

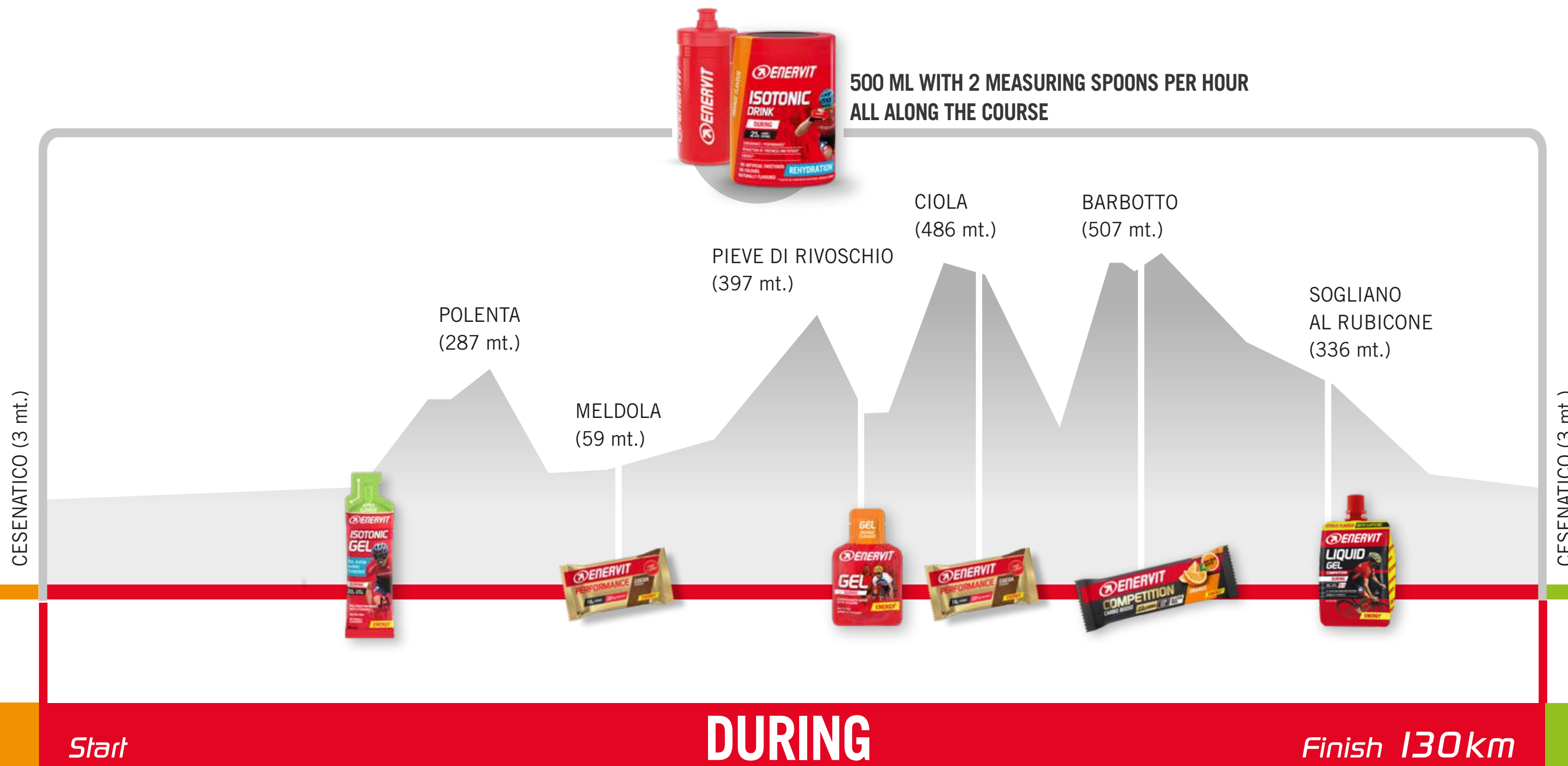
# ENERVIT NUTRITION SYSTEM®

# 130 KM

ELEVATION GAIN: 1.871 mt



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.



-60' -30'

**BEFORE**

*Start*

**DURING**

*Finish 130 km*



WITHIN 30'

**AFTER**



**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

**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**

ENERGY RECOVERY AFTER INTENSE EFFORTS.