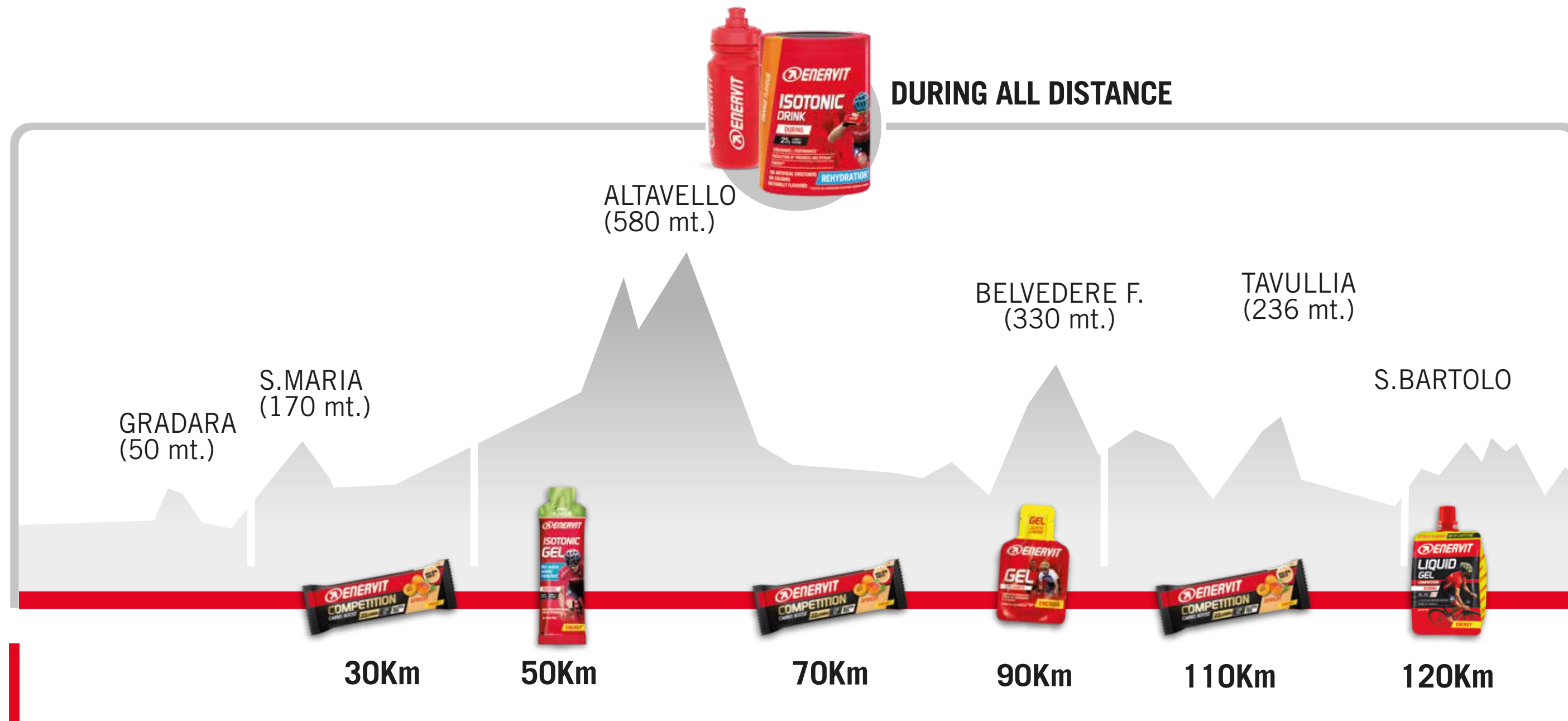


FOR RIDES LONGER THAN 2 HOURS, IT IS ADVISABLE TO HAVE A **CARBOHYDRATE INTAKE OF APPROXIMATELY 60g FOR EVERY HOUR**.  
DON'T FORGET TO **STAY HYDRATED** (500 ml/HOUR) AND WHEN IT'S POSSIBLE TO SWITCH BETWEEN SUPPLEMENTS AND TRADITIONAL FOODS.



## BEFORE

Start

## DURING

Finish 128km

## AFTER



**PRE SPORT**  
SLOW RELEASE ENERGY JELLY.



**COMPETITION BAR**  
HIGHLY CONCENTRATED ENERGY BAR.

**20** CARBS /  
g SERVING



**ISOTONIC GEL**  
MALTODEXTRIN BASED  
WITH ISOTONIC FORMULATION

**20** CARBS /  
g SERVING



**GEL**  
HIGHLY CONCENTRATED ENERGY GEL.  
AVAILABLE WITH ADDED CAFFEINE.

**20** CARBS /  
g SERVING



**ISOTONIC DRINK**  
INSTANT DRINK WITH CARBS  
AND MINERALS.

**25** CARBS /  
g SERVING



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

**30** CARBS /  
g SERVING



**R2 RECOVERY DRINK**  
ENERGY RECOVERY AFTER  
INTENSE EFFORTS.