

FOR RIDES LONGER THAN 2 HOURS, IT IS ADVISABLE TO HAVE A **CARBOHYDRATE INTAKE OF APPROXIMATELY 60g FOR EVERY HOUR**.
DON'T FORGET TO **STAY HYDRATED** (500 ml/HOUR) AND WHEN IT'S POSSIBLE TO SWITCH BETWEEN SUPPLEMENTS AND TRADITIONAL FOODS.



BEFORE

DURING

AFTER

PRE SPORT
SLOW RELEASE ENERGY JELLY.

ISOTONIC GEL
MALTODEXTRIN BASED WITH ISOTONIC FORMULATION

20g CARBS / SERVING

COMPETITION BAR
HIGHLY CONCENTRATED ENERGY BAR.

20g CARBS / SERVING

LIQUID GEL
FAST ENERGY LIQUID GEL. AVAILABLE WITH ADDED CAFFEINE.

30g CARBS / SERVING

ISOTONIC DRINK
INSTANT DRINK WITH CARBS AND MINERALS.

25g CARBS / SERVING

R2 RECOVERY DRINK
ENERGY RECOVERY AFTER INTENSE EFFORTS.