 kcal
Fat:	0.1 g
of which saturates:	0 g
Carbohydrate:	12 g
of which sugars:	10 g
Protein:	0.2 g
Salt:	0.01 g
Vitamin C:	100 mg

For natural energy and a boost.

Ingredients:
Apple juice, ginger juice 5%, agave syrup, lemon juice, powdered green tea - matcha *(Camellia sinensis)* 1%, red pepper extract, antioxidant (vitamin C 0.05%).

EAN/pcs: 8585067205930

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
60 ml	365	18	5832	324

Gams Functional Drinks



Gams

Gams Functional Drinks

PROTEIN LEMONADE

Protein
Collagen
Fruit Flavours

ELECTROLYTE DRINKS

Hydration
5 Electrolytes
Refreshment

WELLBEING DRINKS

Cold-Pressed Juices
Organic Ingredients
No Added Sugar

FUNCTIONAL REFRESHMENT FOR EVERY DAY.

Three product lines, three ways to combine refreshment with functionality. Protein Lemonade delivers protein in a light, sparkling form, Electrolyte Drinks focus on hydration and a combination of electrolytes, while Wellbeing Drinks bring together European berries, herbs and cold-pressed juices. Functional drinks designed for the different needs of everyday life.



Gams Protein Lemonade

REFRESHMENT WITH A PROTEIN BOOST.

5 FLAVOURS
Lemon & lime
Sour cherry
Mango & passion fruit
Orange
Raspberry

Gams Protein Lemonade combines the refreshing taste of a lightly sparkling fruit lemonade with 11 g of protein in a 330 ml can. A combination of hydrolysed collagen peptides and clear pea protein isolate creates a light alternative to traditional milk-based protein drinks. Lactose and gluten free, made with real fruit juice and with no added sugar, it delivers refreshing taste in five fruity flavours.

11g
11 G PROTEIN / 330 ML

LACTOSE & GLUTEN FREE

WITH REAL FRUIT JUICE

PROTEIN + COLLAGEN



RASPBERRY



NUTRITIONAL VALUES PER 100 ml

Energy:	123 kJ / 29 kcal
Fat:	<0.1 g
of which saturates:	<0.1 g
Carbohydrate:	3.9 g
of which sugars:	1.5 g
Fibre:	<1.0 g
Protein:	3.3 g
Salt:	0.10 g
Vitamin C:	24.2 mg
Vitamin B6:	0.42 mg
Vitamin B12:	0.76 µg

Ingredients:
Drinking water, protein blend 3.6% (hydrolysed collagen peptides 2.2%, clear pea protein isolate 1.4%), raspberry juice concentrate 1.8%, apple juice concentrate, chicory root fibre, lemon juice concentrate, black carrot concentrate, humectant (glycerol), natural flavourings, acids (citric acid, malic acid), sweetener (steviol glycosides from stevia 0.01%), vitamins (vitamin C, vitamin B6, vitamin B12), antifoaming agent (polydimethylsiloxane), carbon dioxide.

EAN/pcs: 8585067207354

MANGO & PASSION FRUIT



NUTRITIONAL VALUES PER 100 ml

Energy:	110 kJ / 26 kcal
Fat:	<0.1 g
of which saturates:	<0.1 g
Carbohydrate:	3.1 g
of which sugars:	0.7 g
Fibre:	<1.0 g
Protein:	3.3 g
Salt:	0.11 g
Vitamin C:	24.2 mg
Vitamin B6:	0.42 mg
Vitamin B12:	0.76 µg

Ingredients:
Drinking water, protein blend 3.6% (hydrolysed collagen peptides 2.2%, clear pea protein isolate 1.4%), chicory root fibre, mango concentrate 0.7%, apple juice concentrate, passion fruit concentrate 0.2%, lemon juice concentrate, humectant (glycerol), natural flavourings, acids (citric acid, malic acid), sweetener (steviol glycosides from stevia 0.01%), vitamins (vitamin C, vitamin B6, vitamin B12), antifoaming agent (polydimethylsiloxane), carbon dioxide.

EAN/pcs: 8585067207323

CITRUS & MINT



NUTRITIONAL VALUES PER 100 ml

Energy:	112 kJ / 26 kcal
Fat:	<0.1 g
of which saturates:	<0.1 g
Carbohydrate:	3.2 g
of which sugars:	1.3 g
Fibre:	<1.0 g
Protein:	3.3 g
Salt:	0.1 g
Vitamin C:	24.2 mg
Vitamin B6:	0.42 mg
Vitamin B12:	0.76 µg

Ingredients:
Drinking water, protein blend 3.6% (hydrolysed collagen peptides 2.2%, clear pea protein isolate 1.4%), lemon juice concentrate 1%, chicory root fibre, apple juice concentrate, lime juice concentrate 0.4%, humectant (glycerol), natural mint flavouring, natural flavouring, acids (citric acid, malic acid), sweetener (steviol glycosides from stevia 0.01%), vitamins (vitamin C, vitamin B6, vitamin B12), antifoaming agent (polydimethylsiloxane), carbon dioxide.

EAN/pcs: 8585067207361

Volume	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
330 ml	365	12	1944	162

SOUR CHERRY



NUTRITIONAL VALUES PER 100 ml

Energy:	123 kJ / 29 kcal
Fat:	<0.1 g
of which saturates:	<0.1 g
Carbohydrate:	3.9 g
of which sugars:	1.5 g
Fibre:	<1.0 g
Protein:	3.3 g
Salt:	0.10 g
Vitamin C:	24.2 mg
Vitamin B6:	0.42 mg
Vitamin B12:	0.76 µg

Ingredients:
Drinking water, protein blend 3.6% (hydrolysed collagen peptides 2.2%, clear pea protein isolate 1.4%), sour cherry juice concentrate 0.8%, chicory root fibre, apple juice concentrate, lemon juice concentrate, black carrot concentrate, humectant (glycerol), natural flavourings, acids (citric acid, malic acid), sweetener (steviol glycosides from stevia 0.01%), vitamins (vitamin C, vitamin B6, vitamin B12), antifoaming agent (polydimethylsiloxane), carbon dioxide.

EAN/pcs: 8585067207330

ORANGE



NUTRITIONAL VALUES PER 100 ml

Energy:	113 kJ / 27 kcal
Fat:	<0.1 g
of which saturates:	<0.1 g
Carbohydrate:	3.3 g
of which sugars:	1.1 g
Fibre:	<1.0 g
Protein:	3.3 g
Salt:	0.12 g
Vitamin C:	24.2 mg
Vitamin B6:	0.42 mg
Vitamin B12:	0.76 µg

Ingredients:
Drinking water, protein blend 3.6% (hydrolysed collagen peptides 2.2%, clear pea protein isolate 1.4%), orange juice concentrate 0.8%, chicory root fibre, apple juice concentrate, lemon juice concentrate, humectant (glycerol), natural flavourings, acids (citric acid, malic acid), sweetener (steviol glycosides from stevia 0.01%), vitamins (vitamin C, vitamin B6, vitamin B12), antifoaming agent (polydimethylsiloxane), carbon dioxide.

EAN/pcs: 8585067207347

Volume	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
330 ml	365	12	1944	162

Gams Electrolyte Drinks

5 ELECTROLYTES
Na • K • Mg • Ca • Zn

6 VARIANTS
Pineapple
Forest fruits
Lemon & lime
Caramel
Pure
Tropical fruit

Gams Electrolyte Drinks are sparkling hydration drinks combining five electrolytes – sodium, potassium, magnesium, calcium and zinc. Selected minerals in chelated and organic forms, including citrates and bisglycinates, complement the functional formula designed to support hydration during physical activity and throughout the day. With no added sugar and sweetened with stevia, they provide light, low-calorie refreshment.

NO ADDED SUGAR*

SWEETENED WITH STEVIA

330ml READY-TO-DRINK

HYDRATION WITH 5 ELECTROLYTES

*Contains naturally occurring sugars.



PINEAPPLE



NUTRITIONAL VALUES PER 100 ml

Energy:	56 kJ / 13 kcal
Fat:	<0.1 g
of which saturates:	<0.1 g
Carbohydrate:	3.3 g
of which sugars:	1.2 g
Fibre:	<1.0 g
Protein:	<0.5 g
Salt:	0.38 g
Sodium:	150 mg
Potassium:	105 mg
Magnesium:	18.8 mg
Zinc:	1.5 mg

Ingredients:
Drinking water, apple juice concentrate, chicory root fibre, pineapple juice concentrate 1%, lemon juice concentrate, humectant (glycerol), natural flavourings, electrolyte premix 1% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), acids (citric acid, malic acid), sweetener (steviol glycosides from stevia 0.01%), carbon dioxide.

EAN/pcs: 8585067207378

BERRIES



NUTRITIONAL VALUES PER 100 ml

Energy:	56 kJ / 13 kcal
Fat:	<0.1 g
of which saturates:	<0.1 g
Carbohydrate:	3.3 g
of which sugars:	1.0 g
Fibre:	<1.0 g
Protein:	<0.5 g
Salt:	0.38 g
Sodium:	150 mg
Potassium:	105 mg
Magnesium:	18.8 mg
Zinc:	1.5 mg

Ingredients:
Drinking water, apple juice concentrate, mixed forest fruit juice concentrate 1% (strawberry, aronia, black elderberry, blackcurrant, blackberry), chicory root fibre, lemon juice concentrate, black carrot concentrate, humectant (glycerol), natural flavourings, electrolyte premix 1% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), acids (citric acid, malic acid), sweetener (steviol glycosides from stevia 0.01%), carbon dioxide.

EAN/pcs: 8585067207385

LEMON & LIME



NUTRITIONAL VALUES PER 100 ml

Energy:	47 kJ / 11 kcal
Fat:	<0.1 g
of which saturates:	<0.1 g
Carbohydrate:	2.8 g
of which sugars:	0.9 g
Fibre:	<1.0 g
Protein:	<0.5 g
Salt:	0.38 g
Sodium:	150 mg
Potassium:	105 mg
Magnesium:	18.8 mg
Zinc:	1.5 mg

Ingredients:
Drinking water, apple juice concentrate, chicory root fibre, lemon juice concentrate 0.6%, lime juice concentrate 0.2%, humectant (glycerol), natural flavourings, electrolyte premix 1% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), acids (citric acid, malic acid), sweetener (steviol glycosides from stevia 0.01%), carbon dioxide.

EAN/pcs: 8585067207392

Volume	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
330 ml	365	12	1944	162

SALTED CARAMEL



NUTRITIONAL VALUES PER 100 ml

Energy:	46 kJ / 11 kcal
Fat:	<0.1 g
of which saturates:	<0.1 g
Carbohydrate:	2.7 g
of which sugars:	0.8 g
Fibre:	<1.0 g
Protein:	<0.5 g
Salt:	0.4 g
Sodium:	156 mg
Potassium:	105 mg
Magnesium:	18.8 mg
Zinc:	1.5 mg

Ingredients:
Drinking water, apple juice concentrate, chicory root fibre, humectant (glycerol), colour (plain caramel), natural flavourings, electrolyte premix 1% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), sweetener (steviol glycosides from stevia 0.01%), salt 0.02%, carbon dioxide.

EAN/pcs: 8585067207415

PURE



NUTRITIONAL VALUES PER 100 ml

Energy:	23 kJ / 6 kcal
Fat:	<0.1 g
of which saturates:	<0.1 g
Carbohydrate:	1.4 g
of which sugars:	<0.5 g
Fibre:	<1.0 g
Protein:	<0.5 g
Salt:	0.38 g
Sodium:	150 mg
Potassium:	105 mg
Magnesium:	18.8 mg
Zinc:	1.5 mg

Ingredients:
Drinking water, chicory root fibre, humectant (glycerol), natural flavouring, electrolyte premix 1% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), acid (citric acid), sweetener (steviol glycosides from stevia 0.01%), carbon dioxide.

EAN/pcs: 8585067207408

TROPICAL



NUTRITIONAL VALUES PER 100 ml

Energy:	62 kJ / 15 kcal
Fat:	<0.1 g
of which saturates:	<0.1 g
Carbohydrate:	3.7 g
of which sugars:	1.1 g
Fibre:	<1.0 g
Protein:	<0.5 g
Salt:	0.38 g
Sodium:	150 mg
Potassium:	105 mg
Magnesium:	18.8 mg
Zinc:	1.5 mg

Ingredients:
Drinking water, apple juice concentrate, tropical fruit juice concentrate 1.5% (orange, pineapple, banana, guava, apricot, passion fruit, apple, mango, papaya, lime), chicory root fibre, lemon juice concentrate, humectant (glycerol), natural flavourings, electrolyte premix 1% (sodium citrate, potassium chloride, magnesium bisglycinate, calcium citrate, zinc bisglycinate), acids (citric acid, malic acid), sweetener (steviol glycosides from stevia 0.01%), carbon dioxide.

EAN/pcs: 8585067207422

Volume	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
330 ml	365	12	1944	162

Gams Wellbeing Drinks

COLD-PRESSED JUICES
ORGANIC INGREDIENTS
NO ADDED SUGAR

Our **Gams Wellbeing Drinks** drinks combine carefully selected European berries, herbs, and cold-pressed juices into a **natural functional refreshment** for modern healthy lifestyles. Made from organic ingredients and gently pasteurised, they preserve authentic flavour, freshness, and quality.

With no added sugar, preservatives, flavourings, or artificial additives, they deliver clean-label refreshment with naturally occurring vitamin C and **real berry-herb taste, from energising to calming blends**. Packaged in elegant glass bottles, they are designed for natural refreshment, mindful wellbeing, and everyday enjoyment. Each bottle is crafted to **support balance and wellbeing throughout the day**.



Carefully selected berries
Berries, sea buckthorn and more for authentic flavour and natural vitality.



Herbal infusions
Thoughtfully selected herbs create unique flavour profiles and functional inspiration in every variant.



Gentle processing
Cold-pressed juices and gentle pasteurisation help preserve natural taste and quality.



BRIGHT ENERGY



NUTRITIONAL VALUES PER 100 ml/250 ml

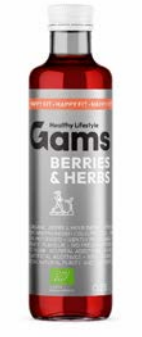
Energy:	76 kJ/19 kcal / 190 kJ/48 kcal
Fat:	2.1 g/5.3 g
of which saturates:	0.4 g/1 g
Carbohydrate:	9.4 g/24 g
of which sugars:	7.4 g/19 g
Protein:	<0.10 g/<0.10 g
Salt:	0 g/0 g
Vitamin C:	11 mg (14%*)/28 mg (35%*)

Herbal blend for energy, focus, and an active day.

Ingredients:
Pear juice *(Pyrus)**, cranberry juice *(Vaccinium Macrocarpon)**10%, blackcurrant juice *(Ribes Nigrum)** 10%, chinese schisandra fruits and twigs [magnolia-vine fuit *(Schisandra chinesis)*]* 7%, white clover *(Trifolium repens)** 7%, monarda leaves *(Monarda didyma)** 4%. The product does not contain allergens.
*product from organic farming

EAN/pcs: 8585067205572

HAPPY FIT



NUTRITIONAL VALUES PER 100 ml/250 ml

Energy:	139 kJ/33 kcal / 348 kJ/83 kcal
Fat:	0.3 g/0.8 g
of which saturates:	0.2 g/0.5 g
Carbohydrate:	7.1 g/18 g
of which sugars:	7.1 g/18 g
Protein:	<0.10 g/<0.10 g
Salt:	0 g/0 g
Vitamin C:	12 mg (15%*)/30 mg (38%*)

Fruit and herbs for vitality, movement, and everyday well-being.

Ingredients:
Blueberry juice (*Vaccinium Corymbosum* 60%, *Vaccinium Angustifolium* 40%)* 35%, pear juice *(Pyrus)**, moldavian dragonhead *(Dracocephalummoldavica)** 15%, blackcurrant juice *(Ribes Nigrum)** 5%, cranberry juice *(Vaccinium Macrocarpon)** 5%, redcurrant juice *(Ribes Rubrum)** 5%, chamomile flowers *(Matricaria chamomilla)** 5%, strawberry buds *(Fragaria × ananassa)** 5%. The product does not contain allergens.
*product from organic farming

EAN/pcs: 8585067205596

PURE RECOVERY



NUTRITIONAL VALUES PER 100 ml/250 ml

Energy:	39 kJ/9 kcal / 98 kJ/23 kcal
Fat:	1.0 g/2.5 g
of which saturates:	0.5 g/1.3 g
Carbohydrate:	8.5 g/21 g
of which sugars:	7.5 g/19 g
Protein:	<0.10 g/<0.10 g
Salt:	0 g/0 g
Vitamin C:	25 mg (31%*)/63 mg (78%*)

Balanced herbal blend for recovery and restoring balance.

Ingredients:
Apple juice *(Malus Domestica)**, blackcurrant juice *(Ribes Nigrum)** 15%, rosebay petals *(Chamerion angustifolium)** 7%, yarrow flowers *(Achillea millefolium)** 6.5%, white clover *(Trifolium repens)** 6.5%. The product does not contain allergens.
*product from organic farming

EAN/pcs: 8585067205619

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
250 ml	547	20	1 440	72

SOFT RELAX



NUTRITIONAL VALUES PER 100 ml/250 ml

Energy:	141 kJ/33 kcal / 353 kJ/83 kcal
Fat:	0.4 g/1.0 g
of which saturates:	0.1 g/0.3 g
Carbohydrate:	8.7 g/22 g
of which sugars:	6.9 g/17 g
Protein:	<0.10 g/<0.10 g
Salt:	0 g/0 g
Vitamin C:	9.7 mg (12%*)/24 mg (30%*)(35%*)

Soothing herbs for moments of rest and relaxation.

Ingredients:
Apple juice *(Malus Domestica)**, cherry juice *(Prunus Cerasus)** 15%, raspberry juice *(Rubus Idaeus)** 5%, blackcurrant juice *(Ribes Nigrum)** 5%, lemon balm leaves *(Melissa officinalis L.)** 7%, meadowsweet flowers *(Filipendula ulmaria)** 6.5%, oregano leaves *(Origanum vulgare)** 6.5%. The product does not contain allergens.
*product from organic farming

EAN/pcs: 8585067205633

VITAL GLOW



NUTRITIONAL VALUES PER 100 ml/250 ml

Energy:	119 kJ/28 kcal / 298 kJ/70 kcal
Fat:	0.9 g/2.3 g
of which saturates:	0.4 g/1.0 g
Carbohydrate:	6.2 g/16 g
of which sugars:	4.9 g/12 g
Protein:	<0.10 g/<0.10 g
Salt:	0 g/0 g
Vitamin C:	6.3 mg (7.9%*)/16 mg (20%*)

A fruit and herbal blend for everyday vitality and well-being.

Ingredients:
Apple juice *(Malus Domestica)**, sea buckthorn juice *(Hippophae Rhamnoides)** 10%, cowslip flowers *(Primula veris)** 5.5%, blackcurrant leaves *(Ribes Nigrum)** 5.5%, rosehip fruits *(Rosa canina)** 5.5%, peppermint *(Mentha piperita)** 5.5%, stinging nettle leaves *(Urtica dioica)** 5.5%, common heather leaves *(Calluna vulgaris)** 5.5%, blackcurrant juice *(Ribes Nigrum)** 5%, raspberry juice *(Rubus Idaeus)** 5%, strawberry juice *(Fragaria Ananassa)** 5%. The product does not contain allergens.
*product from organic farming

EAN/pcs: 8585067205657

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
250 ml	547	20	1 440	72

Gams Food


Healthy lifestyle
Gams
22g Protein
100 % Chickpea
Fusilli
Gams Protein
RAMEN
PLANT-BASED PROTEIN
SPICY KIMCHI FLAVOUR
26 g PROTEIN PER SERVING
HIGH PROTEIN
AIR DRIED
LOW FAT
LOW CARB
360% MORE PROTEIN*
50% LESS CARBS**
62 g
Gams Protein
RAMEN
PLANT-BASED
SPICY KIMCHI
26 g PROTEIN PER SERVING
HIGH PROTEIN
AIR DRIED
LOW FAT
LOW CARB
360% MORE PROTEIN*
50% LESS CARBS**
Healthy lifestyle
Gams Fruit Jam
Pineapple & Mint
280g
Healthy lifestyle
Gams
Fruit
Jam
Pineapple & Mint
Healthy lifestyle
Gams
Gamstella
PISTACHIO
200g
Healthy lifestyle
Gams
28g PROTEIN
CRISPBREAD
VEGGIE WITH HERBS
50g
Gams

Gams Food

CRISPBREAD
RAMEN
FRUIT
SPREADS
LOW GI PASTA
BIO PASTA

From pasta and ramen to crispbread and fruit spreads, Gams Food brings a different approach to everyday favourites. A diverse range of products developed for modern lifestyles, combining carefully selected ingredients, functionality and great taste.



Gams Protein Bio Crispbread

3 VARIETIES

Sea Salt

Veggie with Herbs

Pumpkin Seeds with Coriander

Gams Protein Bio Crispbread combines **lentils, peas and chickpeas with rice and pumpkin seeds** to create a light and crunchy plant-based snack. With up to **28g protein**, organic ingredients and a natural source of fibre, it brings together simple ingredients, functionality and great taste.

28g
UP TO 28g PROTEIN

BIO
BIO / ORGANIC

100%
100% PLANT-BASED

SOURCE OF FIBRE



SEA SALT



NUTRITIONAL VALUES PER 100 g

Energy:	1 527 kJ/361 kcal
Fat:	1.8 g
of which saturates:	0.3 g
Carbohydrate:	59 g
of which sugars:	2.3 g
Fibre:	6.6 g
Protein:	24 g
Salt:	0.90 g

Ingredients:
Lentil flour (red, green, brown lentils)* 48 %, pea flour (yellow pea)* 44 %, pea starch*, chickpea flour*, sea salt 0.9%.
*product from organic farming

EAN/pcs: 8585067201970

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
50 g	547	28	2772	99

VEGGIE WITH HERBS



NUTRITIONAL VALUES PER 100 g

Energy:	1 527 kJ/361 kcal
Fat:	1.9 g
of which saturates:	0.4 g
Carbohydrate:	50 g
of which sugars:	2.4 g
Fibre:	10 g
Protein:	28 g
Salt:	1.50 g

Ingredients:
Lentil flour* (red, green, brown lentil) 55%, pea flour* (green pea), rice flour*, pea protein izolate* 10%, dry onion*, dry parsley*, mixture vegetables* 1% (salt, carrot*, potato flakes*, onion*, parsnip*, lovage*, parsley*, chive* 2%), sea salt.
*product from organic farming

EAN/pcs: 8585067201994

PUMPKIN SEEDS WITH CORIANDER



NUTRITIONAL VALUES PER 100 g

Energy:	1 615 kJ/381 kcal
Fat:	3.6 g
of which saturates:	0.7 g
Carbohydrate:	67 g
of which sugars:	0.9 g
Fibre:	3.1 g
Protein:	19 g
Salt:	1.0 g

Ingredients:
Rice white flour*, pumpkin seeds flour 20%*, sea salt, garlic granulated*, dried coriander 0.4%*.
*product from organic farming

EAN/pcs: 8585067201956

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
50 g	547	32	3168	99

Gams Protein Instant Ramen

5 FLAVOURS

Chicken
Kimchi
Spicy Beef
Spicy Curry
Tonkotsu

Gams Protein Instant Ramen brings a functional twist to a quick everyday meal. Made with wheat gluten, pea protein and buckwheat flour, each serving provides up to 26g of protein, is a source of fibre and is low in fat. Simply add boiling water and enjoy a tasty, satisfying meal in just a few minutes.

26g
UP TO 26g PROTEIN / SERVING

LOW FAT

SOURCE OF FIBRE

READY IN MINUTES



BEEF RAMEN



NUTRITIONAL VALUES PER 100 g/62 g

Energy:	1 383 kJ/327 kcal / 858 kJ/203 kcal
Fat:	2.6 g/1.6 g
of which saturates:	0.8 g/0.5 g
Carbohydrate:	31 g/19 g
of which sugars:	1.8 g/1.1 g
Fibre:	8.1 g/5.0 g
Protein:	41 g/25 g
Salt:	4.4 g/2.7 g

Ingredients:
Ramen [vital wheat gluten 35%, pea protein 24%, wheat flour 18%, buckwheat flour 10%, pea fibre, tapioca starch, salt, konjac flour, stabiliser (xanthan gum), acidity regulator (sodium carbonates)]. Beef-flavoured seasoning 8.1% [maltodextrin, salt, sugar, coconut powder, flavouring, hydrolysed soy protein powder, yeast extract, onion powder, chilli powder, garlic powder, spice blend (curry powder, black pepper), flavour enhancer (disodium 5'-ribonucleotides), anti-caking agent (silicon dioxide)]. Dried vegetables (dried carrot, dried spring onion).

EAN/pcs: 8585067204964

SPICY KIMCHI RAMEN



NUTRITIONAL VALUES PER 100 g/62 g

Energy:	1 363 kJ/322 kcal / 845 kJ/200 kcal
Fat:	2.2 g/1.3 g
of which saturates:	0.4 g/0.3 g
Carbohydrate:	30 g/19 g
of which sugars:	1.3 g/0.8 g
Fibre:	8.1 g/5.0 g
Protein:	42 g/26 g
Salt:	5.2 g/3.2 g

Ingredients:
Ramen [vital wheat gluten 35%, pea protein 24%, wheat flour 18%, buckwheat flour 10%, pea fibre, tapioca starch, salt, konjac flour, stabiliser (xanthan gum), acidity regulator (sodium carbonates)]. Spicy kimchi-flavoured seasoning 8.1% [salt, flavouring, flavour enhancer (monosodium glutamate), sugar, cabbage powder, hydrolysed soy protein powder, yeast extract, onion powder, chilli powder, shiitake mushroom powder (Lentinula edodes), spice blend (ground black pepper, ginger powder), acidity regulators (malic acid, citric acid), anti-caking agent (silicon dioxide)]. Kimchi (Chinese cabbage, ground red pepper, garlic, ginger, sugar).

EAN/pcs: 8585067204995

SPICY CURRY RAMEN



NUTRITIONAL VALUES PER 100 g/62 g

Energy:	1 377 kJ/326 kcal / 909 kJ/215 kcal
Fat:	2.3 g/1.5 g
of which saturates:	0.5 g/0.3 g
Carbohydrate:	33 g/22 g
of which sugars:	0.5 g/0.3 g
Fibre:	8.2 g/5.4 g
Protein:	39 g/26 g
Salt:	5.7 g/3.8 g

Ingredients:
Ramen [vital wheat gluten 35%, pea protein 24%, wheat flour 18%, buckwheat flour 10%, pea fibre, tapioca starch, salt, konjac flour, stabiliser (xanthan gum), acidity regulator (sodium carbonates)]. Spicy curry-flavoured seasoning 14% [maltodextrin, salt, curry powder, chilli powder, yeast extract, hydrolysed soy protein powder, garlic powder, onion powder, tomato powder, flavouring, flavour enhancer (disodium 5'-ribonucleotide), anti-caking agent (silicon dioxide)]. Dried vegetables (dried carrot, dried spring onion).

EAN/pcs: 8585067204988

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
62 g	548	12	2112	176

CHICKEN RAMEN



NUTRITIONAL VALUES PER 100 g/62 g

Energy:	1 367 kJ/323 kcal / 848 kJ/200 kcal
Fat:	2.2 g/1.3 g
of which saturates:	0.4 g/0.3 g
Carbohydrate:	31 g/19 g
of which sugars:	2.0 g/1.3 g
Fibre:	7.9 g/4.9 g
Protein:	41 g/25 g
Salt:	4.3 g/2.7 g

Ingredients:
Ramen [vital wheat gluten 35%, pea protein 24%, wheat flour 18%, buckwheat flour 10%, pea fibre, tapioca starch, salt, konjac flour, stabiliser (xanthan gum), acidity regulator (sodium carbonates)]. Chicken-flavoured seasoning 8.1% [maltodextrin, sugar, salt, flavouring, garlic powder, onion powder, hydrolysed soy protein powder, yeast extract, ginger powder, spice blend (white pepper, chilli powder, curry powder, turmeric powder), flavour enhancer (disodium 5'-ribonucleotides), anti-caking agent (silicon dioxide)]. Dried vegetables (dried carrot, dried spring onion).

EAN/pcs: 8585067204971

TONKOTSU PORK RAMEN



NUTRITIONAL VALUES PER 100 g/62 g

Energy:	1 374 kJ/325 kcal / 852 kJ/201 kcal
Fat:	2.2 g/1.3 g
of which saturates:	0.4 g/0.3 g
Carbohydrate:	31 g/19 g
of which sugars:	2.4 g/1.5 g
Fibre:	8.1 g/5.0 g
Protein:	41 g/25 g
Salt:	4.2 g/2.6 g

Ingredients:
Ramen [vital wheat gluten 35%, pea protein 24%, wheat flour 18%, buckwheat flour 10%, pea fibre, tapioca starch, salt, konjac flour, stabiliser (xanthan gum), acidity regulator (sodium carbonates)]. Tonkotsu (pork)-flavoured seasoning 8.1% [sugar, salt, onion powder, maltodextrin, flavouring, hydrolysed soy protein powder, yeast extract, garlic powder, ginger powder, white pepper, flavour enhancer (disodium 5'-ribonucleotides), anti-caking agent (silicon dioxide)]. Dried vegetables (dried carrot, dried spring onion).

EAN/pcs: 8585067205008

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
62 g	548	12	2112	176

Gams Nut Gamstella

3 FLAVOURS

Hazelnuts & cocoa

Protein peanut butter

Pistachios

Creamy nut spreads built on the bold taste of nuts. Three recipes high in fibre, with no added sugar and no palm oil – from hazelnuts with cocoa and peanut butter to pistachios.

NO ADDED SUGAR*

HIGH IN FIBRE

NO PALM OIL

3 VARIANTS



HAZELNUTS & COCOA



NUTRITIONAL VALUES PER 100 g

Energy:	2183 kJ / 521 kcal
Fat:	42 g
of which saturates:	7.8 g
Carbohydrate:	13 g
of which sugars:	1.2 g
Fibre:	28 g
Protein:	8.1 g
Salt:	0.45 g

Ingredients:
Roasted shelled hazelnuts 35%, chicory root fibre, non-hydrogenated shea butter, cocoa powder 5.3%, milk powder, rapeseed oil, emulsifier (lecithins), antioxidant (rosemary extracts), sea salt, vanilla extract. May contain peanuts, sesame seeds and other nuts.

EAN/pcs: 8585067204537

PROTEIN PEANUT BUTTER



NUTRITIONAL VALUES PER 100 g

Energy:	2479 kJ / 559 kcal
Fat:	45 g
of which saturates:	6.2 g
Carbohydrate:	9.8 g
of which sugars:	4.8 g
Fibre:	15 g
Protein:	20 g
Salt:	0.53 g

Ingredients:
Roasted shelled peanut paste 79%, chicory root fibre, crushed peanuts 6.5%, non-hydrogenated shea butter, rapeseed oil, emulsifier (lecithins), sea salt, antioxidant (rosemary extract). May contain milk, sesame seeds and other nuts.

EAN/pcs: 8585067204544

PISTACHIO



NUTRITIONAL VALUES PER 100 g

Energy:	2404 kJ / 574 kcal
Fat:	47 g
of which saturates:	12 g
Carbohydrate:	16 g
of which sugars:	12 g
Fibre:	19 g
Protein:	12 g
Salt:	0.19 g

Ingredients:
Pistachios 30%, chicory root fibre, non-hydrogenated shea butter, skimmed milk powder, rapeseed oil, emulsifier (lecithins), sea salt, antioxidant (rosemary extracts). May contain peanuts, sesame seeds and other nuts.

EAN/pcs: 8585067204551

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
200 g	365	6	1914	319

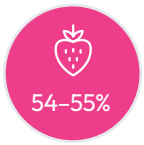
Gams Fruit Jam

4 FLAVOURS

Peach
Strawberry
Pineapple & mint
Forest fruits

FRUIT IN THE LEADING ROLE. NO ADDED SUGAR.

Gams Fruit Jam delivers a full fruit flavour with a simple recipe and no added sugar*. It is based on 54–55% fruit, complemented by concentrated grape juice and pectin. Four fruit combinations offer both classic and fresher flavours for everyday use.



54–55% FRUIT



NO ADDED SUGAR*



SIMPLE INGREDIENTS



4 FRUIT VARIANTS



PEACH



NUTRITIONAL VALUES PER 100 g

Energy:	1057 kJ / 249 kcal
Fat:	0.5 g
of which saturates:	0.1 g
Carbohydrate:	59 g
of which sugars:	57 g
Fibre:	1.9 g
Protein:	2.3 g
Salt:	0.03 g

Ingredients:
Peach 54%, concentrated grape juice, gelling agent (pectins), lemon juice. May contain nuts, sulphur dioxide and sulphites. Made with 54 g of fruit per 100 g of finished product. Store in a cool place, away from direct sunlight. Once opened, keep refrigerated and consume within 21 days

EAN/pcs: 8585067206111

STRAWBERRY



NUTRITIONAL VALUES PER 100 g

Energy:	1060 kJ / 250 kcal
Fat:	0.5 g
of which saturates:	0.1 g
Carbohydrate:	59 g
of which sugars:	57 g
Fibre:	1.4 g
Protein:	1.8 g
Salt:	0.06 g

Ingredients:
Strawberry 54%, concentrated grape juice, gelling agent (pectins), lemon juice. May contain nuts, sulphur dioxide and sulphites. Made with 54 g of fruit per 100 g of finished product. Store in a cool place, away from direct sunlight. Once opened, keep refrigerated and consume within 21 days.

EAN/pcs: 8585067206104

PINEAPPLE & MINT



NUTRITIONAL VALUES PER 100 g

Energy:	1078 kJ / 254 kcal
Fat:	0.5 g
of which saturates:	0.1 g
Carbohydrate:	62 g
of which sugars:	55 g
Fibre:	1.3 g
Protein:	0.5 g
Salt:	0.01 g

Ingredients:
Pineapple 54%, concentrated grape juice, peppermint leaves 0.3% (Mentha piperita), gelling agent (pectins). May contain nuts, sulphur dioxide and sulphites. Made with 54 g of fruit per 100 g of finished product. Store in a cool place, away from direct sunlight. Once opened, keep refrigerated and consume within 21 days

EAN/pcs: 8585067206128

WILD BERRIES



NUTRITIONAL VALUES PER 100 g

Energy:	941 kJ / 222 kcal
Fat:	0.5 g
of which saturates:	0.1 g
Carbohydrate:	53 g
of which sugars:	48 g
Fibre:	1.5 g
Protein:	0.8 g
Salt:	0.01 g

Ingredients:
Fruit blend 55% (strawberry 18.16%, raspberry 18.16%, blackberry 18.16%), concentrated grape juice, gelling agent (pectins), lemon juice. May contain nuts, sulphur dioxide and sulphites. Made with 55 g of fruit per 100 g of finished product. Store in a cool place, away from direct sunlight. Once opened, keep refrigerated and consume within 21 days

EAN/pcs: 8585067206135

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
280 g	365	6	1560	260

Gams Protein Bio Legume Pasta

4 VARIANTS

Red lentil
Green pea
Chickpea
Gluten-Free Maccheroni

Gams Protein Bio Legume Pasta offers a simple recipe based on 100% legume flour. Made from red lentils, green peas or chickpeas, it provides naturally high protein and fibre content in organic quality. A simple alternative to classic pasta without unnecessarily complicated ingredients.

100 %
100% LEGUME FLOUR

43g
UP TO 43g PROTEIN

HIGH IN FIBRE

BIO
BIO / ORGANIC



RED LENTIL FUSILLI



NUTRITIONAL VALUES
PER 100 g (dried)

Energy:	1527 kJ/360 kcal
Fat:	1.4 g
of which saturates:	0.3 g
Carbohydrate:	57 g
of which sugars:	1.0 g
Fibre:	5.9 g
Protein:	27 g
Salt:	0.00 g

Ingredients:
Organic red lentil flour*. This product is allergen-free.
*from organic farming.

EAN/pcs: 8585067203851

CHICKPEA FUSILLI



NUTRITIONAL VALUES
PER 100 g (dried)

Energy:	1540 kJ/365 kcal
Fat:	6.1 g
of which saturates:	1.0 g
Carbohydrate:	51 g
of which sugars:	2.2 g
Fibre:	9.3 g
Protein:	22 g
Salt:	0.01 g

Ingredients:
Organic chickpea flour* This product is allergen-free.
*from organic farming.

EAN/pcs: 8585067203837

GLUTEN-FREE MACCHERONI



NUTRITIONAL VALUES
PER 100 g (dried)

Energy:	1531 kJ/366 kcal
Fat:	4.7 g
of which saturates:	1.0 g
Carbohydrate:	33 g
of which sugars:	0.9 g
Fibre:	11 g
Protein:	43 g
Salt:	0.00 g

Ingredients:
Organic pea protein isolate*, organic red lentil flour*, organic chickpea flour*, organic psyllium powder*. May contain soy, sesame seeds and mustard. *from organic farming

EAN/pcs: 8585067203790

GREEN PEA FUSILLI



NUTRITIONAL VALUES
PER 100 g (dried)

Energy:	1431 kJ/338 kcal
Fat:	2.0 g
of which saturates:	0.4 g
Carbohydrate:	52 g
of which sugars:	2.1 g
Fibre:	8.1 g
Protein:	24 g
Salt:	0.01 g

Ingredients:
Organic green pea flour*. This product is allergen-free.
*from organic farming.

EAN/pcs: 8585067203813

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
250 g	547	8	1152	144

Gams Protein Low GI Pasta

3 VARIANTS

Fusilli

Penne

Spaghetti

Gams Protein Low GI Pasta offers a functional alternative to traditional pasta with a low glycaemic index (GI). GI indicates how quickly carbohydrates from food affect blood sugar levels – the lower the GI, the slower the rise. Thanks to a combination of lupin flour, durum wheat and oat beta-glucans, the pasta provides up to 24g of protein, a high fibre content and 32% fewer carbohydrates compared to traditional pasta.

GLYCEMIC INDEX





LOW GLYCAEMIC INDEX (LOW GI)



UP TO 24g OF PROTEIN



HIGH IN FIBRE



32% FEWER CARBOHYDRATES



FUSILLI



NUTRITIONAL VALUES PER 100 g
(dried/cooked)

Energy:	1 434 kJ/341 kcal, 626 kJ/149 kcal
Fat:	3.4 g/2.8 g
of which saturates:	0.9 g/1.3 g
Carbohydrate:	49 g/20 g
of which sugars:	4.9 g/0.9 g
Fibre:	18 g/5.7 g
Protein:	20 g/7.8 g
Salt:	0.05 g/0.02 g

Ingredients:
Durum wheat flour 67.5%, lupin flour 20%, oat fibre 7.5%, vital wheat gluten 5%. May contain eggs.

EAN/pcs: 8585067201925

PENNE



NUTRITIONAL VALUES PER 100 g
(dried/cooked)

Energy:	1 434 kJ/341 kcal, 626 kJ/149 kcal
Fat:	3.4 g/2.8 g
of which saturates:	0.9 g/1.3 g
Carbohydrate:	49 g/20 g
of which sugars:	4.9 g/0.9 g
Fibre:	18 g/5.7 g
Protein:	20 g/7.8 g
Salt:	0.05 g/0.02 g

Ingredients:
Durum wheat flour 67.5%, lupin flour 20%, oat fibre 7.5%, vital wheat gluten 5%. May contain eggs.

EAN/pcs: 8585067201918

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
250 g	1095	10	990	99

SPAGHETTI



NUTRITIONAL VALUES PER 100 g
(dried/cooked)

Energy:	1 434 kJ/341 kcal, 635 kJ/151 kcal
Fat:	3.4 g/1.7 g
of which saturates:	0.9 g/0.5 g
Carbohydrate:	49 g/22 g
of which sugars:	4.9 g/0.9 g
Fibre:	18 g/6.6 g
Protein:	20 g/8.8 g
Salt:	0,05 g/0,04 g

Ingredients:
Durum wheat flour 67.5%, lupin flour 20%, oat fibre 7.5%, vital wheat gluten 5%. May contain eggs.

EAN/pcs: 8585067201949

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
250 g	1095	24	2304	96

Gams Protein Powder



Gams

Gams Protein Powder

Gams proteins are created to meet the diverse needs of an active lifestyle. From the comprehensive CORE formula, which combines multiple protein sources with creatine and digestive support, to the FNC protein developed in collaboration with Fight Night Challenge and based on a three-component protein blend. Two distinct formulas united by an emphasis on high-quality protein sources, functional ingredients, and great taste.

Core Protein

4-component protein matrix

Creatine

Digestive support

Stevia

Fight Night Challenge

Three-component protein blend

80% whey protein isolate

Performance-focused formula

Naturally gluten-free



Gams Protein Powder - Core

2.3g LEUCINE / SERVING

- Naturally 5+g BCAA
- 4.1g glutamine

5 FLAVOURS

- Vanilla
- Chocolate
- Salted Caramel
- Raspberry
- Unflavoured

3 FORMATS

- Jar
- Doypack
- Single-Serve sachet

Gams CORE Protein Powder combines a **4-source protein matrix with creatine and triple digestive support** in one complete formula. Sweetened with stevia and available in a variety of flavours and three formats – **jar, doypack and single-serve sachet.**

4 Source Protein Matrix
WPC • MPC • Egg White • WPI

2.5g Creatine / Serving
Creatine monohydrate in every serving

Triple Digestive Support
DigeZyme® • LactoSpore® • Inulin

Sweetened with Stevia
No sucralose • No acesulfame K



CHOCOLATE



NUTRITIONAL VALUES PER 100 g

Energy:	1 423 kJ / 339 kcal
Fat:	7.5 g
of which saturates:	4.6 g
Carbohydrate:	4 g
of which sugars:	3.1 g
Protein:	60 g
Salt:	1.1 g

Ingredients:
Protein blend (whey protein concentrate 30.8% (milk), milk protein concentrate 25% (milk), instant egg white 16.7% (eggs), instant whey protein isolate 7.7% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, flavouring (chocolate), reduced-fat cocoa powder, thickeners (guar gum and xanthan gum), salt (sodium chloride), Lactospore®, sweetener (steviol glycosides), DigeZyme®.

EAN/pcs: 8585067204766

SALTED CARAMEL



NUTRITIONAL VALUES PER 100 g

Energy:	1 449 kJ / 345 kcal
Fat:	7.2 g
of which saturates:	4.4 g
Carbohydrate:	7.8 g
of which sugars:	4.3 g
Protein:	60 g
Salt:	1.6 g

Ingredients:
Protein blend (whey protein concentrate 30.8% (milk), milk protein concentrate 25% (milk), instant egg white 16.7% (eggs), instant whey protein isolate 7.7% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, flavouring (caramel), colour (caramel powder), salt (sodium chloride), thickeners (guar and xanthan gum), Lactospore®, sweetener (steviol glycosides), DigeZyme®.

EAN/pcs: 8585067204773

STRAWBERRY



NUTRITIONAL VALUES PER 100 g

Energy:	1445 kJ / 344 kcal
Fat:	7.2 g
of which saturates:	4.4 g
Carbohydrate:	7.6 g
of which sugars:	3.6 g
Protein:	60 g
Salt:	1.1 g

Ingredients:
Protein blend (whey protein concentrate 30.6% (milk), milk protein concentrate 24.9% (milk), instant egg white 16.6% (eggs) and instant whey protein isolate 7.6% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, natural flavor (strawberry), freeze-dried strawberry powder, color (beetroot), thickeners (guar and xanthan gum), acidity regulator (citric acid), salt (sodium chloride), Lactospore®, sweetener (steviol glycosides), DigeZyme®.

EAN/pcs: 8585067204797

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
900-980 g	730	6	0	0

VANILLA



NUTRITIONAL VALUES PER 100 g

Energy:	1 440 kJ / 343 kcal
Fat:	7.4 g
of which saturates:	4.5 g
Carbohydrate:	6 g
of which sugars:	3 g
Protein:	61.5 g
Salt:	1.1 g

Ingredients:
Protein blend (whey protein concentrate 31.5% (milk), milk protein concentrate 25.6% (milk), instant egg white 17% (eggs), instant whey protein isolate 8% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, flavouring, thickeners (guar and xanthan gum), salt (sodium chloride), Lactospore®, sweetener (steviol glycosides), DigeZyme®, colour (turmeric powder).

EAN/pcs: 8585067204759

UNFLAVORED



NUTRITIONAL VALUES PER 100 g

Energy:	1 465 kJ / 349 kcal
Fat:	7.7 g
of which saturates:	4.7 g
Carbohydrate:	3.7 g
of which sugars:	2.8 g
Protein:	64.8 g
Salt:	0.7 g

Ingredients:
Protein blend (whey protein concentrate 33.3% (milk), milk protein concentrate 27% (milk), instant egg white 18% (eggs), instant whey protein isolate 8.3% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, Lactospore®, DigeZyme®.

EAN/pcs: 8585067204896

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
900-980 g	730	6	0	0

CHOCOLATE



NUTRITIONAL VALUES PER 100 g

Energy:	1 423 kJ / 339 kcal
Fat:	7.5 g
of which saturates:	4.6 g
Carbohydrate:	4 g
of which sugars:	3.1 g
Protein:	60 g
Salt:	1.1 g

Ingredients:
Protein blend (whey protein concentrate 30.8% (milk), milk protein concentrate 25% (milk), instant egg white 16.7% (eggs), instant whey protein isolate 7.7% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, flavouring (chocolate), fat-reduced cocoa powder, thickeners (guar and xanthan gum), sodium chloride, Lactospore®, sweetener (steviol glycosides), DigeZyme®.

EAN/pcs: 8585067205343

SALTED CARAMEL



NUTRITIONAL VALUES PER 100 g

Energy:	1 449 kJ / 345 kcal
Fat:	7.2 g
of which saturates:	4.4 g
Carbohydrate:	7.8 g
of which sugars:	4.3 g
Protein:	60 g
Salt:	1.6 g

Ingredients:
Protein blend (whey protein concentrate 30.8% (milk), milk protein concentrate 25% (milk), instant egg white 16.7% (eggs), instant whey protein isolate 7.7% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, flavouring (caramel), colour (caramel powder), sodium chloride, thickeners (guar and xanthan gum), Lactospore®, sweetener (steviol glycosides), DigeZyme®.

EAN/pcs: 8585067205350

STRAWBERRY



NUTRITIONAL VALUES PER 100 g

Energy:	1 445 kJ / 344 kcal
Fat:	7.2 g
of which saturates:	4.4 g
Carbohydrate:	7.6 g
of which sugars:	3.6 g
Protein:	60 g
Salt:	1.1 g

Ingredients:
Protein blend (whey protein concentrate 30.6% (milk), milk protein concentrate 24.9% (milk), instant egg white 16.6% (eggs), instant whey protein isolate 7.6% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, flavouring (strawberry), freeze-dried strawberry powder, colour (beetroot), thickeners (guar and xanthan gum), acidity regulator (citric acid), sodium chloride, Lactospore®, sweetener (steviol glycosides), DigeZyme®.

EAN/pcs: 8585067205367

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
450-490 g	730	6	0	0

VANILLA



NUTRITIONAL VALUES PER 100 g

Energy:	1 440 kJ / 343 kcal
Fat:	7.4 g
of which saturates:	4.5 g
Carbohydrate:	6 g
of which sugars:	3 g
Protein:	61.5 g
Salt:	1.1 g

Ingredients:
Protein blend (whey protein concentrate 31.5% (milk), milk protein concentrate 25.6% (milk), instant egg white 17% (eggs), instant whey protein isolate 8% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, flavouring (vanilla), thickeners (guar and xanthan gum), sodium chloride, Lactospore®, sweetener (steviol glycosides), DigeZyme®, colour (turmeric powder).

EAN/pcs: 8585067205336

UNFLAVORED



NUTRITIONAL VALUES PER 100 g

Energy:	1 465 kJ / 349 kcal
Fat:	7.7 g
of which saturates:	4.7 g
Carbohydrate:	3.7 g
of which sugars:	2.8 g
Protein:	64.8 g
Salt:	0.7 g

Ingredients:
Protein blend (whey protein concentrate 33.3% (milk), milk protein concentrate 27% (milk), instant egg white 18% (eggs), instant whey protein isolate 8.3% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, Lactospore®, DigeZyme®.

EAN/pcs: 8585067205374

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
450-490 g	730	6	0	0

CHOCOLATE



NUTRITIONAL VALUES PER 100 g

Energy:	1 423 kJ / 339 kcal
Fat:	7.5 g
of which saturates:	4.6 g
Carbohydrate:	4 g
of which sugars:	3.1 g
Protein:	60 g
Salt:	1.1 g

Ingredients:
Protein blend (whey protein concentrate 30.8% (milk), milk protein concentrate 25% (milk), instant egg white 16.7% (eggs), instant whey protein isolate 7.7% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, natural flavour (chocolate), fat-reduced cocoa powder, thickeners (guar and xanthan gum), sodium chloride, LactoSpore®, sweetener (steviol glycosides), DigeZyme®.

EAN/pcs: 8585067206760

SALTED CARAMEL



NUTRITIONAL VALUES PER 100 g

Energy:	1 449 kJ / 345 kcal
Fat:	7.2 g
of which saturates:	4.4 g
Carbohydrate:	7.8 g
of which sugars:	4.3 g
Protein:	60 g
Salt:	1.6 g

Ingredients:
Protein blend (whey protein concentrate 30.8% (milk), milk protein concentrate 25% (milk), instant egg white 16.7% (eggs), instant whey protein isolate 7.7% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, natural flavour (caramel), colour (caramel powder), sodium chloride, thickeners (guar and xanthan gum), LactoSpore®, sweetener (steviol glycosides), DigeZyme®.

EAN/pcs: 8585067206777

STRAWBERRY



NUTRITIONAL VALUES PER 100 g

Energy:	1 445 kJ / 344 kcal
Fat:	7.2 g
of which saturates:	4.4 g
Carbohydrate:	7.6 g
of which sugars:	3.6 g
Protein:	60 g
Salt:	1.1 g

Ingredients:
Protein blend (whey protein concentrate 30.6% (milk), milk protein concentrate 24.9% (milk), instant egg white 16.6% (eggs), instant whey protein isolate 7.6% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, flavouring (strawberry), freeze-dried strawberry powder, colour (beetroot), thickeners (guar and xanthan gum), acidity regulator (citric acid), sodium chloride, LactoSpore®, sweetener (steviol glycosides), DigeZyme®.

EAN/pcs: 8585067206784

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
33-39 g	730	6	0	0

VANILLA



NUTRITIONAL VALUES PER 100 g

Energy:	1 440 kJ / 343 kcal
Fat:	7.4 g
of which saturates:	4.5 g
Carbohydrate:	6 g
of which sugars:	3 g
Protein:	61.5 g
Salt:	1.1 g

Ingredients:
Protein blend (whey protein concentrate 31.5% (milk), milk protein concentrate 25.6% (milk), instant egg white 17% (eggs), instant whey protein isolate 8% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, flavouring (vanilla), thickeners (guar and xanthan gum), sodium chloride, LactoSpore®, sweetener (steviol glycosides), DigeZyme®, colour (turmeric powder).

EAN/pcs: 8585067206753

UNFLAVORED



NUTRITIONAL VALUES PER 100 g

Energy:	1 465 kJ / 349 kcal
Fat:	7.7 g
of which saturates:	4.7 g
Carbohydrate:	3.7 g
of which sugars:	2.8 g
Protein:	64.8 g
Salt:	0.7 g

Ingredients:
Protein blend (whey protein concentrate 33.3% (milk), milk protein concentrate 27% (milk), instant egg white 18% (eggs), instant whey protein isolate 8.3% (milk, emulsifier: sunflower lecithin)), creatine monohydrate, inulin, LactoSpore®, DigeZyme®.

EAN/pcs: 8585067206746

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
33-39 g	730	6	0	0

Gams Fight Night Challenge Protein

3 FLAVORS

- Chocolate
- Salted Caramel
- Vanilla

Gams FNC Protein was developed in collaboration with Fight Night Challenge and combines **three high-quality protein sources** in a performance-focused formula. The combination of whey protein isolate, milk protein isolate, and egg protein provides a complete protein profile, a smooth texture, and great taste.

3 Component Protein Blend
Whey Protein Isolate • Milk Protein Isolate • Egg Protein

Fast + Slow-Digesting Protein Sources
Combination of whey, milk, and egg protein

80% Whey isolate
Dominant Protein Source in the Blend

Smooth Texture



CHOCOLATE



NUTRITIONAL VALUES PER 100 g

Energy:	1 457 kJ / 348 kcal
Fat:	1.58 g
of which saturates:	0.93 g
Carbohydrate:	1.75 g
of which sugars:	1.32 g
Fibre:	1.96 g
Protein:	80,89 g
Salt:	1.05 g

Ingredients:
Protein blend (instant whey protein isolate 80% (milk, emulsifier: sunflower lecithin), milk protein isolate 10% (milk) and instant egg white 10% (eggs)), fat-reduced cocoa powder, natural flavor (chocolate), thickeners (guar gum, xanthan gum), sodium chloride, sweetener (sucralose).

EAN/pcs: 8585067205183

SALTED CARAMEL



NUTRITIONAL VALUES PER 100 g

Energy:	1 500 kJ/358 kcal
Fat:	1.32 g
of which saturates:	0.77 g
Carbohydrate:	4.09 g
of which sugars:	2.22 g
Fibre:	1.32 g
Protein:	81.72 g
Salt:	1.25 g

Ingredients:
Protein blend (instant whey protein isolate 80% (milk, emulsifier: sunflower lecithin), milk protein isolate 10% (milk) and instant egg white 10% (eggs)), natural flavour (caramel), thickeners (guar and xanthan gum), sodium chloride, colour (caramel powder), sweetener (sucralose).

EAN/pcs: 8585067205190

VANILLA



NUTRITIONAL VALUES PER 100 g

Energy:	1 497 kJ/357 kcal
Fat:	1.34 g
of which saturates:	0.78 g
Carbohydrate:	3.04 g
of which sugars:	1.13 g
Fibre:	1.32 g
Protein:	82.58 g
Salt:	1.09 g

Ingredients:
Protein blend (instant whey protein isolate 80% (milk, emulsifier: sunflower lecithin), milk protein isolate 10% (milk) and instant egg white 10% (eggs)), natural flavour (vanilla), thickeners (guar gum, xanthan gum), sodium chloride, colour (turmeric powder), sweetener (sucralose).

EAN/pcs: 8585067205176

Weight	Shelf life	Pcs. in box	Units per pallet	Boxes per pallet
860-885 g	730	6	0	0

Gams Dietary Supplements



Gams Dietary Supplements

PERFORMANCE
WEIGHT MANAGEMENT
MEN'S HEALTH
IMMUNITY
DIGESTION
ADAPTOGENS
RECOVERY
BEAUTY

From performance and energy to immunity, recovery, stress management and everyday vitality. Gams Dietary Supplements offer a broad portfolio of nutritional supplements in practical vegan capsules, designed to meet the diverse needs of a modern lifestyle.



Performance & Energy

4 PRODUCTS

Caffeine Power Caps
Creatine Monohydrate Caps
Creatine Monohydrate
Taurine Caps

SPORTS PERFORMANCE & ENERGY

Products created for moments when both body and mind need to perform. From caffeine and taurine to creatine in capsules or flavoured powder form – functional solutions for energy, physical performance and everyday activity.



CREATINE MONOHYDRATE CAPS



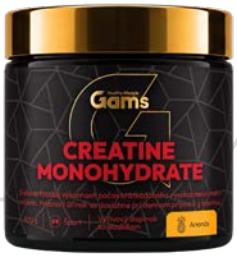
ACTIVE INGREDIENTS PER 1 CAPSULE

Creatine monohydrate: ..... 750 mg

Ingredients:
3 g of pure creatine monohydrate per daily dose in a convenient capsule form with no mixing required.

EAN/pcs: 8585067205015

CREATINE MONOHYDRATE PINEAPPLE



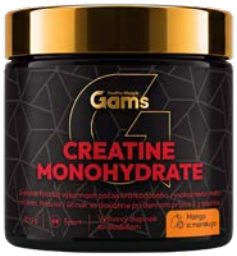
ACTIVE INGREDIENTS PER DAILY DOSE

Creatine monohydrate: ..... 5 g

Ingredients:
5 g of creatine monohydrate per daily dose, sweetened with stevia and available in three fruit flavours.

EAN/pcs: 8585067205381

CREATINE MONOHYDRATE MANGO



ACTIVE INGREDIENTS PER DAILY DOSE

Creatine monohydrate: ..... 5 g

Ingredients:
5 g of creatine monohydrate per daily dose, sweetened with stevia and available in three fruit flavours.

EAN/pcs: 8585067205404

CREATINE MONOHYDRATE GRAPEFRUIT



ACTIVE INGREDIENTS PER DAILY DOSE

Creatine monohydrate: ..... 5 g

Ingredients:
5 g of creatine monohydrate per daily dose, sweetened with stevia and available in three fruit flavours.

EAN/pcs: 8585067205398

TAURINE CAPS



ACTIVE INGREDIENTS PER 1 CAPSULE

Taurine: ..... 600 mg

Ingredients:
600 mg of pure taurine in one capsule to support physical and mental performance.

EAN/pcs: 8585067205053

CAFFEINE POWER CAPS



ACTIVE INGREDIENTS PER DAILY DOSE

Caffeine: ..... 200 mg

Ingredients:
200 mg of pure anhydrous caffeine in one capsule for energy, alertness and mental focus.

EAN/pcs: 8585067205671

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
56–300 g	730	6	1536	256

Weight Management

4 PRODUCTS

Fat Burn Caps
Hunger Control Caps
Sleep & Lose Weight Caps
L-Carnitine Tartrate Caps

WEIGHT LOSS & BODY SHAPING

Targeted formulas for periods of weight control and body shaping. From a comprehensive thermogenic formula and appetite control to L-carnitine and an evening formula.



GAMS FAT BURN CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(3 CAPSULES)

L-carnitine tartrate	1000 mg
Green tea extract	300 mg
Green coffee extract	150 mg
Anhydrous caffeine	100 mg
Dandelion extract	100 mg
L-tyrosine	100 mg
Cayenne pepper extract	10 mg
Black pepper extract	5 mg
Iodine (Kelp)	150 mcg
Chromium	40 mcg

Ingredients:
A complex of 10 active ingredients with 1,000 mg of L-carnitine tartrate, caffeine and concentrated plant extracts.

EAN/pcs: 8585067205701

GAMS SLEEP & LOSE WEIGHT CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1 CAPSULE)

Acetyl-L-carnitine	300 mg
Conjugated linoleic acid	200 mg
Raspberry ketones 25:1	50 mg
of which ketones	2 mg
L-Tryptophan	50 mg
BioPerine® - black pepper extract 50:1	
of which piperine	4 mg
	3.8 mg

Ingredients:
An evening formula combining acetyl-L-carnitine, CLA and raspberry ketones with L-tryptophan and BioPerine®.

EAN/pcs: 8585067201604

GAMS HUNGER CONTROL CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1 CAPSULE)

Garcinia cambogia extract 12:1	300 mg
of which hydroxycitric acid	180 mg
White kidney bean extract 20:1	200 mg
Apple cider vinegar extract	50 mg
Chromium	559 mcg

Ingredients:
A concentrated combination of garcinia 12:1, white kidney bean 20:1, chromium and apple cider vinegar in one capsule a day.

EAN/pcs: 8585067201574

GAMS L-CARNITINE TARTRATE CAPS



ACTIVE INGREDIENTS PER 1 CAPSULE

L-carnitine tartrate	500 mg

Ingredients:
Up to 2,000 mg of L-carnitine tartrate per daily dose, in a convenient caffeine-free capsule form.

EAN/pcs: 8585067205022

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
50.5–71.73 g	730	6	1536	256

Men’s Health & Vitality

4 PRODUCTS

Men’s Vitality Booster Caps
Tribulus Terrestris Caps
Uro-Men Support Caps
Maca Caps

MEN’S HEALTH, HORMONES & VITALITY

Targeted formulas created for the specific needs of men. From comprehensive vitality support and concentrated plant extracts to a formula focused on the prostate and urinary tract.



GAMS MEN'S VITALITY BOOSTER CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(3 CAPSULES)

L-arginine	500 mg
Tribulus terrestris extract	300 mg
Maca extract 10:1	300 mg
Ashwagandha extract 10:1	150 mg
Korean ginseng extract 10:1	100 mg
Magnesium	75 mg
Zinc	10 mg
Vitamin B6	1.4 mg
Selenium	100 mcg
Vitamin B12	2.5 mcg

Ingredients:
A comprehensive formula combining Tribulus, Maca, L-arginine, Ashwagandha, ginseng, zinc and other active ingredients for male vitality.

EAN/pcs: 8585067205695

GAMS URO-MEN SUPPORT CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(2 CAPSULES)

Pumpkin seed extract 10:1	400 mg
Saw palmetto fruit extract 10:1	320 mg
Nettle root extract 10:1	150 mg
Grape seed extract	100 mg
Vitamin E	12 mg
Lycopene	10 mg
Zinc	10 mg
Vitamin B6	1.4 mg
Selenium	55 mcg

Ingredients:
A targeted men's complex with pumpkin seeds, Saw Palmetto, nettle, zinc and selenium.

EAN/pcs: 8585067205688

GAMS TRIBULUS TERRESTRIS CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1 CAPSULE)

Tribulus terrestris extract (95% saponins)	600 mg

Ingredients:
600 mg of concentrated Tribulus terrestris extract standardised to 95% saponins in one capsule.

EAN/pcs: 8585067207071

GAMS MACA CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1-3 CAPSULES)

Maca (Maca extract)	500 – 1500 mg

Ingredients:
Concentrated Maca root extract in a 10:1 ratio for everyday male vitality and energy.

EAN/pcs: 8585067207064

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
51.3–68 g	730	6	1536	256

Immunity, Vitamins & Antioxidants

3 PRODUCTS

Immunity Caps
Liposomal Vitamin C Caps
Antioxidant & Detox Caps

IMMUNITY, VITAMINS & ANTIOXIDANTS

Targeted formulas for everyday support of the body – from a complex of vitamins and a premium liposomal form of vitamin C to a broad-spectrum antioxidant complex.



IMMUNITY CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1 CAPSULE)

Vitamin C	240 mg
Vitamin B3	16 mg
Vitamin E	12 mg
Vitamin B5	6 mg
Vitamin B2	1.4 mg
Vitamin B6	1.4 mg
Vitamin B1	1.1 mg
Vitamin B9	200 mcg
Vitamin B7	50 mcg
Vitamin D3	12.5 mcg
Vitamin B12	2.5 mcg

Ingredients:
A complex of B vitamins and vitamins C, D3 and E, enriched with organic ginger, in one capsule a day.

EAN/pcs: 8585067201598

LIPOSOMAL VITAMIN C CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1 CAPSULE)

Vitamin C	240 mg

Ingredients:
500 mg of vitamin C in a premium liposomal form with sunflower lecithin in one capsule.

EAN/pcs: 8585067205039

ANTIOXIDANT & DETOX CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1 CAPSULE)

Vitamin C	160 mg
Japanese knotweed root extract	120 mg
of which resveratrol	60 mg
Turmeric extract 30:1	100 mg
of which curcuminoids	95 mg
Japanese pagoda tree extract 20:1	100 mg
of which quercetin	95 mg
Grape seed extract	80 mg
of which proanthocyanidins	76 mg
Vitamin E	24 mg
African marigold extract 10:1	18.75 mg
of which lutein	15 mg
Zinc	10 mg
Selenium	100 mcg

Ingredients:
A complex of 7 antioxidants including resveratrol, quercetin, curcuminoids, OPC, lutein and vitamins C and E.

EAN/pcs: 8585067201550

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
75.5–81 g	730	6	1536	256

Digestion, Detox & Liver Support

3 PRODUCTS

Digestive Enzymes Caps
Milk Thistle Caps
Dandelion Caps

DIGESTION, DETOX & LIVER SUPPORT

Targeted formulas for digestion and natural liver care. A patented complex of digestive enzymes is complemented by concentrated plant extracts of milk thistle and dandelion root.



DIGESTIVE ENZYMES CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1 CAPSULE)

DigeZyme®	150 mg
Amylase	3600 U***
Protease	900 U***
Lactase	600 U***
Lipase	30 U***
Cellulase	165 U***

Ingredients:
150 mg of the patented DigeZyme® complex with 5 digestive enzymes in one capsule.

EAN/pcs: 8585067207057

MILK THISTLE CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1-2 CAPSULES)

Milk thistle seed extract	250 - 500 mg
of which silymarin	200 - 400 mg

Ingredients:
Highly concentrated milk thistle extract standardised to 80% silymarin, providing up to 400 mg of silymarin per daily dose.

EAN/pcs: 8585067207118

DANDELION CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1 CAPSULE)

Dandelion root extract	500 mg

Ingredients:
500 mg of concentrated dandelion root extract in a 4:1 ratio in one capsule a day.

EAN/pcs: 8585067207101

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
31.5–50 g	730	6	1536	256

Adaptogens, Stress & Functional Mushrooms

3 PRODUCTS

Ashwagandha KSM-66® Caps
Cordyceps Caps
Reishi Caps

ADAPTOGENS, STRESS & FUNCTIONAL MUSHROOMS

Premium adaptogens and concentrated functional mushroom extracts for periods of increased physical and mental strain. Three distinct formulas based on Ashwagandha KSM-66®, Cordyceps and Reishi.



ASHWAGANDHA KSM-66® CAPS



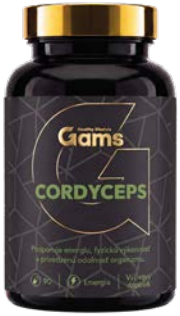
ACTIVE INGREDIENTS PER DAILY DOSE
(1 CAPSULE)

Ashwagandha root extract KSM-66®	500 mg
of which withanolides	25 mg

Ingredients:
500 mg of patented KSM-66® Ashwagandha root extract with a guaranteed 5% withanolide content.

EAN/pcs: 8585067205312

CORDYCEPS CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1 CAPSULE)

Cordyceps sinensis extract	500 mg
of which polysaccharides	200 mg

Ingredients:
500 mg of concentrated Cordyceps extract standardised to 40% polysaccharides in one capsule.

EAN/pcs: 8585067207095

GAMS REISHI CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1 CAPSULE)

Reishi mushroom extract	500 mg

Ingredients:
500 mg of concentrated Reishi extract in a 4:1 ratio in one capsule a day.

EAN/pcs: 8585067207088

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
50–60 g	730	6	1536	256

Recovery, Sleep & Nervous System

1 PRODUCT

Magnesium Bisglycinate
+ Vitamin B6 Caps

RECOVERY, SLEEP & NERVOUS SYSTEM

A targeted combination of a premium form of magnesium and active vitamin B6 for periods of increased physical and mental strain, recovery and the nervous system.



MAGNESIUM BISGLYCINATE + VITAMIN B6 CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1-3 CAPSULES)

Magnesium (magnesium bisglycinate)	125 mg / 375 mg
Vitamin B6 (pyridoxal 5'-phosphate)	0.7 mg / 2.1 mg

Ingredients:
375 mg of elemental magnesium in bisglycinate form per daily dose, complemented by the active coenzyme form of vitamin B6 – P5P.

EAN/pcs: 8585067205046

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
60.5 g	730	6	1536	256

Beauty & Joints

2 PRODUCTS

Hyaluronic Acid Caps

Multicollagen

BEAUTY & JOINTS

Targeted care for skin and joints from within. Hyaluronic acid is a natural component of both the skin and joint fluid, and in a convenient capsule form it supports everyday care for hydration, elasticity and mobility.



HYALURONIC ACID CAPS



ACTIVE INGREDIENTS PER DAILY DOSE
(1 CAPSULE)

Hyaluronic acid ..... 100 mg

Ingredients:
Targeted care for skin and joints from within. Hyaluronic acid is a natural component of both the skin and joint fluid, and in a convenient capsule form it supports everyday care for hydration, elasticity and mobility.

EAN/pcs: 8585067201581

Weight	Shelf life	Pcs. in box	Pcs. on pallet	Boxes on pallet
58.32 g	730	6	1536	256

Multicollagen

4 FLAVOURS

Lemon
Green apple
Strawberry
Mixed flavours

4 SOURCES. 5 TYPES OF COLLAGEN. ONE COMPREHENSIVE FORMULA.

Gams Premium Multicollagen combines **four collagen sources and five types of collagen – I, II, III, V and X**. One serving contains at least **8690mg of bi-oactive collagen peptides** and provides a spectrum of **19 amino acids**. The formula is complemented by **vitamin C and zinc** and is sweetened with stevia.



MULTICOLLAGEN 3 FLAVOURS



ACTIVE INGREDIENTS PER DAILY DOSE (10g)

Bovine hydrolysed collagen Peptan® B:	
Strawberry flavour:	8 610 mg
Green apple flavour:	7 908 mg
Lemon flavour:	8 352 mg
Fish hydrolysed collagen	
Peptan® F:	750 mg
Vitamin C (ascorbic acid):	80 mg
Zinc bisglycinate:	50 mg
of which zinc:	10 mg
Sodium hyaluronate:	30 mg
of which hyaluronic acid:	29.13 mg
Bovine hydrolysed cartilage:	25 mg
Eggshell membrane:	7 mg

Ingredients:
Bovine hydrolysed collagen Peptan® B, fish hydrolysed collagen Peptan® F, acidity regulator (anhydrous citric acid), flavourings (strawberry, apple, lemon), vitamin C (ascorbic acid), zinc bisglycinate, colours [beetroot colour, (safflower concentrate, spirulina extract), carotenes], sweetener (steviol glycosides from stevia), sodium hyaluronate, bovine hydrolysed cartilage, eggshell membrane. Allergens: fish, eggs. *The daily dose of 10,000 mg contains at least 8,690 mg of collagen. Directions: Mix the recommended daily dose of 10 g (one scoop) with approx. 200 – 300 ml of water and drink. Collagen mixes well with shakes and other blended drinks.

EAN/pcs: 8585067201512

MULTICOLLAGEN STRAWBERRY



ACTIVE INGREDIENTS PER DAILY DOSE (10g)

Bovine hydrolysed collagen	
Peptan® B:	8 610 mg
Fish hydrolysed collagen	
Peptan® F:	750 mg
Vitamin C (ascorbic acid):	80 mg
Zinc bisglycinate:	50 mg
of which zinc:	10 mg
Sodium hyaluronate:	30 mg
of which hyaluronic acid:	29.13 mg
Bovine hydrolysed cartilage:	25 mg
Eggshell membrane:	7 mg

Ingredients:
Bovine hydrolysed collagen Peptan® B, fish hydrolysed collagen Peptan® F, acidity regulator (anhydrous citric acid), flavouring (strawberry), vitamin C (ascorbic acid), zinc bisglycinate, colour (beetroot), sweetener (steviol glycosides from stevia), sodium hyaluronate, bovine hydrolysed cartilage, eggshell membrane. Allergens: fish, eggs. *The daily dose of 10,000 mg contains 9,392 mg of collagen. Directions: Mix the recommended daily dose of 10 g (one scoop) with approx. 200 – 300 ml of water and drink. Collagen mixes well with shakes and other blended drinks.

EAN/pcs: 8585067201529

MULTICOLLAGEN LEMON



ACTIVE INGREDIENTS PER DAILY DOSE (10g)

Bovine hydrolysed collagen	
Peptan® B:	8 352 mg
Fish hydrolysed collagen	
Peptan® F:	750 mg
Vitamin C (ascorbic acid):	80 mg
Zinc bisglycinate:	50 mg
of which zinc:	10 mg
Sodium hyaluronate:	30 mg
of which hyaluronic acid:	29.13 mg
Bovine hydrolysed cartilage:	25 mg
Eggshell membrane:	7 mg

Ingredients:
Bovine hydrolysed collagen Peptan® B, fish hydrolysed collagen Peptan® F, acidity regulator (anhydrous citric acid), flavouring (lemon), vitamin C (ascorbic acid), zinc bisglycinate, sodium hyaluronate, colour (beta-carotene), bovine hydrolysed cartilage, sweetener (steviol glycosides from stevia), eggshell membrane. Allergens: fish, eggs. *The daily dose of 10,000 mg contains 9,134 mg of collagen. Directions: Mix the recommended daily dose of 10 g (one scoop) with approx. 200 – 300 ml of water and drink. Collagen mixes well with shakes and other blended drinks.

EAN/pcs: 8585067201543

MULTICOLLAGEN GREEN APPLE



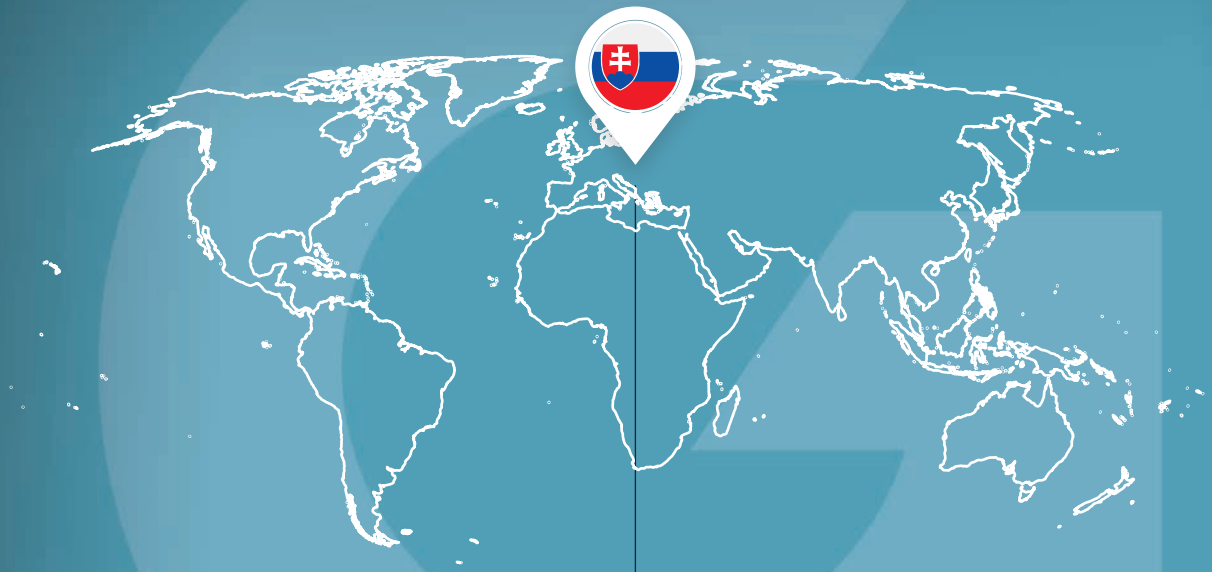
ACTIVE INGREDIENTS PER DAILY DOSE (10g)

Bovine hydrolysed collagen	
Peptan® B:	7 908 mg
Fish hydrolysed collagen	
Peptan® F:	750 mg
Vitamin C (ascorbic acid):	80 mg
Zinc bisglycinate:	50 mg
of which zinc:	10 mg
Sodium hyaluronate:	30 mg
of which hyaluronic acid:	29.13 mg
Bovine hydrolysed cartilage:	25 mg
Eggshell membrane:	7 mg

Ingredients:
Bovine hydrolysed collagen Peptan® B, fish hydrolysed collagen Peptan® F, acidity regulator (anhydrous citric acid), flavouring (apple), sweetener (steviol glycosides from stevia), vitamin C (ascorbic acid), zinc bisglycinate, colour (safflower concentrate, spirulina extract), sodium hyaluronate, bovine hydrolysed cartilage, eggshell membrane. Allergens: fish, eggs.

EAN/pcs: 8585067201536

Almost **50 countries.**
One place of production - **Slovakia.**



FROM SLOVAKIA TO THE WORLD

What started in Slovakia
is now growing far beyond its borders.
Products from the ANJ Nutrition Group portfolio
are exported to almost 50 countries
and our international reach
continues to grow.

MADE IN **SLOVAKIA**
DISTRIBUTED **WORLDWIDE**

Your brand, our know-how

PRIVATE LABEL MANUFACTURING

Looking for a partner to develop and manufacture products under your own brand?

ANJ Nutrition Group offers comprehensive private label solutions – **from the initial idea and recipe development to the manufacture of the final product.**

PRODUCT DEVELOPMENT

Our own development team and recipes tailored to the needs of the client and the market.

FLEXIBLE PRODUCTION

Smaller production runs available for new products and market testing.

WIDE PORTFOLIO

Bars, snacks, drinks, shots, proteins, food supplements and other categories.

SPEED & FLEXIBILITY

Efficient development, production and response to new trends and market needs.

ANJ Nutrition Group
Advance Nutrition Journey

FROM IDEA TO FINISHED PRODUCT.

IDEA → DEVELOPMENT → PRODUCTION → MARKET

CATALOGUE
DOWNLOAD

MANUFACTURING YOU CAN RELY ON

QUALITY • DEVELOPMENT
• FLEXIBILITY • EXPERIENCE



LET'S CREATE SOMETHING NEW

ANJ Nutrition Group
Advance Nutrition Journey

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