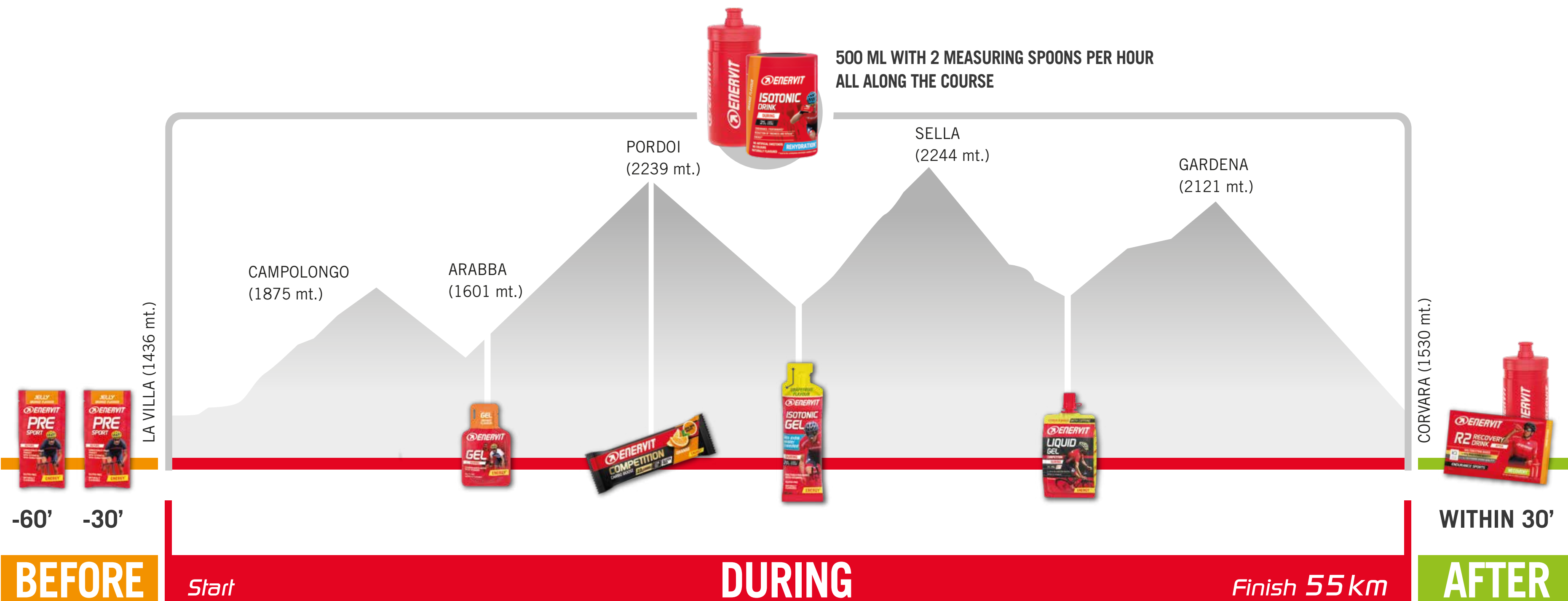


FOR RIDES LONGER THAN 2 HOURS, IT IS ADVISABLE TO HAVE A **CARBOHYDRATE INTAKE OF APPROXIMATELY 60g FOR EVERY HOUR**.
DON'T FORGET TO **STAY HYDRATED** (500 ml/HOUR) AND WHEN IT'S POSSIBLE TO SWITCH BETWEEN SUPPLEMENTS AND TRADITIONAL FOODS.



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



R2 RECOVERY DRINK

CARBOHYDRATE-BASED RECOVERY DRINK WITH BCAA.