

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.

**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.