

## SYSTEM 1

AFTER 50'



1 GEL

20g CARBO DOSE

EVERY 40'

## SYSTEM 2

AFTER 50'



1 ISOTONIC GEL

20g CARBO DOSE

EVERY 40'



-30'



+ AT 30 KM



FOR THE FINAL BOOST



WITHIN 30'

BEFORE

Start

DURING

Finish

AFTER



PRE SPORT  
SLOW RELEASE ENERGY JELLY



GEL  
HIGHLY CONCENTRATED  
ENERGY GEL

20g CARBO DOSE



ISOTONIC GEL  
MALTODEXTRIN-BASED GEL  
WITH ISOTONIC FORMULA

20g CARBO DOSE



ISOTONIC DRINK  
INSTANT DRINK WITH CARBS  
AND ELECTROLYTES

25g CARBO DOSE



LIQUID GEL  
FAST ENERGY  
LIQUID GEL

30g CARBO DOSE



R2 RECOVERY DRINK  
ENERGY RECOVERY AFTER  
INTENSE EFFORTS