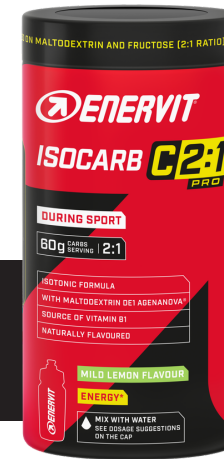




3 Carbo chews
AT THE START



1 CARBO GEL OR 1 CARBO JELLY
WITH 2 CARBO CHEWS EVERY 40'



2 MEASURING SPOONS IN 500 ML
OF WATER EVERY 60'



-60'



-30'



WITHIN 30'

BEFORE

START



DURING

FINISH

AFTER

PRE SPORT
SLOW RELEASE
ENERGY JELLY
WITH CAFFEINE

CARBO CHEWS C2:1
MALTODEXTRIN BASED
CHEWS WITH VITAMINS

**5 CARBS /
g**
1 CHEW

CARBO GEL C2:1
MALTODEXTRIN-FRUCTOSE
BASED ENERGY GEL

**40 CARBS /
g**
SERVING

CARBO JELLY C2:1
CARBO BASED JELLY
WITH VITAMIN B1

**30 CARBS /
g**
SERVING

ISOCARB C2:1
CARBO BASED INSTANT
DRINK POWDER

**60 CARBS /
g**
SERVING

WP RECOVERY DRINK
ENERGY RECOVERY
AFTER INTENSE
EFFORTS