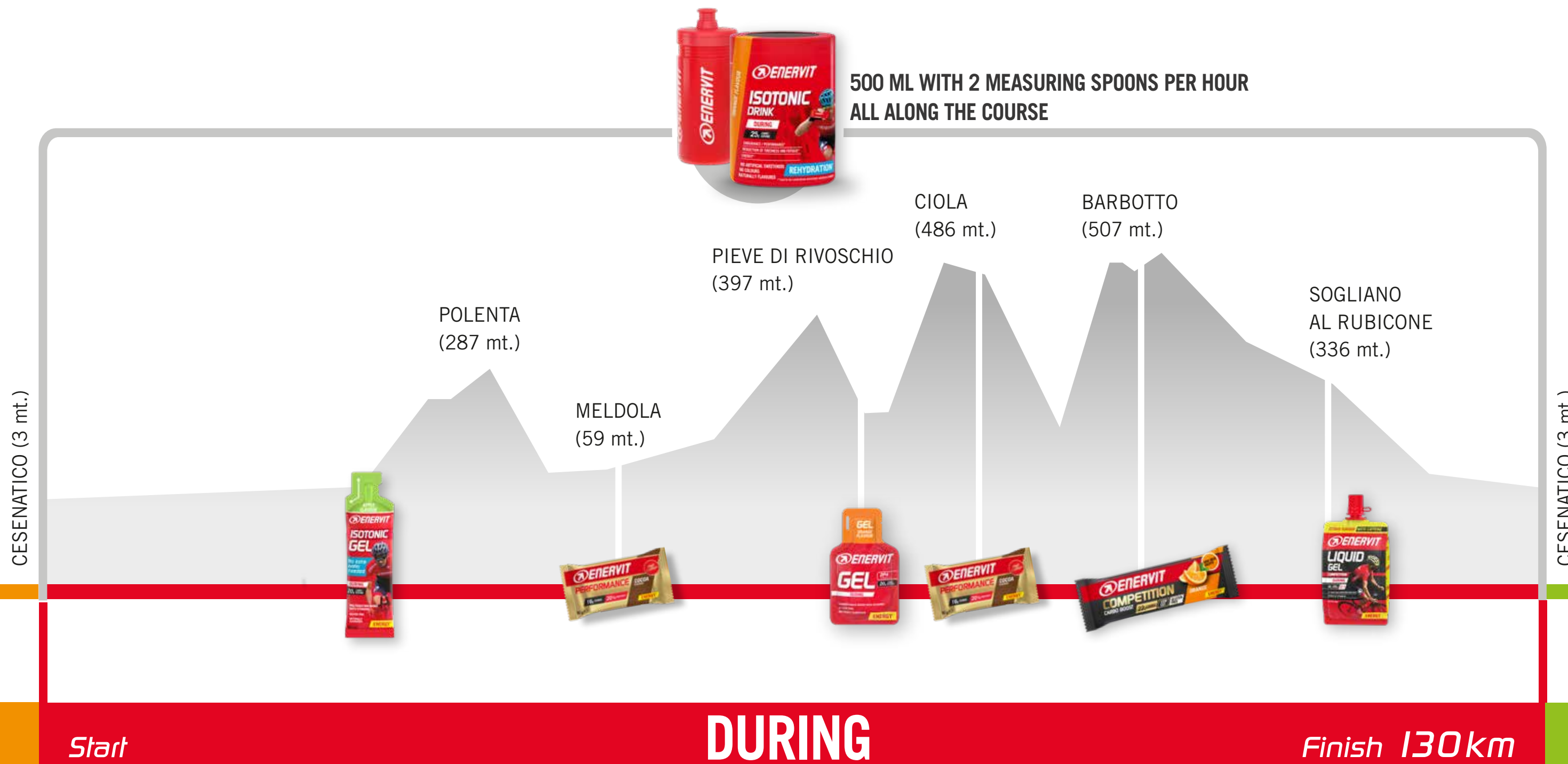


ENERVIT NUTRITION SYSTEM®

130 KM
ELEVATION GAIN: 1.871 mt



FOR RIDES LONGER THAN 2 HOURS, IT IS ADVISABLE TO HAVE A **CARBOHYDRATE INTAKE OF APPROXIMATELY 60g FOR EVERY HOUR**.
DON'T FORGET TO **STAY HYDRATED** (500 ml/HOUR) AND WHEN IT'S POSSIBLE TO SWITCH BETWEEN SUPPLEMENTS AND TRADITIONAL FOODS.



PRE SPORT
SLOW RELEASE ENERGY JELLY.

GEL
HIGHLY CONCENTRATED ENERGY GEL.
AVAILABLE WITH ADDED CAFFEINE.

20 CARBS / g SERVING

ISOTONIC GEL
MALTODEXTRIN BASED
WITH ISOTONIC FORMULATION

20 CARBS / g SERVING

COMPETITION BAR
HIGHLY CONCENTRATED ENERGY BAR.

20 CARBS / g SERVING

LIQUID GEL
FAST ENERGY LIQUID GEL.
AVAILABLE WITH ADDED CAFFEINE.

30 CARBS / g SERVING

ISOTONIC DRINK
INSTANT DRINK WITH CARBS
AND MINERALS.

25 CARBS / SERVING

PERFORMANCE BAR
DOUBLE SIDED ENERGY BAR

30 CARBS / SERVING

R2 RECOVERY DRINK
CARBOHYDRATE-BASED
-RECOVERY DRINK WITH BCAA.