



ENDURANCE PROTEIN MUSCLE GROWTH AND MAINTENANCE

WHEY PROTEIN CONCENTRATE WITH LIPOFER®
 FORTIFYEAST™ PLUS B GROUP VITAMINS
 ACETYL L-CARNITINE
 500MG BETAINE



KEDURANCE RECOVERY

19G OF CARBOHYDRATES
 BCAA
 GLUTAMINE
 VITAMINS AND MINERALS



START UP ENERGY

5 ESSENTIAL PRO-ENERGETIC AMINO ACIDS
 CAFFEINE
 GINSENG
 BROMELAIN



MALTOGEL ENERGY GEL

DE6 - DE19 MALTODEXTRIN MIX
 22G OF CARBOHYDRATES
 90 CALORIES
 EASY DIGESTION



ULTRA ENERGY ENERGY GEL

DE1 - DE6 - DE19 MALTODEXTRIN MIX
 AGENANOVA® MALTODEXTRINS
 40G OF CARBOHYDRATES
 NO FLAVOR



MCT GEL ENERGY GEL

MCT C8-C10 MEDIUM CHAIN FATTY ACIDS: NEOBEE®
 BEETROOT JUICE SWEETENED WITH STEVIA
 L-CARNITINE, BETAINE, GREEN TEA
 50MG GINGER



X-FIRE ENERGY GEL

12G OF CARBOHYDRATES
 500MG OF L-CARNITINE
 250MG OF L-CARNOSINE
 RAPID ABSORPTION



HYDROFUEL HYDRATION

MINERAL SALT
 RAPID HYDRATION
 ELECTROLYTE BALANCE
 VITAMIN REPLENISH



FOOD SUPPLEMENT PROTOCOL

CYCLING



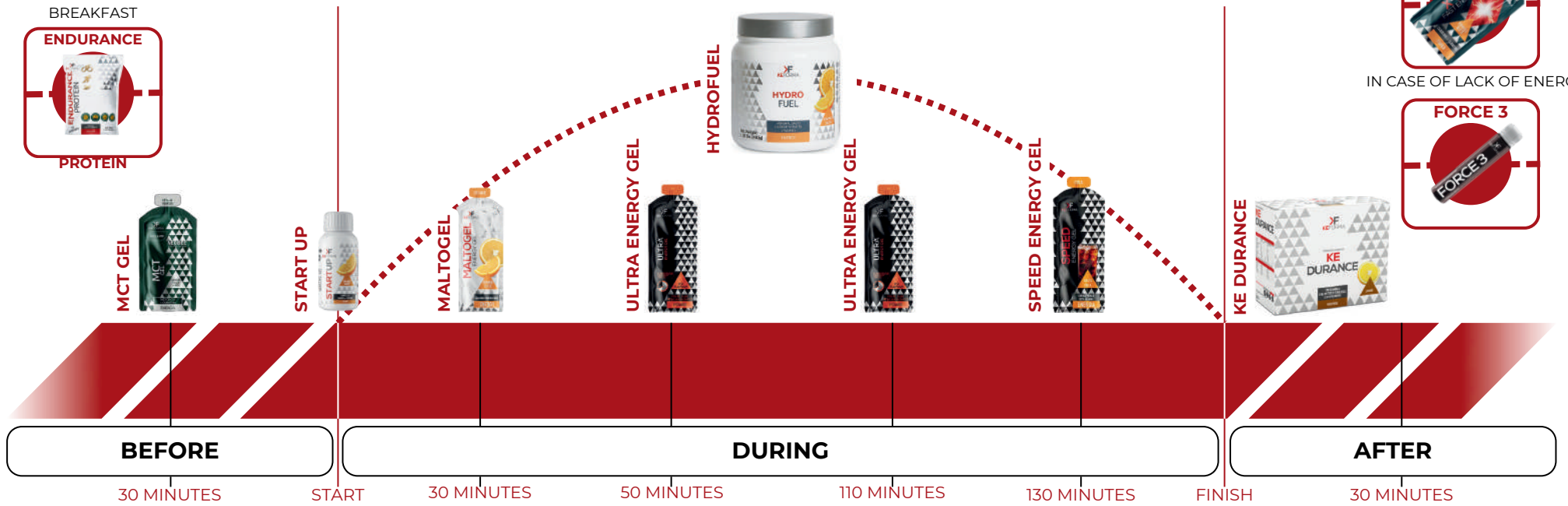
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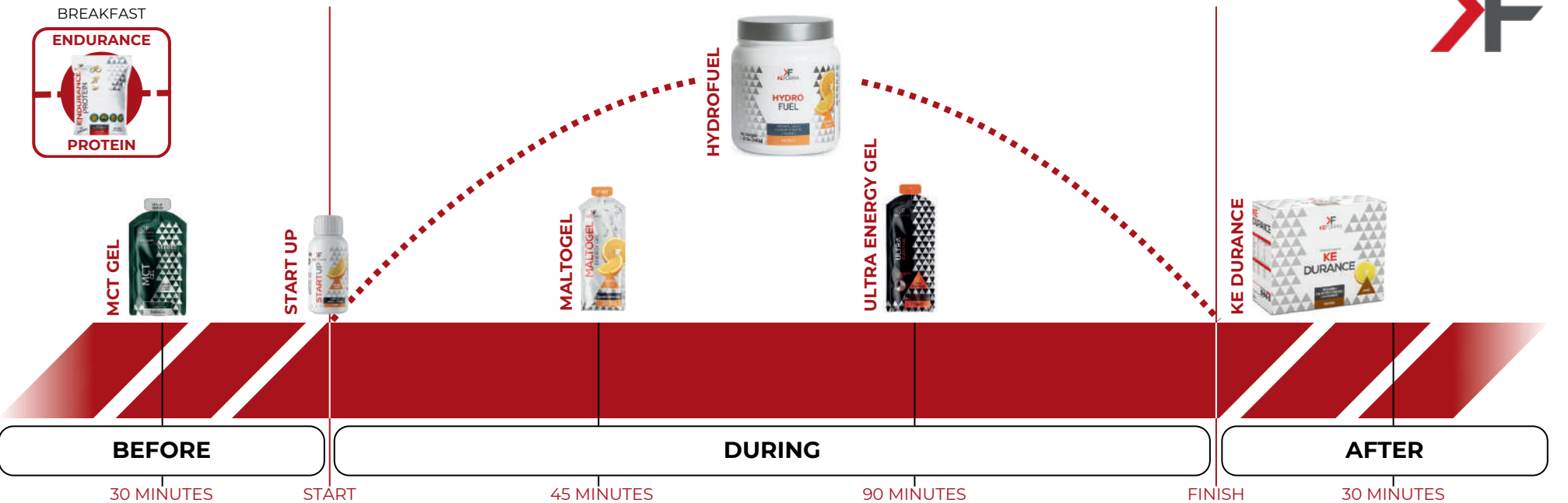
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LONG DISTANCE



TRAINING





ENDURANCE PROTEIN MUSCLE GROWTH AND MAINTENANCE

WHEY PROTEIN CONCENTRATE WITH LIPOFER®
 FORTIFYEAST™ PLUS B GROUP VITAMINS
 ACETYL L-CARNITINE
 500MG BETAINE



KEDURANCE RECOVERY

19G OF CARBOHYDRATES
 BCAA
 GLUTAMINE
 VITAMINS AND MINERALS



START UP ENERGY

5 ESSENTIAL PRO-ENERGETIC AMINO ACIDS
 CAFFEINE
 GINSENG
 BROMELAIN



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 22G OF CARBOHYDRATES
 90 CALORIES
 EASY DIGESTION



ULTRA ENERGY ENERGY GEL

DE1 - DE6 - DE19 MALTODEXTRIN MIX
 AGENANOVA® MALTODEXTRINS
 40G OF CARBOHYDRATES
 NO FLAVOR



SPEED ENERGY GEL

100MG OF CAFFEINE
 500MG OF BETA-ALANINE
 EXO CARB
 23G OF CARBOHYDRATES



X-FIRE ENERGY GEL

12G OF CARBOHYDRATES
 500MG OF L-CARNITINE
 250MG OF L-CARNOSINE
 RAPID ABSORPTION



HYDROFUEL HYDRATION

MINERAL SALT
 RAPID HYDRATION
 ELECTROLYTE BALANCE
 VITAMIN REPLENISH



FOOD SUPPLEMENT PROTOCOL
TRIATHLON



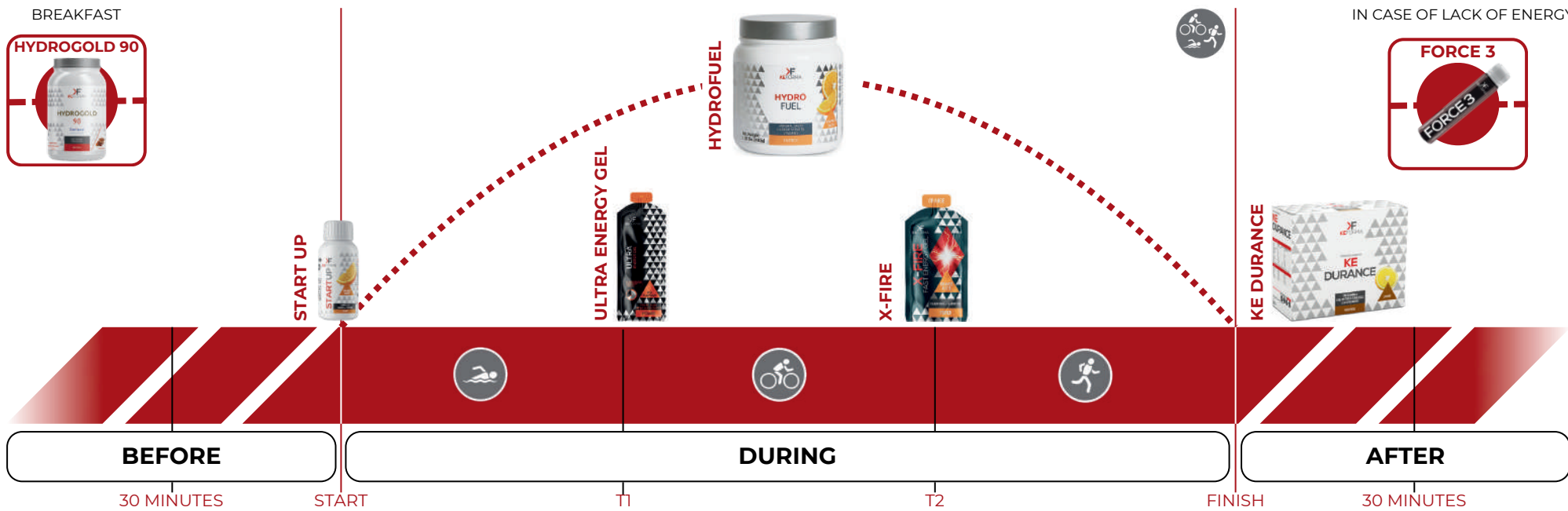
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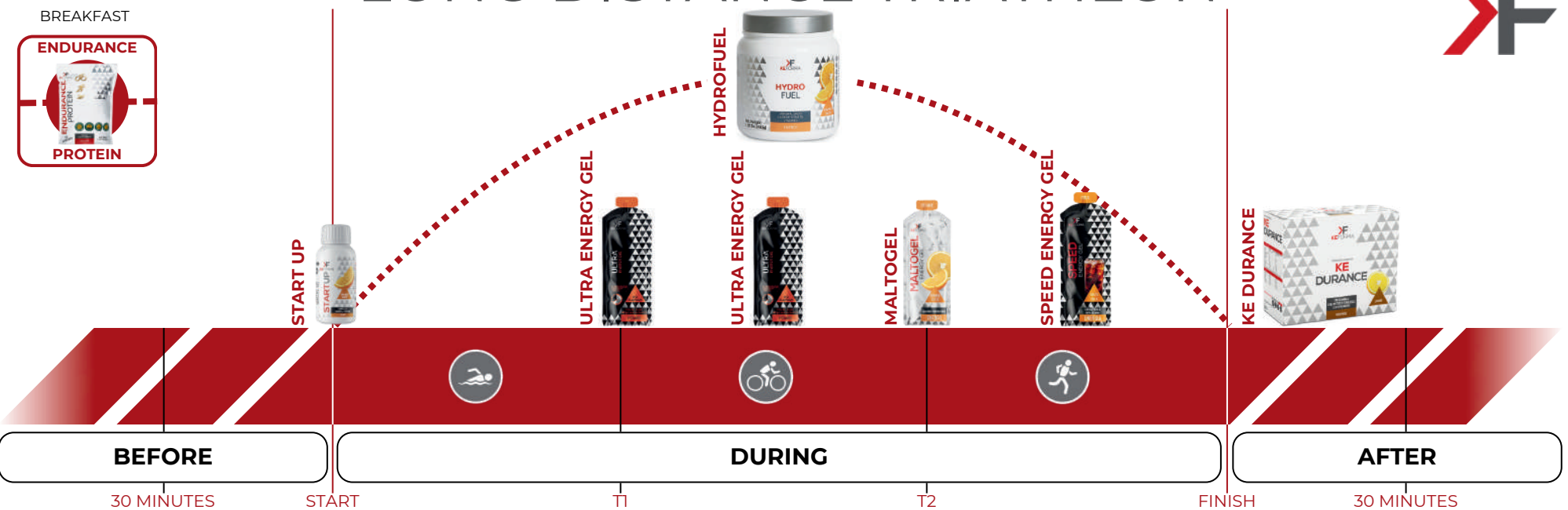
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OLYMPIC TRIATHLON



LONG DISTANCE TRIATHLON





HYDROGOLD 90 MUSCLE GROWTH AND MAINTENANCE

HYDROLYZED WHEY PROTEIN 100% OPTIPEP®
 LESS THAN 0.2% LACTOSE
 NO SUGAR
 90% PROTEIN PER SCOOP



KEDURANCE RECOVERY

19G OF CARBOHYDRATES
 BCAA
 GLUTAMINE
 VITAMINS AND MINERALS



START UP ENERGY

5 ESSENTIAL PRO-ENERGETIC AMINO ACIDS
 CAFFEINE
 GINSENG
 BROMELAIN



MALTOGEL ENERGY GEL

DE6 - DE19 MALTODEXTRIN MIX
 22G OF CARBOHYDRATES
 90 CALORIES
 EASY DIGESTION



ULTRA ENERGY ENERGY GEL

DE1 - DE6 - DE19 MALTODEXTRIN MIX
 AGENANOVA® MALTODEXTRINS
 40G OF CARBOHYDRATES
 NO FLAVOR



SPEED ENERGY GEL

100MG OF CAFFEINE
 500MG OF BETA-ALANINE
 EXO CARB
 23G OF CARBOHYDRATES



X-FIRE ENERGY GEL

12G OF CARBOHYDRATES
 500MG OF L-CARNITINE
 250MG OF L-CARNOSINE
 RAPID ABSORPTION



HYDRORACE HYDRATION GEL

MINERAL SALT
 ANTI-CRAMPING SUPPORT
 RAPID HYDRATION
 COCONUT-MILK BASED



FOOD SUPPLEMENT PROTOCOL
RUNNING



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MARATHON

BREAKFAST



IN CASE OF LACK OF ENERGY



START UP



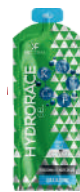
MALTOGEL



ULTRA ENERGY GEL



HYDRORACE



ULTRA ENERGY GEL



SPEED ENERGY GEL



KE DURANCE



BEFORE

30 MINUTES

DURING

START

10 KM

20 KM

28 KM

36 KM

FINISH

AFTER

30 MINUTES

TRAINING

BREAKFAST



START UP



MALTOGEL



HYDRORACE



ULTRA ENERGY GEL



KE DURANCE



BEFORE

30 MINUTES

DURING

START

60 MINUTES

100 MINUTES

FINISH

AFTER

30 MINUTES



ENDURANCE PROTEIN MUSCLE GROWTH AND MAINTENANCE

WHEY PROTEIN CONCENTRATE WITH LIPOFER®
 FORTIFYEAST™ PLUS B GROUP VITAMINS
 ACETYL L-CARNITINE
 500MG BETAINE



HYDROGOLD 90 MUSCLE GROWTH AND MAINTENANCE

HYDROLYZED WHEY PROTEIN 100% OPTIPEP®
 LESS THAN 0.2% LACTOSE
 NO SUGAR
 90% PROTEIN PER SCOOP



KEDURANCE RECOVERY

19G OF CARBOHYDRATES
 BCAA
 GLUTAMINE
 VITAMINS AND MINERALS



RECOVERY MASS 2.0 RECOVERY

POST-WORKOUT RECOVERY
 BCAA
 OPTIPEP PROTEIN
 CREATINE



MALTOGEL ENERGY GEL

DE6 - DE19 MALTODEXTRIN MIX
 22G OF CARBOHYDRATES
 90 CALORIES
 EASY DIGESTION



ULTRA ENERGY ENERGY GEL

DE1 - DE6 - DE19 MALTODEXTRIN MIX
 AGENANOVA® MALTODEXTRINS
 40G OF CARBOHYDRATES
 NO FLAVOR



START UP ENERGY

5 ESSENTIAL PRO-ENERGETIC AMINO ACIDS
 CAFFEINE
 GINSENG
 BROMELAIN



HYDROFUEL HYDRATION

MINERAL SALT
 RAPID HYDRATION
 ELECTROLYTE BALANCE
 VITAMIN REPLENISH



FOOD SUPPLEMENT PROTOCOL

PADEL



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MATCH

BREAKFAST



IN CASE OF LACK OF ENERGY



HYDROFUEL



RECOVERY MASS 2.0



BEFORE

30 MINUTES

START

DURING

45 MINUTES

AFTER

30 MINUTES

LONG MATCH

BREAKFAST



ULTRA ENERGY GEL



HYDROFUEL



ULTRA ENERGY GEL



KE DURANCE



BEFORE

30 MINUTES

START

DURING

45 MINUTES

AFTER

30 MINUTES



FOOD SUPPLEMENT PROTOCOL

FITNESS



HYDROGOLD 90 MUSCLE GROWTH AND MAINTENANCE

HYDROLYZED WHEY PROTEIN 100% OPTIPEP®
LESS THAN 0.2% LACTOSE
90% PROTEIN PER SCOOP
NO SUGAR



NUTRISION 100% ZMA MUSCLE GROWTH AND MAINTENANCE

ZMA® ENRICHED: ZINC, MAGNESIUM, AND VITAMIN B6
ULTRAMICROFILTERED WHEY ISOLATE
92% PROTEIN WITH ONLY 0.3% LACTOSE
BCAA



WHEY PLUS 80 MUSCLE GROWTH AND MAINTENANCE

CONCENTRATED WHEY PROTEIN
24G PROTEIN PER SERVING
80% PROTEIN
BCAA



PRE WORKOUT MUSCLE PRE WORKOUT DRINK

BCAA 4:1:1
CREATINE
100MG OF CAFFEINE
SUGAR FREE



HYDRO FUEL HYDRATION DRINK

MALTODEXTRIN MIX
MINERAL SALTS
VITAMIN C
ELECTROLYTE REPLENISH



CREAT DE CREATINE

100% CREAPURE®
MONOHYDRATE MICRONIZED
SUGAR FREE
GLUTEN FREE



CGT EXPLOSION PRE/INTRA WORKOUT DRINK

3G CREAPURE®
1G TAURINE
GLUTAMINE
DEXTROSE AND FRUCTOSE



RECOVERY MASS 2.0 RECOVERY

POST-WORKOUT RECOVERY
BCAA
OPTIPEP PROTEIN
CREATINE

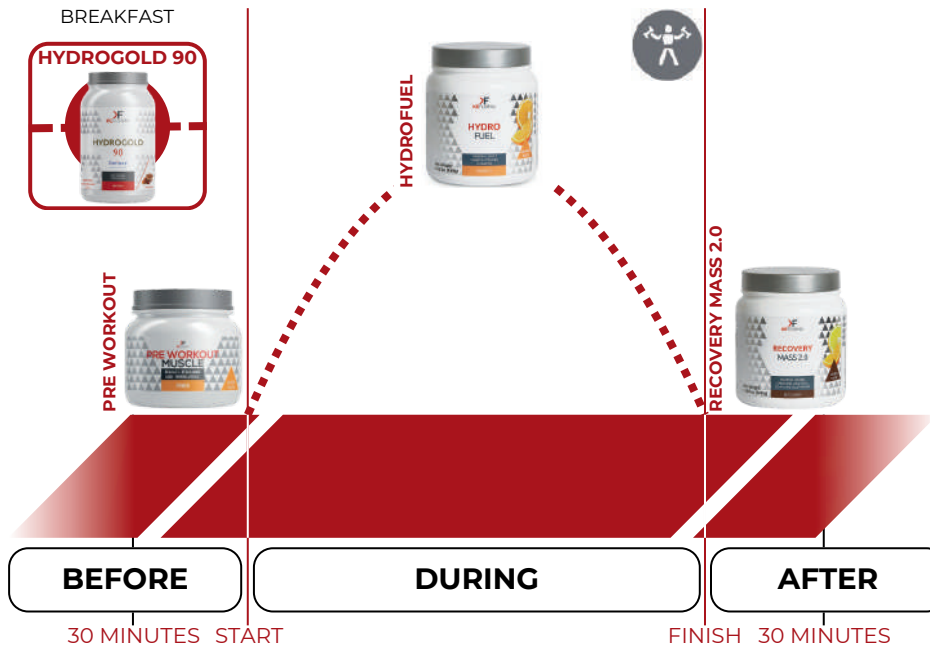


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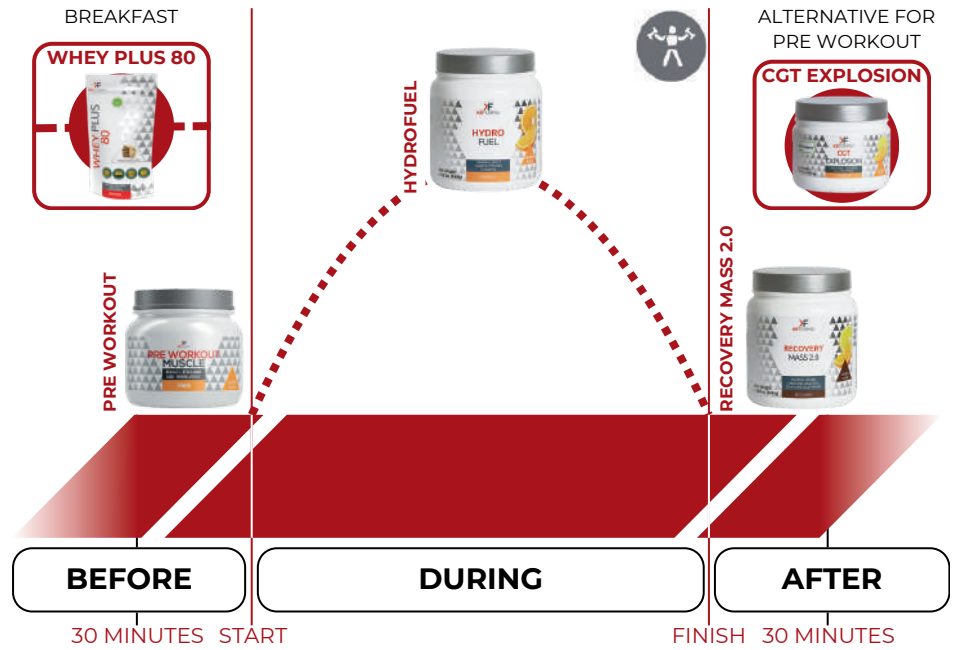


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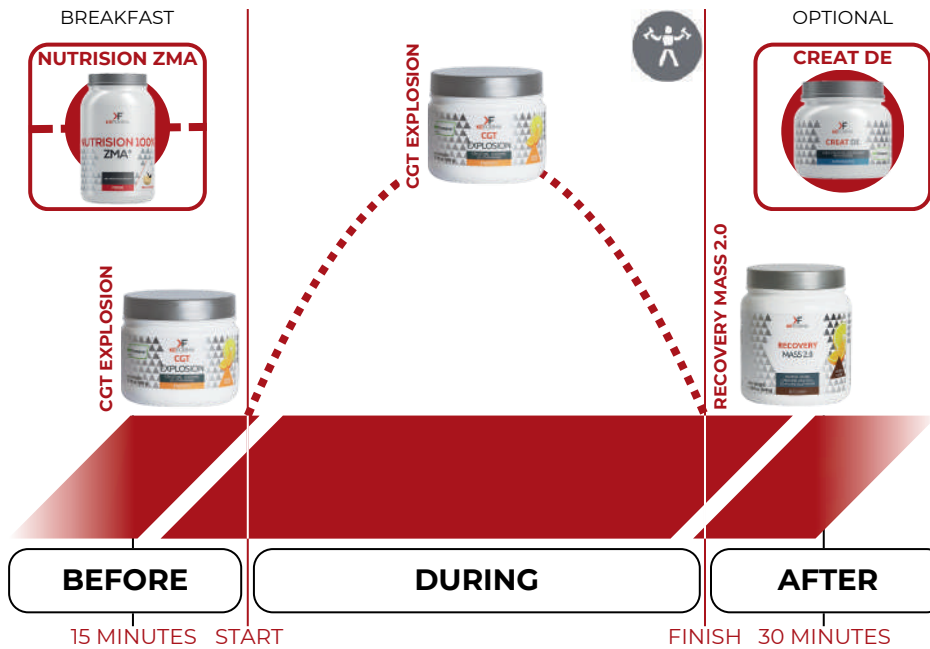
FUNCTIONAL



BODY MASS



DEFINITION



MAINTENANCE

