Currently red fruit based products are considered functional because of the high antioxidant potential due to their rich content of phenolic compounds. In the market there is little availability of functional gels for athletes, thus the development of these products represents the possibility to add more nutritional and therapeutic value in energy replenishing. This study aimed to evaluate the antioxidant capacity of nutritional gels added with freeze dried red fruit. Four gels were formulated with different concentrations of freeze-dried red fruits and sugars in accordance with a $2^2$ factorial design. The gels were codified as G1, G2, G3 and G4 with varied concentration of red fruit (under patent claiming). In order to evaluate the antioxidant activity, supplements were analyzed for total phenolics (Folin-Ciocalteau method) and anthocyanins by the spectrophotometric method. The results for the phenolic compounds, expressed as Gallic acid equivalent/100ml sample were G1 = 230.56; G2 = 203.67; G3 = 322.03; G4 = 346.67. The total anthocyanin content in samples with high concentration of red fruit (G3 and G4) was approximately 28.00 mg/100 ml. The study showed that the samples with higher concentration of red fruit had higher total phenolics and anthocyanins, confirming the red fruit antioxidant potential for the development of functional sports gels.