

ENERVIT NUTRITION SYSTEM®

MIDDLE COURSE

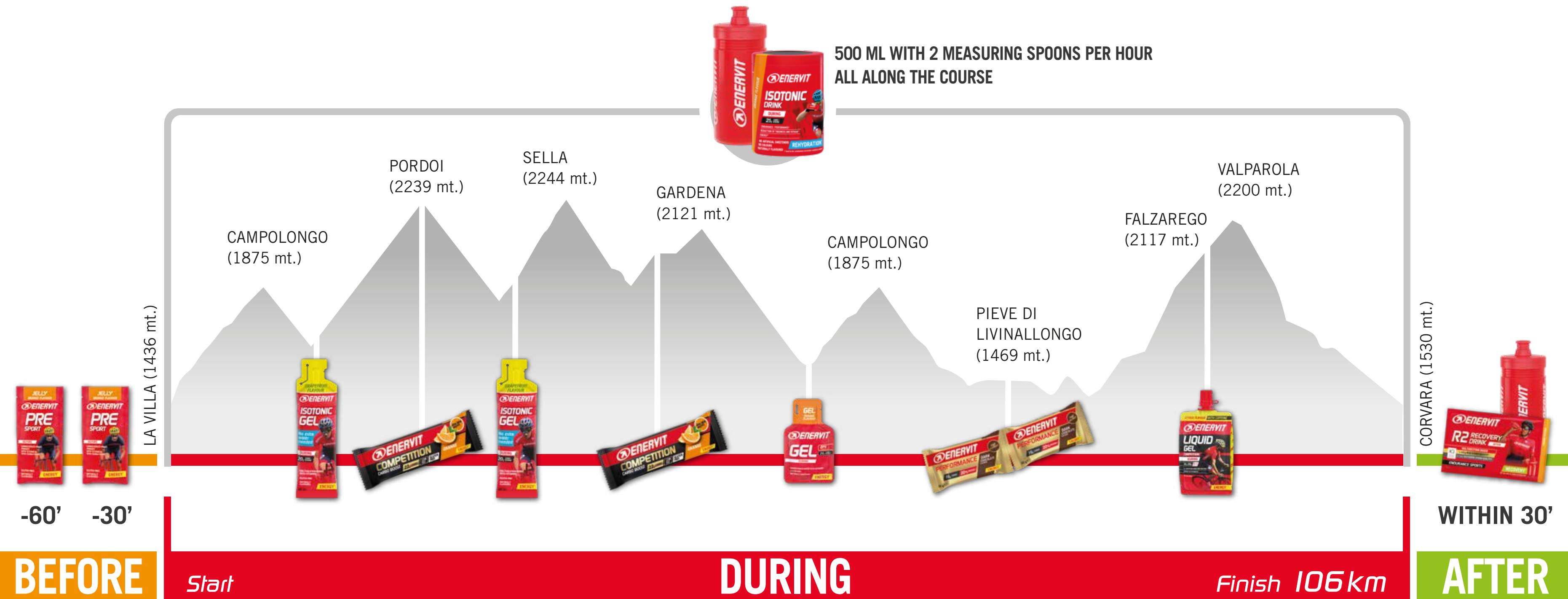
LENGTH: 106 km

ALT. GAIN: 3130 m



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.

500 ML WITH 2 MEASURING SPOONS PER HOUR
ALL ALONG THE COURSE



BEFORE

Start

DURING

Finish 106 km

AFTER



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. AVAILABLE WITH ADDED CAFFEINE.

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 / g SERVING



PERFORMANCE BAR

DOUBLE SIDED ENERGY BAR.

30 CARBS / g SERVING



R2 RECOVERY DRINK

CARBOHYDRATE-BASED RECOVERY DRINK WITH BCAA.