



***YOUR NUTRITION STRATEGIES ARE
AS DISTINCTIVE AS YOU ARE***





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

THE RULES

CARBOHYDRATES ARE THE ATHLETES' FUEL: THEY SHOULD BE AT THE FOREFRONT FOR A TAILORED NUTRITIONAL STRATEGY

EACH ATHLETE IS UNIQUE AND SO SHOULD BE HIS NUTRITION STRATEGY



SELECT YOUR NUTRITION SYSTEM

PARTICIPANTS LEVEL

ESTIMATED RACE TIME

ENERVIT NUTRITION SYSTEM

Men

Women

SemiElite

5H

90g/h

90g/h

Excellent

6H

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.

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.

X1



BEFORE
PRE SPORT

DURING

30g
CARBS
PER HOUR

X1



+

X3



SPORT
GEL

20g
CARBS

CARBO
TABLETS

10g
CARBS

X1



AFTER
WP RECOVERY

1 TRAINING 30g/h NUTRITION PLAN

	9h		12h	
	X1 PRE SPORT		X1 PRE SPORT	
-30 min				
+1 h	X1 SPORT GEL	+ X3 CARBO TABLETS	X1 SPORT GEL	+ X3 CARBO TABLETS
+2 h	X1 SPORT GEL	+ X3 CARBO TABLETS	X1 SPORT GEL	+ X3 CARBO TABLETS
+3 h	X1 SPORT GEL	+ X3 CARBO TABLETS	X1 SPORT GEL	+ X3 CARBO TABLETS
+4 h	X1 SPORT GEL	+ X3 CARBO TABLETS	X1 SPORT GEL	+ X3 CARBO TABLETS
+5 h	X1 SPORT GEL	+ X3 CARBO TABLETS	X1 SPORT GEL	+ X3 CARBO TABLETS
+6 h	X1 SPORT GEL	+ X3 CARBO TABLETS	X1 SPORT GEL	+ X3 CARBO TABLETS
+7 h	X1 SPORT GEL	+ X3 CARBO TABLETS	X1 SPORT GEL	+ X3 CARBO TABLETS
+8 h	X1 SPORT GEL	+ X3 CARBO TABLETS	X1 SPORT GEL	+ X3 CARBO TABLETS
+9 h	X1 SPORT GEL	+ X3 CARBO TABLETS	X1 SPORT GEL	+ X3 CARBO TABLETS
+10 h			X1 SPORT GEL	+ X3 CARBO TABLETS
+11 h			X1 SPORT GEL	+ X3 CARBO TABLETS
+12 h			X1 SPORT GEL	+ X3 CARBO TABLETS
within 30 min	x1 WP RECOVERY		x1 WP RECOVERY	

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.

X1



BEFORE
PRE SPORT

DURING

60g
CARBS
PER HOUR

X1



+ X1



+ X3



ISOTONIC
GEL

20g
CARBS

LIQUID
GEL

30g
CARBS

CARBO
TABLETS

10g
CARBS

X1



AFTER
WP RECOVERY

1 TRAINING 60g/h NUTRITION PLAN

	6h	8h	9h
-30 min	X1 PRE SPORT	X1 PRE SPORT	X1 PRE SPORT
+1 h	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS
+2 h	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS
+3 h	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS
+4 h	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS
+5 h	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS
+6 h	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS
+7 h		X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS
+8 h		X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS	X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS
+9 h			X1 ISO + x1 LIQUID + x3 CARBO GEL GEL TABLETS
within 30 min	x1 WP RECOVERY	x1 WP RECOVERY	x1 WP RECOVERY

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.

X2



BEFORE
PRE SPORT

DURING

90g
CARBS
PER HOUR

X1



+ X2



+ X3



COMPETITION
BAR

20g
CARBS

LIQUID
GEL

30g
CARBS

CARBO
TABLETS

10g
CARBS

X1



AFTER
WP RECOVERY

1 TRAINING 90g/h NUTRITION PLAN

	5h	6h	8h
-30 min	X2 PRE SPORT	X2 PRE SPORT	X2 PRE SPORT
+1 h	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS
+2 h	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS
+3 h	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS
+4 h	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS
+5 h	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS
+6 h		X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS	X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS
+7 h			X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS
+8 h			X1 COMPETITION BAR + X2 LIQUID GEL + X3 CARBO TABLETS
within 30 min	x1 WP RECOVERY	x1 WP RECOVERY	x1 WP RECOVERY



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 necessary **to rely on a specific glucose – fructose based formula, with a 2:1 ratio.**

90g
CARBS
PER HOUR



POSSIBLE COMBO FOR EVERY HOUR

Before

During

After

**BE
HYDRATED**

X1



30' BEFORE
PRE SPORT

OPTION 1

X3



CARBO
TABLETS **10g
CARBS**

+

X1



ISOTONIC
GEL **20g
CARBS**

OPTION 2

X3



CARBO
TABLETS **10g
CARBS**

+

X1



COMPETITION
BAR **20g
CARBS**

OPTION 3

X1



LIQUID GEL
COMPETITION **30g
CARBS**



WITHIN 30'
WP RECOVERY
DRINK

POSSIBLE COMBO FOR EVERY HOUR

Before

During

After

**BE
HYDRATED**

X1



30' BEFORE
PRE SPORT

OPTION 1

X3



**CARBO
TABLETS** 10g
CARBS

+

X1



**LIQUID
GEL** 30g
CARBS

+



**COMPETITION
BAR** 20g
CARBS

OPTION 2

X3



**CARBO
TABLETS** 10g
CARBS

+

X1



**LIQUID
GEL** 30g
CARBS

+



**SPORT
GEL** 20g
CARBS

OPTION 3

X3



**ISOTONIC
GEL** 20g
CARBS



WITHIN 30'
WP RECOVERY
DRINK



CROSS COUNTRY SKIING > 3H

High intensity race / training
Suitable for professional / agonist athletes

90g
CARBS
PER HOUR

POSSIBLE COMBO FOR EVERY HOUR

2:1

Before

During

After

**BE
HYDRATED**

X2



60' BEFORE
PRE SPORT

OPTION 1

X3



**LIQUID GEL
COMPETITION** 90g
CARBS

OPTION 2

X3



**CARBO
TABLETS** 10g
CARBS

+

X1



**COMPETITION
BAR** 20g
CARBS

+ X1



**LIQUID GEL
COMPETITION** 30g
CARBS



WITHIN 30'
WP RECOVERY
DRINK