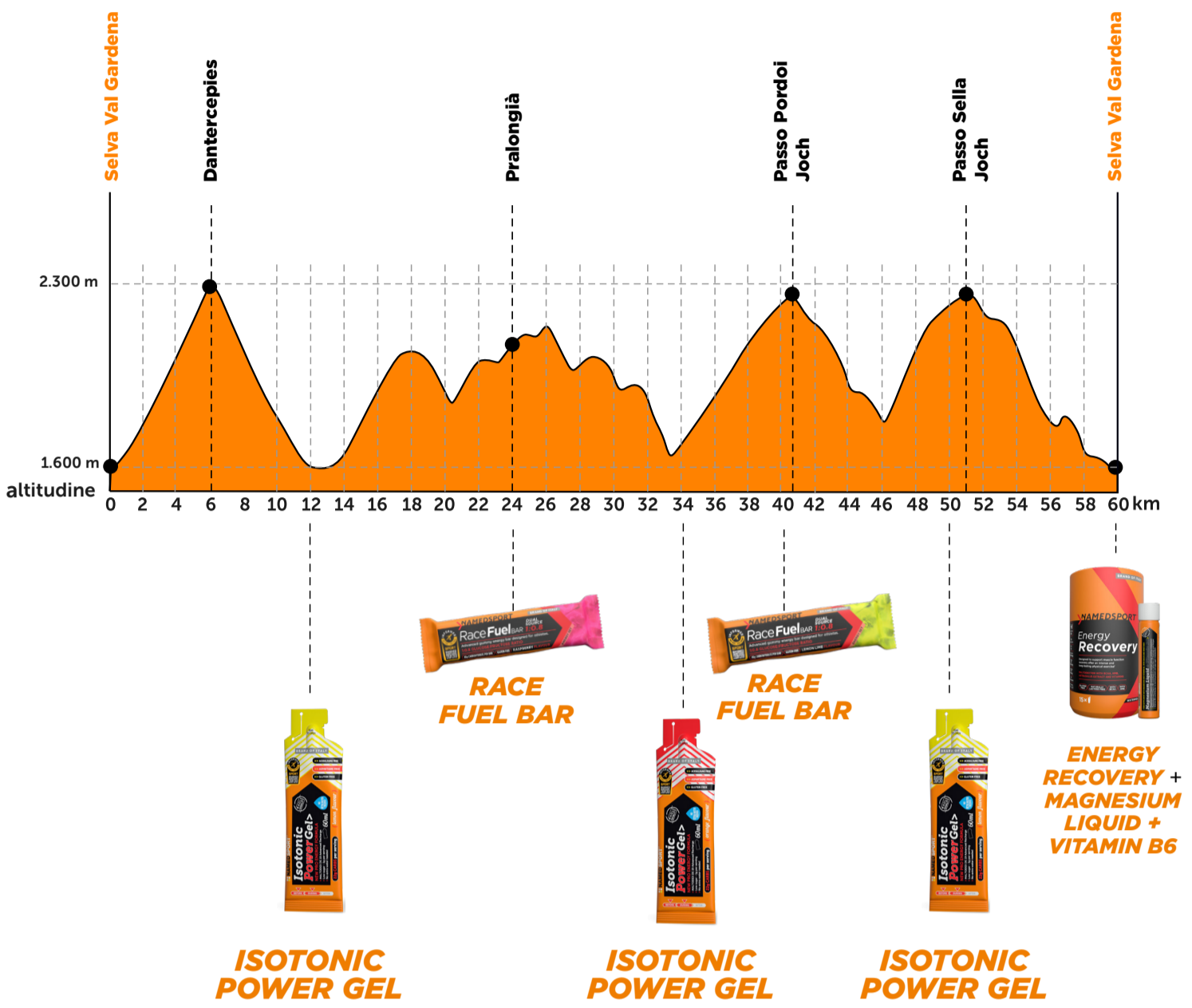


NUTRITION STRATEGY

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.

