



SYSTEM 1



1 ONE HAND

10g CARBS / SERVING

EVERY 20'

SYSTEM 2



1 ISOTONIC GEL

20g CARBS / SERVING

EVERY 40'



ALL AROUND THE ROUTE



WITHIN 30'

BEFORE

Start

DURING

Finish 30 km

AFTER



PRE SPORT
SLOW RELEASE
ENERGY JELLY.



ONE HAND
HIGHLY CONCENTRATED ENERGY GEL.
EASYSNAP OPENING

10g CARBS / SERVING



ISOTONIC GEL
MALTODEXTRIN-BASED GEL
WITH ISOTONIC FORMULA

20g CARBS / SERVING



CARBO TABLETS
CARBOHYDRATES TABLETS
WITH VITAMINS



R2 RECOVERY DRINK
CARBOHYDRATE BASED
RECOVERY DRINK WITH BCAA.