

AFTER 30'  **OR**  **1 ISOTONIC GEL OR 1 GEL** **20g CARBS / SERVING** **EVERY 40'**



-30'

AT EVERY REFRESHMENT POINT



+

AT 30 KM RED POINT



WITHIN 30'

BEFORE

Start **DURING** **Finish**

AFTER



PRE SPORT ENERGY JELLY



ISOTONIC GEL
MALTODEXTRIN-BASED GEL WITH ISOTONIC FORMULA

20g CARBS / SERVING



ISOTONIC DRINK
INSTANT DRINK WITH CARBS AND MINERALS

25g CARBS / SERVING



GEL
HIGHLY CONCENTRATED ENERGY GEL

20g CARBS / SERVING



R2 RECOVERY DRINK
ENERGY RECOVERY AFTER INTENSE EFFORTS