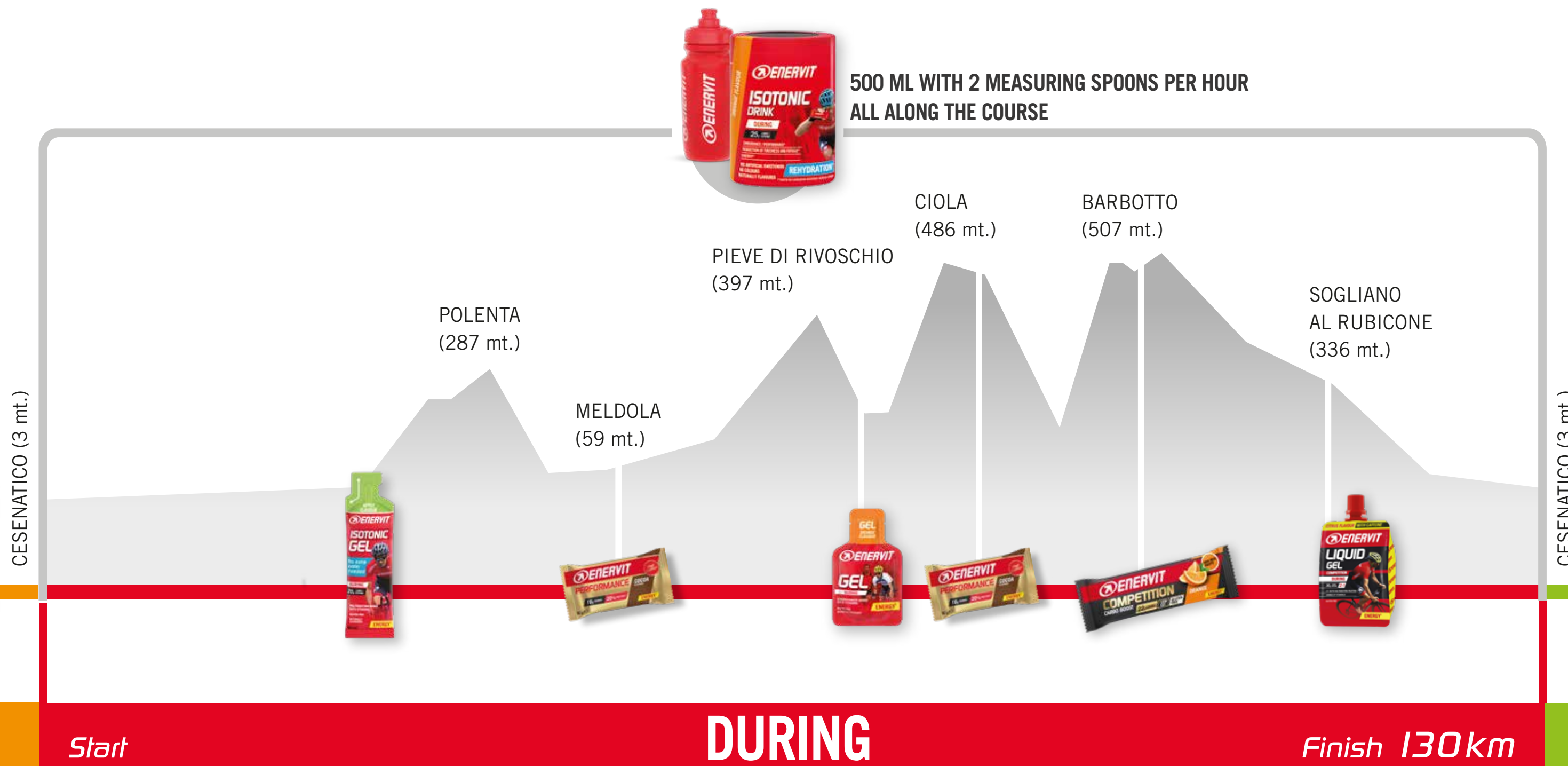


FOR RIDES LONGER THAN 2 HOURS, IT IS ADVISABLE TO HAVE A **CARBOHYDRATE INTAKE OF APPROXIMATELY 60g FOR EVERY HOUR**. DON'T FORGET TO **STAY HYDRATED** (500 ml/HOUR) AND WHEN IT'S POSSIBLE TO SWITCH BETWEEN SUPPLEMENTS AND TRADITIONAL FOODS.



-60' -30'

BEFORE

Start

DURING

Finish 130 km

WITHIN 30'

AFTER



PRE SPORT

SLOW RELEASE ENERGY JELLY.



GEL

HIGHLY CONCENTRATED ENERGY GEL. AVAILABLE WITH ADDED CAFFEINE.

20 CARBS / g SERVING



ISOTONIC GEL

MALTODEXTRIN BASED WITH ISOTONIC FORMULATION

20 CARBS / g SERVING



COMPETITION BAR

HIGHLY CONCENTRATED ENERGY BAR.

20 CARBS / g SERVING



LIQUID GEL

FAST ENERGY LIQUID GEL. AVAILABLE WITH ADDED CAFFEINE.

30 CARBS / g SERVING



ISOTONIC DRINK

INSTANT DRINK WITH CARBS AND MINERALS.

25 CARBS / g SERVING



PERFORMANCE BAR

DOUBLE SIDED ENERGY BAR

30 CARBS / g SERVING



R2 RECOVERY DRINK

ENERGY RECOVERY AFTER INTENSE EFFORTS.