

NUTRITION STRATEGY

HERO SÜDTIROL DOLOMITES 2026 - 71 KM

BEFORE

DURING

AFTER

Before the start, take **ISOTONIC POWER GEL**, a liquid isotonic energy gel based on maltodextrins D.E.19. Its liquid consistency allows it to be consumed without the need to add water. Ideal for endurance sports.

BEFORE

DURING

AFTER

- KM 5 - **RACE FUEL BAR**
- KM 20 - (PRALONGIÀ) **RACE FUEL BAR**
- KM 28 - **RACE FUEL GEL**
- KM 44 - **ISOTONIC POWER GEL**
+ 1 VIAL OF **ACETYL L-CARNITINE**
- KM 56 - **RACE FUEL GEL**

BEFORE

DURING

AFTER

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 **PROBASIC**: mineral salts, carbonates and bicarbonates, vitamins, and Coenzyme Q10.

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 **RACE FUEL**, the pro-energy blend based on three carbohydrate sources (cyclodextrins, maltodextrins, and fructose) in a 1:0.8 ratio.

NAMEDSPORT

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SÜDTIROL
DOLOMITES

