



During the **cycling course**, prefer bars to gels and, if you like, once or twice you can switch your supplements with traditional food (i.e. fruit or cookies).



**PRE SPORT**  
SLOW RELEASE ENERGY  
JELLY.



**ISOTONIC DRINK**  
INSTANT DRINK WITH CARBS  
AND MINERALS.

**25g** CARBS /  
SERVING



**GEL**  
HIGHLY CONCENTRATED ENERGY GEL.  
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 GEL**  
MALTODEXTRIN BASED WITH  
ISOTONIC FORMULATION.

**20g** CARBS /  
SERVING



**R2 RECOVERY DRINK**  
CARBOHYDRATE-BASED  
RECOVERY DRINK WITH BCAA.