NUTRITION STRATEGY

HERO SÜDTIROL DOLOMITES 2026 - 71 KM

BEFORE | DURING | AFTER

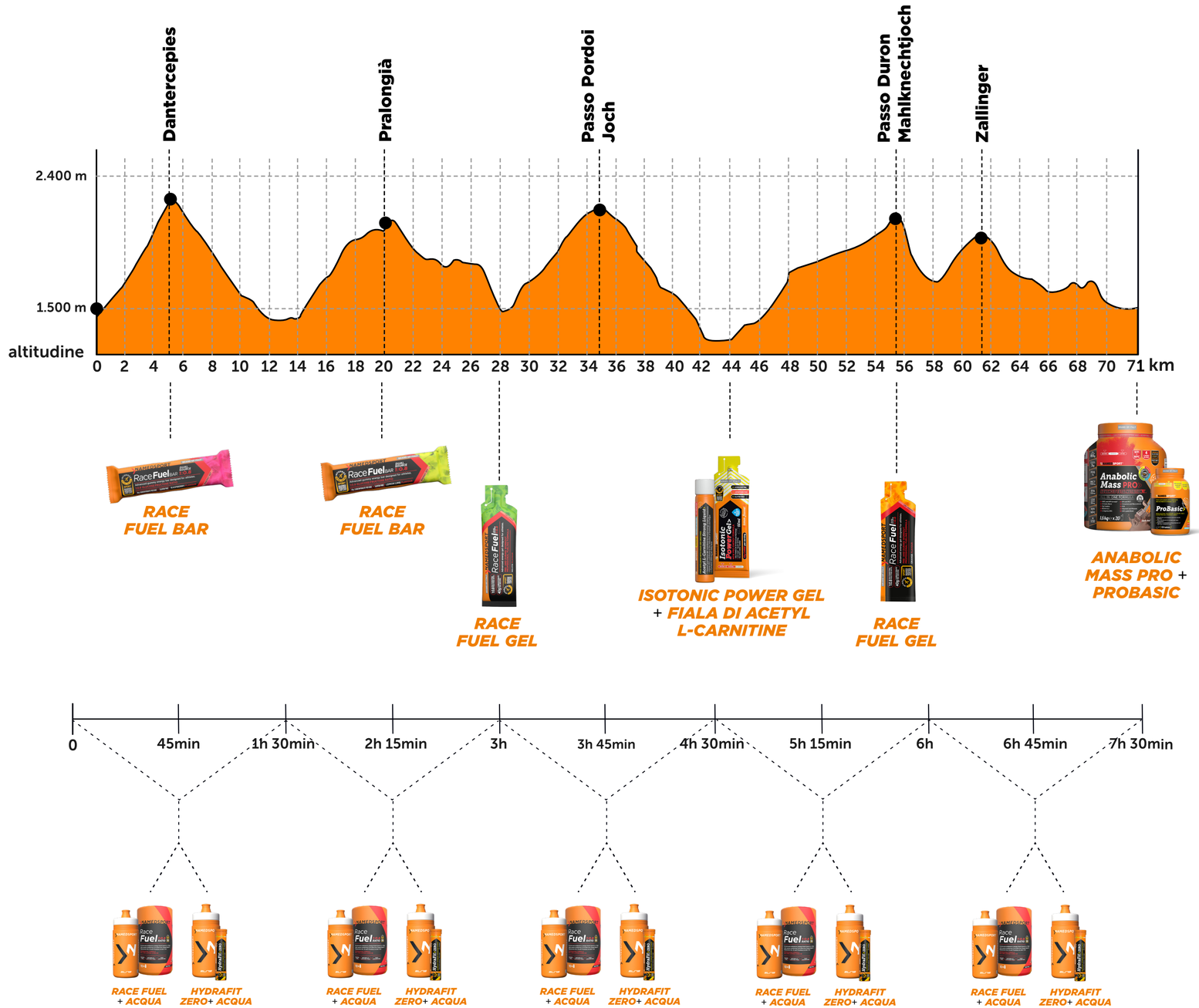
Before the start, take ***ISOTONIC POWER GEL***, a liquid isotonic energy gel based on maltodextrins D.E.19.
Its liquid consistency allows it to be consumed without the need to add water.
Ideal for endurance sports.

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 ***ANABOLIC MASS PRO***: 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.