

# ENERVIT NUTRITION SYSTEM®

LENGTH: 85 km  
ELEVATION GAIN: 1393



SWITCH BETWEEN 1 GEL AND 1 COMPETITION BAR EVERY 30 MINUTES



500 ML WITH 2 MEASURING SPOONS OF ISOTONIC DRINK PER HOUR



-30'



WITHIN 30'

## BEFORE

## DURING

## AFTER

Start

Finish 85 km



PRE SPORT

SLOW RELEASE ENERGY JELLY.



GEL

HIGHLY CONCENTRATED ENERGY GEL. AVAILABLE WITH ADDED CAFFEINE.

20 CARBS / g SERVING



COMPETITION BAR

HIGHLY CONCENTRATED ENERGY BAR.

20 CARBS / g SERVING



ISOTONIC DRINK

INSTANT DRINK WITH CARBS AND MINERALS.

25 CARBS / g SERVING



R2 RECOVERY DRINK

ENERGY RECOVERY AFTER INTENSE EFFORTS.