

ENERVIT NUTRITION SYSTEM®

GRANFONDO

LENGTH: 204 km

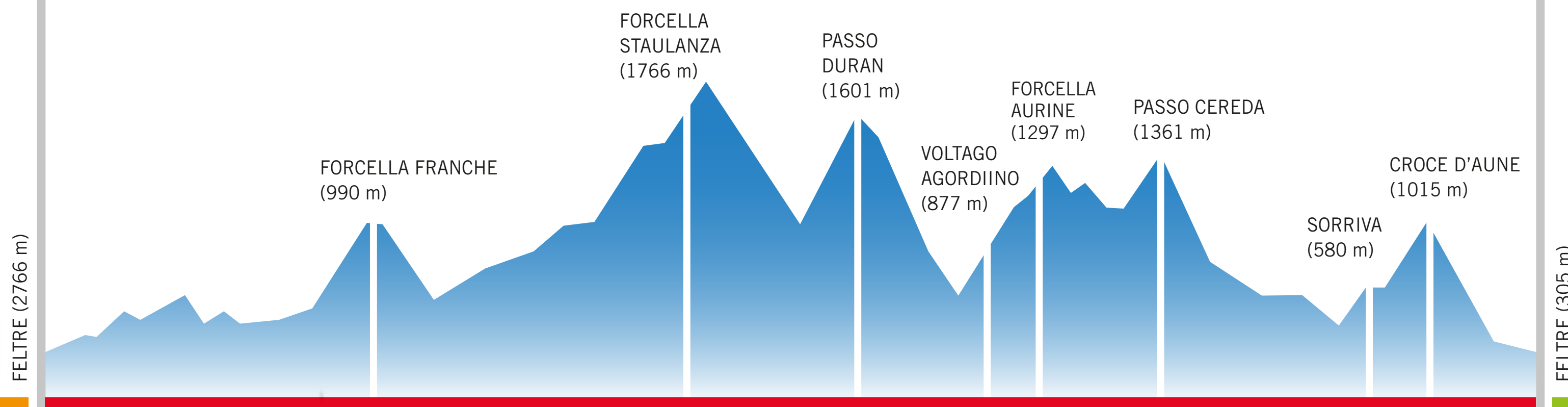
ALTITUDE GAIN: 5.000 m



SWITCH BETWEEN 1 GEL AND
1 COMPETITION BAR EVERY 30 MINUTES



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



WITHIN 30'

AFTER

-60'

-30'

BEFORE

Start

DURING

Finish 200 km



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.