

## USAGE CHART FOR DIFFERENT SPORTS

	Cycle	Run	Swim	Triathlon	Rugby	Cricket	Netball	Soccer	Tennis	Hockey	Motorsports
HEED	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Gel	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Perpetuem	✓	✓		✓							
Endurolytes Extreme	✓	✓	✓	✓							
Endurolytes Fizz	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Recoverite	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Whey Protein			✓	✓	✓	✓	✓	✓	✓	✓	✓
Bars	✓	✓		✓							