

# ENERVIT NUTRITION SYSTEM®

**55 KM**  
ELEVATION GAIN: 3800 m



SWITCH BETWEEN 1 GEL AND 1 COMPETITION BAR EVERY 30 MINUTES



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



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).

**-60' -30'**  
**BEFORE**

Start

**DURING**

Finish 55 km

**WITHIN 30'**  
**AFTER**



**PRE SPORT**  
SLOW RELEASE ENERGY JELLY.



**GEL**  
HIGHLY CONCENTRATED ENERGY GEL. AVAILABLE WITH ADDED CAFFEINE.

**20 CARBS / g SERVING**



**COMPETITION BAR**  
HIGHLY CONCENTRATED ENERGY BAR.

**20 CARBS / g SERVING**



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

**25 CARBS / g SERVING**



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