

YOUR NUTRITION STRATEGIES ARE AS DISTINCTIVE AS YOU ARE



DENERVIT

RESEARCH MUST GO ON

This motto has inspired, for over 40 years, the work on the field of the Enervit Research & Development. Being able to follow both professionals and amateurs during competitions and trainings, allowed the Equipe Enervit to identify athletes' real needs and develop high-quality sport nutrition products, studied to support performance at its best. Especially when talking about endurance sports, like running, cycling or swimming, a correct and functional nutrition and hydration can make the difference.



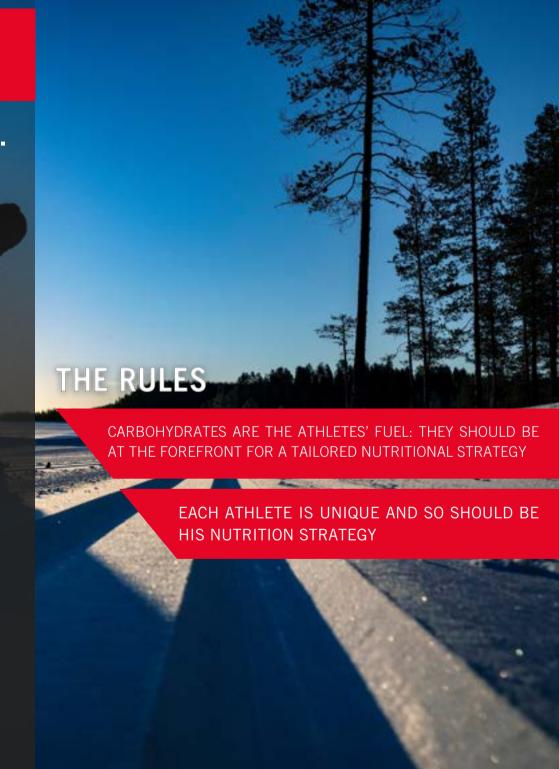


ONCE: BEFORE, DURING, AFTER SPORTS.

Enervit has been the first to introduce the 'before, during, after sports' concept. This was possible after discovering the three crucial stages during which the right products could overturn the results: before: to increase energy and prepare the body to the effort that follows; during: to reduce fatigue and increase energy supply; after: to help the body recover quickly and perfectly. These three moments have determined the nutritional strategies of all athletes over the years. But Enervit doesn't settle, so each result becomes the starting point for new innovations. That's exactly what happened

TODAY: ENERVIT NUTRITION SYSTEM®

Today thanks to the close collaborations with PRO teams, Enervit has come up with a new approach that allows to tailor each strategy on the goals and needs of each single athlete, whether it's for training or competitions. This is what Enervit Nutrition System is all about: supporting athletes of each level with a personalized plan. The starting point? The assumption of a specific quantity of carbohydrates per each hour of activity and the correct hydration





PARTICIPANTS LEVEL	ESTIMATED RACE TIME	ENERVIT NUTRITION SYSTEM	
为自己的		Men	Women
SemiElite	5H	90g/h	90g/h
Excellent	6Н	90g/h	60g/h
Performance	8H	90g/h	60g/h
Medium	9H	60g/h	30g/h
First Timer	12H	60/h	30g/h

With the aim of personalize as much as possible the nutrition support provided during the Vasaloppet, we structured different nutrition plans based on the level of the participants.



TRAINING PLAN



In the 6/8 weeks preceding the event it is suggested to test the nutrition strategy of the race no less than once a week. It is suggested to do so during specific training that will simulate the race on a small scale, thus refining the strategy and the practical use of the products.



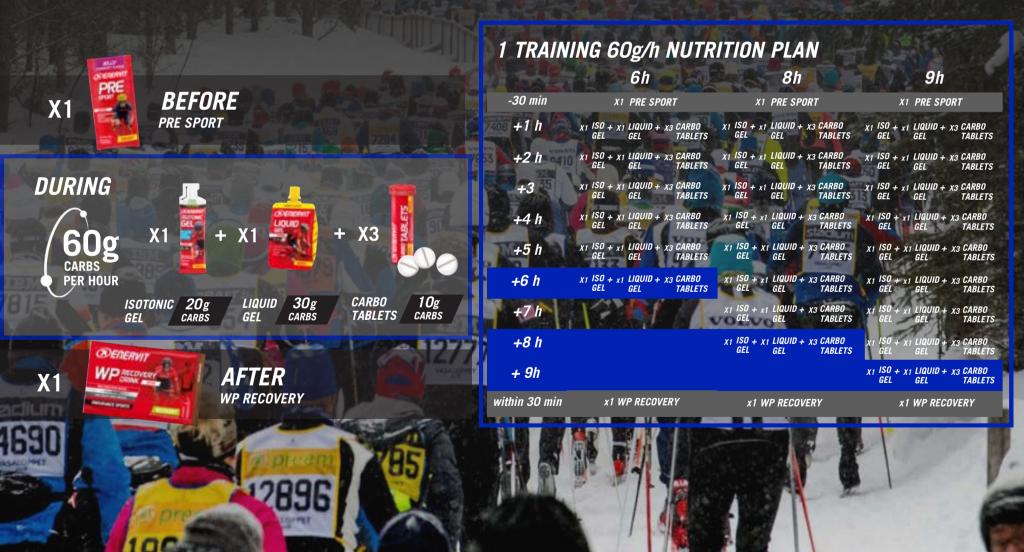
1 TRAINING	G 30g/h NUTRITION I	PLAN
	9h	12h
-30 min	X1 PRE SPORT	X1 PRE SPORT
+1 h	X1 SPORT + X3 CARBO GEL TABLETS	X1 SPORT + X3 CARBO GEL TABLETS
+2 h	X1 SPORT + X3 CARBO GEL TABLETS	X1 SPORT + X3 CARBO GEL TABLETS
+3	X1 SPORT + X3 CARBO GEL TABLETS	X1 SPORT + X3 CARBO GEL TABLETS
+4 h	X1 SPORT + X3 CARBO GEL TABLETS	X1 SPORT + X3 CARBO GEL TABLETS
+5 h	X1 SPORT + X3 CARBO GEL TABLETS	X1 SPORT + X3 CARBO GEL TABLETS
+6 h	X1 SPORT + X3 CARBO GEL TABLETS	X1 SPORT + X3 CARBO GEL TABLETS
+7 h	X1 SPORT + X3 CARBO GEL TABLETS	X1 SPORT + X3 CARBO GEL TABLETS
+8 h	X1 SPORT + X3 CARBO GEL TABLETS	X1 SPORT + X3 CARBO GEL TABLETS
+ 9h	_{X1} SPORT _{+ X3} CARBO GEL TABLETS	X1 SPORT + X3 CARBO GEL TABLETS
+10 h		X1 SPORT + X3 CARBO GEL TABLETS
+ 11 h		X1 SPORT + X3 CARBO GEL TABLETS
+ 12 h		X1 SPORT + X3 CARBO GEL TABLETS
within 30 min	x1 WP RECOVERY x1 WP RECOVERY	



TRAINING PLAN



In the 6/8 weeks preceding the event it is suggested to test the nutrition strategy of the race no less than once a week. It is suggested to do so during specific training that will simulate the race on a small scale, thus refining the strategy and the practical use of the products.





TRAINING PLAN



In the 6/8 weeks preceding the event it is suggested to test the nutrition strategy of the race no less than once a week. It is suggested to do so during specific training that will simulate the race on a small scale, thus refining the strategy and the practical use of the products.



DENERVIT

In all other training sessions, it is suggested to select the "level" of the strategy according to the duration of the exercise. By doing so you will get a double advantage:

- 1. Evaluate the most suitable strategy option based on your own taste
- 2. Train the gut to absorb a higher amount of carbohydrates per hour of exercise

<2h

Effort < 2 hours: a moderate dosage of carbohydrates can be enough (up to 30 g/h) together with liquids and a source of sodium to keep hydrated and prevent low peaks during performance

>2h

Moderate and longlasting effort > 2 hours: 60 g/h carbohydrates are required together with liquids to keep the body hydrated

>3h

Intense and long lasting effort >3 hours: we suggest to increase the carbohydrates intake by 90 g/h especially if it's during a race or an intense training.

A SPECIFIC MIX

in order to allow the body to assume this high quantity of carbohydrates it is necessaire to rely on a specific glucose – fructose based formula, with a 2:1 ratio.





OPTION 1

OPTION 2

CROSS COUNTRY SKIING 1H TO 2H



POSSIBLE COMBO FOR EVERY HOUR

Before During After













CROSS COUNTRY SKIING > 2H



POSSIBLE COMBO FOR EVERY HOUR

Before During After







OPTION 2



OPTION 3







CROSS COUNTRY SKIING > 3H

High intensity race / training
Suitable for professional / appnist athlete



POSSIBLE COMBO FOR EVERY HOUR

2:1

Before During After



OPTION 1



OPTION 2



