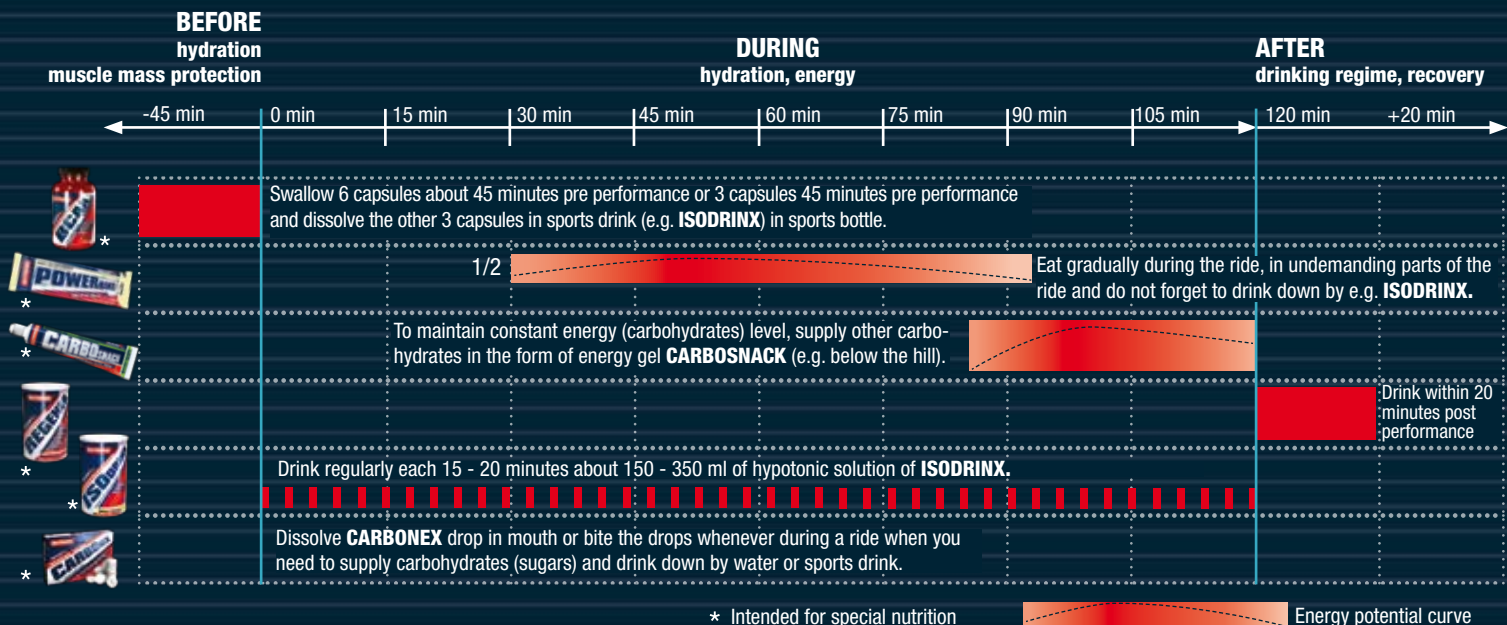


40 km MTB (2 hours ride in average speed 20 km/hour)



- * Intended for special nutrition
- ** Dietary supplement

Our tips



TURBOSNACK

- fastest energy source
- immediate help when having carbohydrates shortage - drink when you are surprised by rapid energy crises
- energy for finish - use about 20 minutes before finish



POWER BIKE BAR

- complex carbohydrates
- use 30 minutes after start when your own supply of carbohydrates is used and eat gradually



ANTICRAMP

- it restricts risk of cramps appearance
- use 2 capsules in the morning in the day of performance and 2 capsules 40 minutes pre performance
- prevention of cramps creation - use 2 capsules in the morning and 3 in the evening 3 days before performance



CARBOSNACK

- universal gel for fast energy supply, e.g. below the hill
- do not forget to get rid of the protection seal before you go on the ride



ENDUROSNACK

- special gel with unique recipe and functional substances
- gradual absorbency, high energy potential without osmolality increase (Palatinose™) - great for longer performances



MAGNESLIFE

- quickly absorbable liquid form of magnesium for acute cramps solution
- use when you feel signals of cramps



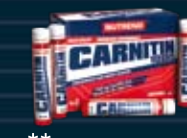
UNISPORT

- suitable variety of drinking regime before, during and also after the activity
- quality drinking regime for everyday usage (at work and also when having rest)
- supplies energy and minerals



ISODRINX

- supplies carbohydrates (energy) and minerals lost by sweating
- hypotonic solution for endurance activities lasting for more than 1 hour
- isotonic solution for short, intensive activities lasting for 1 hour



ENDURO CARNITIN 1000

- increases performance, supports usage of fat as source of energy and it thus saves needed carbohydrates
- 1 monodose 30 minutes pre performance or divide the usage in two dosages

MTB - favorite rides

Are you preparing for a ride in terrain? Do you think about suitable drinking regime, energy supply or quality recovery? We are providing you with answers, recommendations and usage tips of chosen products.

For your ride...MTB



MTB supplementation guide

BEFORE PERFORMANCE / hydration (drinking regime), muscle mass protection (BCAA)

Hydration - drink 400 - 600 ml of liquids about 2 - 3 hours before activity, drink last dosage (350 ml) 45 minutes before activity the latest, e.g.

ISODRINX - hypotonic solution (full measuring glass dissolved in 700 ml of water) or **UNISPORT**.

Muscle mass protection - ENDURO BCAA - BCAA protects muscle mass since the muscle uses as source of energy externally supplied BCAA and it does not use own muscle mass which is thus protected. Other added functional substances (carnitine, alanine and carnosine) supports BCAA usage, decreases acidity of organism and protects body against overheating and thus against cramps. Use 3 capsules of **ENDURO BCAA** 45 minutes pre-performance.

DURING PERFORMANCE / hydration (drinking regime - liquids, minerals and carbohydrates supply), energy (carbohydrates supply)

Hydration - sufficient intake of liquids provides better transport of nutrients into working muscles and it also takes away metabolic waste (metabolites) and heat from muscles (prevention of organism overheating - prevention of cramps). Drink in regular intervals. Drink each 15 - 20 minutes 150 - 350 ml of hypotonic solution of **ISODRINX**.

Energy - body during performance dominantly uses carbohydrates as source of energy which are available in restricted amount. If all the supply of carbohydrates is used then the rapid blood sugar level decrease appears (hypoglycemia) and then radical decrease of performance appears, too. Average carbohydrates usage is about 30 - 60 g of carbohydrates per hour which should be supplied to body. Do never supply more than 30 g of carbohydrates at once.

AFTER PERFORMANCE / drinking regime (lost liquids supply), recovery (carbohydrates and amino acids)

Drinking regime - you will never be able to supply all liquids lost during performance by sweating and that is why you should post-performance supply about 150 % of liquids you lost during performance. If you lose 1 kg of human weight during performance, you should within 2 hours after performance drink about 1,5 l of liquids (e.g. hypotonic solution of **ISODRINX** or **UNISPORT**). **Recovery** - muscle mass is after performance devastated and the body is burdened by metabolites created during muscle work and that is why you should supply the body with lost nutrients and carbohydrates and amino acids to provide start of quality and fast organism recovery. Use thus within 20 minutes after performance 2 capsules of **ENDURO BCAA** and drink 500 ml of **REGENER**.

TIP

Pour out content of 3 capsules of **ENDURO BCAA** into your sports bottle and provide thus constant supply of BCAA during activity.



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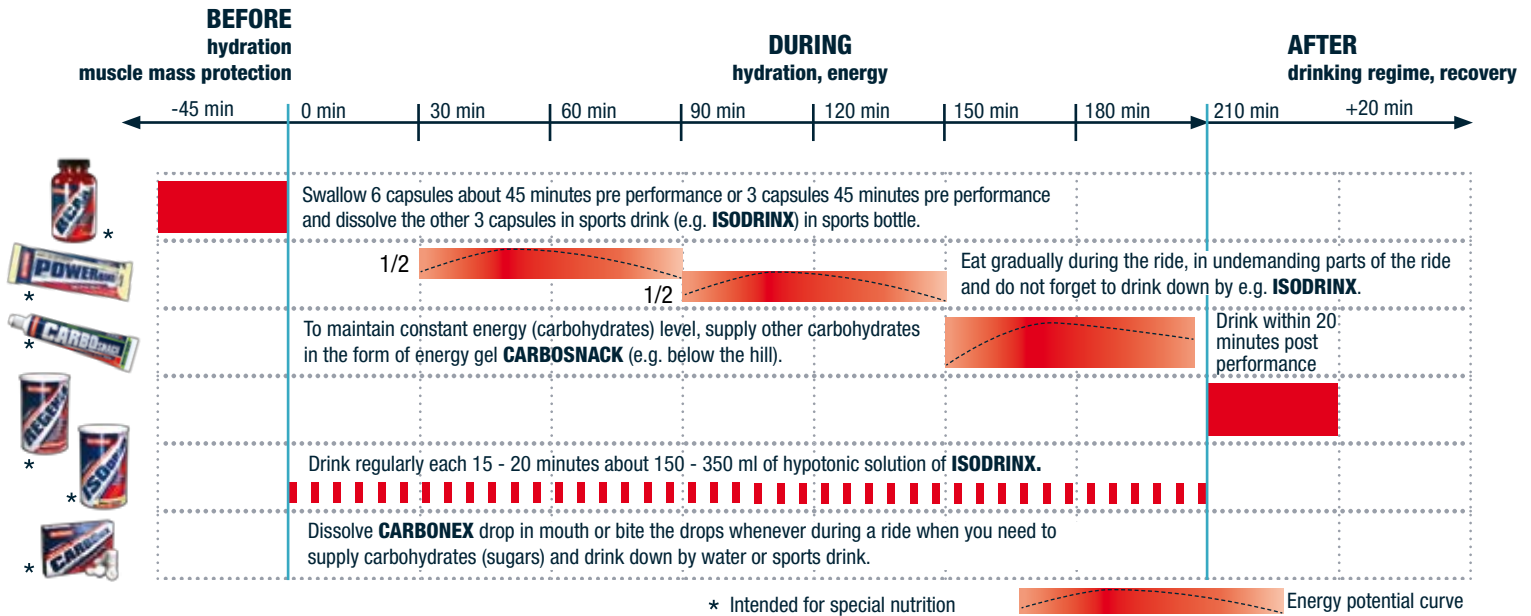
COMPLEX FOR EFFECTIVE RECOVERY

Supply your body after difficult performance with quality recovery at all levels - **REGENER + ENDURO BCAA + ENDURO FLEXIT!**



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** Dietary supplement

70 km MTB (3,5 hours drive in average speed 20 km/hour)



90 km MTB (5 hours drive in average speed 20 km/hour)

