

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

ALL ALONG THE ROUTE




-30'

BEFORE

Start

DURING

Finish

AFTER



WITHIN 30'



PRE SPORT
ENERGY JELLY



ISOTONIC GEL
MALTODEXTRIN-BASED GEL
WITH ISOTONIC FORMULA

20g CARBS / SERVING



GEL
HIGHLY CONCENTRATED
ENERGY GEL

20g CARBS / SERVING



CARBO TABLET
CARBOHYDRATES TABLES
WITH VITAMINS

10g CARBO / DOSE



R2 RECOVERY DRINK
ENERGY RECOVERY AFTER
INTENSE EFFORTS