



Science in Nutrition



Triathlon
energy strategy



Triathlon Energy Strategy

www.enervitsport.com



Legend



BEFORE



DURING



AFTER



ENERVIT PRE SPORT

CARBOHYDRATE-BASED SOLID JELLY WITH LOW GLYCEMIC INDEX



ENERVIT G SPORT

MINERAL SUPPLEMENT



ENERVITENE SPORT GEL WITH CAFFEINE

ENERGY PRODUCT WITH CARBOHYDRATES, BRANCHED CHAIN AMINO ACIDS AND VITAMINS



ENERVIT POWER SPORT
ENERGY BAR

ENERVIT GT SPORT

ENERGY TABLETS



ENERVITENE SPORT COMPETITION

ENERGY PRODUCT CONTAINING CARBOHYDRATES FRUCTOSE AND MALTODEXTRIN



ENERVIT R2 SPORT
ENERGY PRODUCT CONTAINING GLUTAMINE AND BCAA