

# ENERVIT NUTRITION SYSTEM®

LENGTH: 128 km  
ELEVATION GAIN: 2020



SWITCH BETWEEN 1 GEL AND 1 COMPETITION BAR EVERY 30 MINUTES



500 ML WITH 2 MEASURING SPOONS OF ISOTONIC DRINK PER HOUR



-30'



WITHIN 30'

**BEFORE**

*Start*

**DURING**

*Finish 128km*

**AFTER**



**PRE SPORT**

SLOW RELEASE ENERGY JELLY.



**GEL**

HIGHLY CONCENTRATED ENERGY GEL. AVAILABLE WITH ADDED CAFFEINE.

**20g CARBS / SERVING**



**COMPETITION BAR**

HIGHLY CONCENTRATED ENERGY BAR.

**20g CARBS / SERVING**



**ISOTONIC DRINK**

INSTANT DRINK WITH CARBS AND MINERALS.

**25g CARBS / SERVING**



**R2 RECOVERY DRINK**

ENERGY RECOVERY AFTER INTENSE EFFORTS.