



Est. 1987

To Fuel Successfully, Less is Better than More!



- ✓ Primary Fuel Choice
- ✓ Secondary Fuel Choice

When:

	Hammer Gel	HEED	Perpetuum, Perpetuum Solids, Sustained Energy	Endurolytes, Endurolytes Extreme, & Powder, Endurolytes Fizz	Recoverite & Organic Vegan Recoverite	Whey Protein	Soy Protein	Vegan Protein	Hammer Bar	Whey Bar	Vegan Bar	Liquid Endurance
Pre-exercise (3 hours prior to start)	✓	✓	✓				✓	✓	✓		✓	✓
At the starting line (10 minutes prior to training/completion)	✓	✓	✓	✓								
Less than 2-3 hours (Use consistently throughout, beginning 10-15 minutes into exercise)	✓	✓	✓	✓								
3 hours + (Use consistently throughout, beginning 10-15 minutes into exercise)	✓	✓	✓	✓					✓			✓
Enhance your recovery	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Increase your daily protein intake					✓	✓	✓	✓	✓	✓	✓	

Fuel Right, Feel Great!®

