

# NUTRITION STRATEGY

## HERO SÜDTIROL DOLOMITES 2026 - 60 KM



Before the start, fuel up with **ENERGYBAR**, a tasty energy bar based on carbohydrates, with puffed rice.



- KM 12 - **ISOTONIC POWER GEL**
- KM 24 - **RACE FUEL BAR**
- KM 34 - **ISOTONIC POWER GEL**
- KM 40 - (PASSO PORDOI) **RACE FUEL BAR**
- KM 50 - **ISOTONIC POWER GEL**



At the end of the race, fill your bottle with **ENERGY RECOVERY**: a versatile and practical “all-in-one” formula for post-workout or post-race recovery.

Take 1 vial of **MAGNESIUM LIQUID + VITAMIN B6**: Magnesium is an essential mineral of fundamental importance for the body’s physiological well-being. It helps reduce tiredness and fatigue, contributes to normal muscle function, and also supports normal protein synthesis and the normal functioning of the nervous system.

## IN YOUR SPORT BOTTLES

In the first bottle, add one effervescent tablet of **HYDRAFIT ZERO**, containing minerals, vitamins, and no sugars.

In the second bottle, add **MALTONAM**, a food supplement based on simple and complex carbohydrates (glucose:fructose ratio 2:1), enriched with amino acids, vitamin C, and B-group vitamins.

