

# NUTRITION STRATEGY

## HERO SÜDTIROL DOLOMITES 2026 - 86 KM

NAMEDSPORT

HERO  
SÜDTIROL  
DOLOMITES



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.



- KM 12 - **RACE FUEL GEL**
- KM 20 - (PRALONGIÀ) **RACE FUEL BAR**
- KM 30 - **RACE FUEL GEL**
- KM 48 - **RACE FUEL BAR** ADD 1 SACHET OF **AMINO(16)PRO** TO A WATER BOTTLE
- KM 56 - **ISOTONIC POWER GEL + CAFFEINE**
- KM 68 - (PASSO DURON) **RACE FUEL 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 **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.

