

# ENERVIT NUTRITION SYSTEM®

## MARCIALONGA LIGHT

LENGTH: 45 km

ALTITUDE GAIN: 624 m



MARCIALONGA

**EVERY HOUR  
OF THE RACE**

SWITCH BETWEEN  
1 GEL AND  
1 COMPETITION BAR



500 ML WITH  
1 SACHET OF INSTANT  
SPORT DRINK



3 CARBO  
TABLET



-30'



WITHIN 30'

**BEFORE**

Start

**DURING**

Finish 45 km

**AFTER**



**PRE SPORT**  
ENERGY JELLY



**GEL**  
HIGHLY CONCENTRATED  
ENERGY GEL

20 CARBS /  
g SERVING



**COMPETITION BAR**  
HIGHLY CONCENTRATED  
ENERGY BAR

20 CARBS /  
g SERVING



**INSTANT SPORT DRINK**  
INSTANT DRINK WITH CARBS  
AND MINERALS

13 CARBS /  
g SERVING



**CARBO TABLET**  
CARBOHYDRATES TABLETS  
WITH VITAMINS

10 CARBS /  
g SERVING



**R2 RECOVERY DRINK**  
ENERGY RECOVERY AFTER  
INTENSE EFFORTS