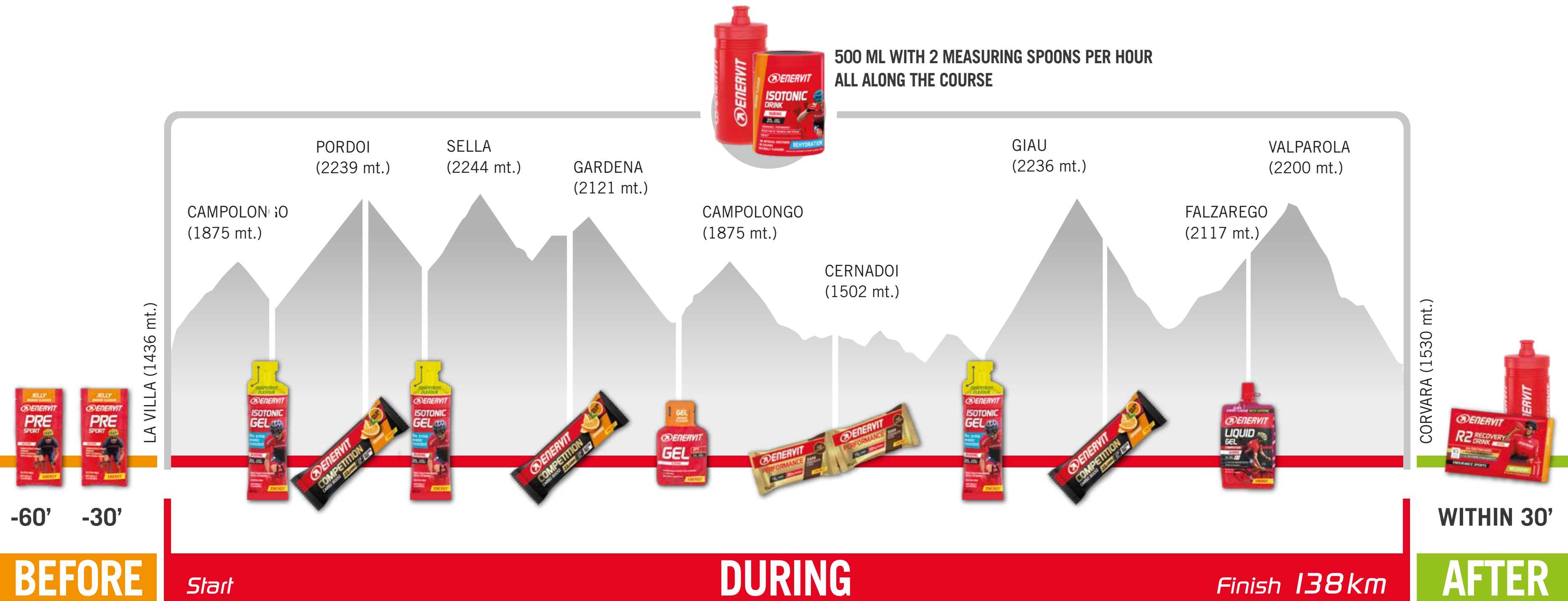


FOR RIDES LONGER THAN 2 HOURS, IT IS ADVISABLE TO HAVE A CARBOHYDRATE INTAKE OF APPROXIMATELY 60g FOR EVERY HOUR. DON'T FORGET TO **STAY HYDRATED** (500 ml/HOUR) AND WHEN IT'S POSSIBLE TO SWITCH BETWEEN SUPPLEMENTS AND TRADITIONAL FOODS.



**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. 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.