

# ENERVIT NUTRITION SYSTEM®

# 72 KM

ELEVATION GAIN: 5500 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).

**BEFORE**  
-60'  
-30'

Start

**DURING**

Finish 72 km

**AFTER**  
WITHIN 30'



**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.