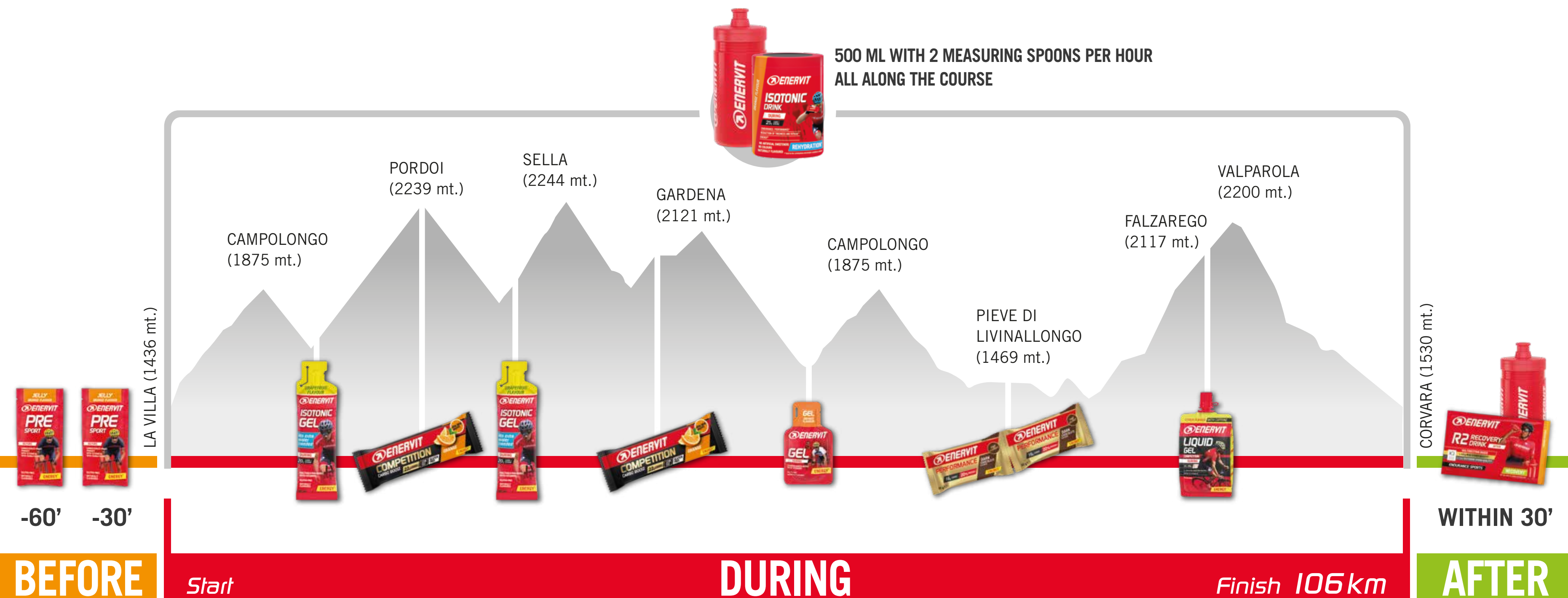


FOR RIDES LONGER THAN 2 HOURS, IT IS ADVISABLE TO HAVE A **CARBOHYDRATE INTAKE OF APPROXIMATELY 60g FOR EVERY HOUR**.
DON'T FORGET TO **STAY HYDRATED** (500 ml/HOUR) AND WHEN IT'S POSSIBLE TO SWITCH BETWEEN SUPPLEMENTS AND TRADITIONAL FOODS.



BEFORE

Start

DURING

Finish 106 km

WITHIN 30'

AFTER



PRE SPORT

SLOW RELEASE ENERGY JELLY.



GEL

HIGHLY CONCENTRATED ENERGY GEL. AVAILABLE WITH ADDED CAFFEINE.

20g CARBS / SERVING



ISOTONIC GEL

MALTODEXTRIN BASED WITH ISOTONIC FORMULATION. AVAILABLE WITH ADDED CAFFEINE.

20g CARBS / SERVING



COMPETITION BAR

HIGHLY CONCENTRATED ENERGY BAR.

20g CARBS / SERVING



LIQUID GEL

FAST ENERGY LIQUID GEL. AVAILABLE WITH ADDED CAFFEINE.

30g CARBS / SERVING



ISOTONIC DRINK

INSTANT DRINK WITH CARBS AND MINERALS.

25g CARBS / SERVING



PERFORMANCE BAR

DOUBLE SIDED ENERGY BAR.

30g CARBS / SERVING



R2 RECOVERY DRINK

CARBOHYDRATE-BASED RECOVERY DRINK WITH BCAA.