

ENERVIT NUTRITION SYSTEM®

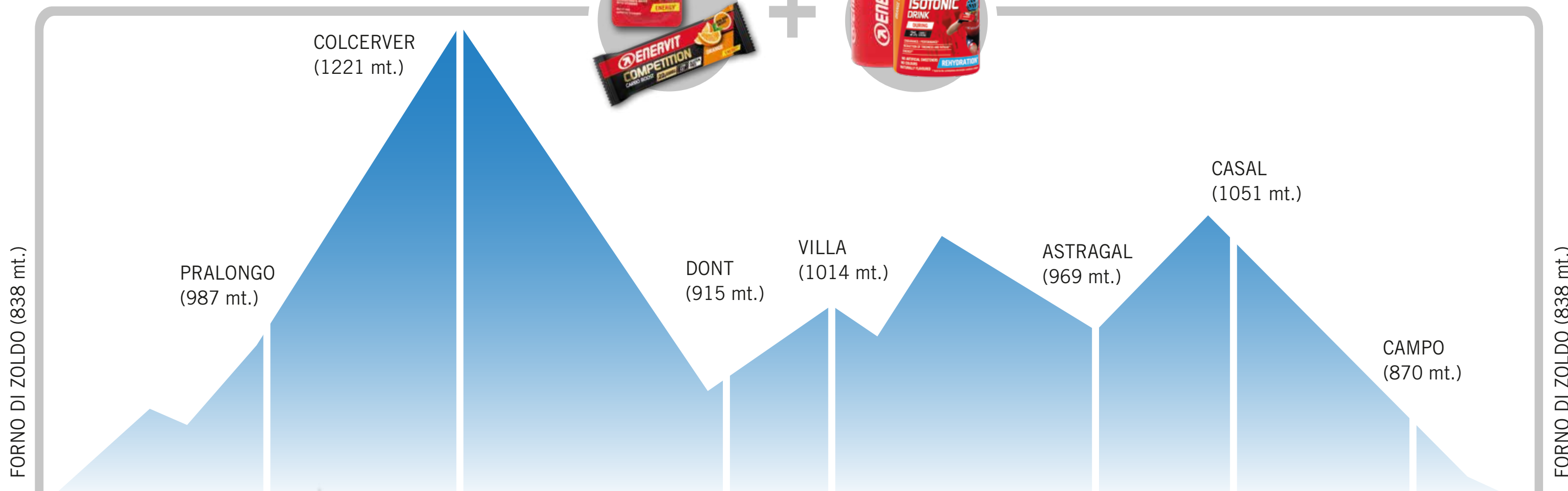
11 KM
ELEVATION GAIN: 700 m



SWITCH BETWEEN 1 GEL AND
1 COMPETITION BAR EVERY 30 MINUTES



500 ML WITH 2 MEASURING SPOONS PER HOUR
ALL ALONG THE COURSE



-60' -30'

BEFORE

Start

DURING

Finish 11 km



WITHIN 30'

AFTER



PRE SPORT
SLOW RELEASE
ENERGY JELLY.



GEL
HIGHLY CONCENTRATED ENERGY GEL.
AVAILABLE WITH ADDED CAFFEINE.

20g CARBS / g SERVING



COMPETITION BAR
HIGHLY CONCENTRATED
ENERGY BAR.

20g CARBS / g SERVING



ISOTONIC DRINK
INSTANT DRINK WITH CARBS
AND MINERALS.

25g CARBS / g SERVING



R2 RECOVERY DRINK
CARBOHYDRATE BASED
RECOVERY DRINK WITH BCAA.