



*YOUR NUTRITION STRATEGIES ARE
AS DISTINCTIVE AS YOU ARE*



RESEARCH MUST GO ON

This motto has inspired, for over 40 years, the work on the field of the Enervit Research & Development. Being able to follow both professionals and amateurs during competitions and trainings, allowed the Equipe Enervit to identify athletes' real needs and develop high-quality sport nutrition products, studied to support performance at its best. Especially when talking about endurance sports, like running, cycling or swimming, a correct and functional nutrition and hydration can make the difference.





ONCE: BEFORE, DURING, AFTER SPORTS.

Enervit has been the first to introduce the 'before, during, after sports' concept. This was possible after discovering the three crucial stages during which the right products could overturn the results: before: to increase energy and prepare the body to the effort that follows; during: to reduce fatigue and increase energy supply; after: to help the body recover quickly and perfectly. These three moments have determined the nutritional strategies of all athletes over the years. But Enervit doesn't settle, so each result becomes the starting point for new innovations. That's exactly what happened

TODAY: ENERVIT NUTRITION SYSTEM®

Today thanks to the close collaborations with the pros of UAE Team Emirates, Trek Segafredo and the Italian National Cycling Team, Enervit has come up with a new approach that allows to tailor each strategy on the goals and needs of each single athlete, whether it's for trainings or competitions. This is what Enervit Nutrition System is all about: supporting athletes of each level with a personalized plan. The starting point? The assumption of a specific quantity of carbohydrates per each hour of activity and the correct hydration



THE RULES

CARBOHYDRATES ARE THE ATHLETES' FUEL: THEY SHOULD BE AT THE FOREFRONT FOR A TAILORED NUTRITIONAL STRATEGY

EACH ATHLETE IS UNIQUE AND SO SHOULD BE HIS NUTRITION STRATEGY



CARBOHYDRATES: HOW MUCH AND HOW OFTEN

Building a winning strategy starts from the right dosage of carbs based on the duration and the intensity of the activity.

<2h

Effort < 2 hours: a moderate dosage of carbohydrates can be enough (up to 30 g/h) together with liquids and a source of sodium to keep hydrated and prevent low peaks during performance

>2h

Moderate and longlasting effort > 2 hours: 60 g/h carbohydrates are required together with liquids to keep the body hydrated





RUNNING 1H TO 2H
(ex. Half Marathon)

30g
CARBS
PER HOUR

CHOOSE YOUR IDEAL COMBO FOR EVERY HOUR

Before

During

After

**BE
HYDRATED**

X1

60' BEFORE
PRE SPORT

OPTION 1

OPTION 2

OPTION 3



X1

In 250 ml
of water



**ISOTONIC
DRINK**

**12,5g
CARBS**

+

X1



**ISOTONIC
GEL**

**20 g
CARBS**



X1

In 250 ml
of water



**ISOTONIC
DRINK**

**12,5g
CARBS**

+

X1



GEL

**20 g
CARBS**



X2

In 500 ml
of water



**ISOTONIC
DRINK**

**25g
CARBS**

+

X3



**CARBO
TABLETS**

**10g
CARBS**



WITHIN 30'
**R2 RECOVERY
DRINK**



RUNNING > 2H
(ex. Marathon)

60g
CARBS
PER HOUR

CHOOSE YOUR IDEAL COMBO FOR EVERY HOUR

Before

During

After

**BE
HYDRATED**

X2

60' BEFORE
PRE SPORT

OPTION 1



X1

In 250 ml
of water



ISOCARB
2:1



30 g
CARBS

+

X1



LIQUID
GEL

30 g
CARBS

OPTION 2



X1

In 250 ml
of water



ISOTONIC
DRINK

12,5 g
CARBS

+

X1



ISOTONIC
GEL

20 g
CARBS

+

X1



LIQUID
GEL

30 g
CARBS

OPTION 3



X2

In 500 ml
of water



ISOCARB
2:1

60 g
CARBS



WITHIN 30'
R2 RECOVERY
DRINK