

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.



500 ML WITH 2 MEASURING SPOONS PER HOUR
ALL ALONG THE COURSE



-60' -30'

BEFORE

Start

DURING

Finish 194 km

WITHIN 30'

AFTER



PRE SPORT
SLOW RELEASE ENERGY JELLY.



GEL
HIGHLY CONCENTRATED ENERGY GEL.
AVAILABLE WITH ADDED CAFFEINE.

20g CARBS / SERVING



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



PERFORMANCE BAR
DOUBLE SIDED ENERGY BAR

30g CARBS / SERVING



R2 RECOVERY DRINK
ENERGY RECOVERY AFTER
INTENSE EFFORTS.