



SFuels.[®]

Go Longer.

PRODUCT USAGE GUIDE

**Optimise Your Performance and
Recovery with SFuels**

LIFE

TRAIN

RACE

ZACH BITTER
World Record Holder

TRAINING

Low Intensity



1 - 3 hour workout

1
serve
/ hour

- 4g C8 MCT
- Contains Electrolytes
- Glutamine For Gut & Muscles



3+ hour workout

2
serves
/ hour

- Burn Both Fat & Carbs
- Higher Dose Electrolytes
- Magnesium for Cramp Support



post workout

1
serve

- Highest Quality Protein
- 5g Glutamine Optimal Recovery
- 6g Ketone BHB

TRAINING

High Intensity



1 hour to start

1
serve

- Improve Mental Vigor
- Optimise Fat Oxidation
- Measured Caffeine Dose
- Faster Reaction Times



first 30 mins

1
serve

- Contains Electrolytes
- MCT Fueling
- Stomach Settling L-Glutamine



after 30 mins

1
serve
/ hour

- Burn Both Fat & Carbs
- Higher Dose Electrolytes
- Maximal Glycogen Sparing



post workout

1
serve

- Highest Quality Protein
- Supports Rapid Recovery
- 6g Ketone BHB

LIFE

TRAIN

RACE

PRE RACE Morning



3 hours to start

- Eat Just Enough to Feel Satisfied - Keep it Light
- Avoid Carbs - Breads, Cereals, Juices, Rice, Pasta, Gels
- Eat Low Carb Foods - KETO3, LIFE Bars, Eggs, Avo
- Drink Coffee, Tea, SFuels TRAIN, Water - Like Normal Day



1 hour to start

1

serve

- Improve Mental Vigor
- Optimise Fat Oxidation
- Measured Caffeine Dose
- Faster Reaction Times



NICOLE BITTER
Ultra Record Holder

MATT KERR
Course Record Holder

RACING



first 30 mins

1
serve

- Contains Electrolytes
- MCT Fueling
- Stomach Settling L-Glutamine



30-120 mins



Body Weight Range
250+ lbs
116+ kg

4
serves

2 sachets per bottle
in 2 bottles

Body Weight Range
201 lbs — 250 lbs
91 kg — 115 kg

3
serves

1 sachet in 1 bottle
2 sachets in 1 bottle

Body Weight Range
146 lbs — 200 lbs
66 kg — 90 kg

2
serves

1 sachet per bottle
in 2 bottles

Body Weight Range
121 lbs — 145 lbs
55 kg — 65 kg

1
serves

1 sachet in 1 bottle



rest of race

- Burn Fat & Carbs For High Intensity
- Magnesium For Cramping Support
- Contains 4 Key Electrolytes Lost In Sweat



HIGH FAT OXIDATION
1.2 - 1.8 grams / minute

1
serve

hour



MED FAT OXIDATION
0.8 - 1.2 grams / minute

2
serves

hour



LOW FAT OXIDATION
0.4 - 0.8 grams / minute

3
serves

hour



HAYDEN WILDE
World Champion

RACE+ STORAGE



DR. DAN PLEWS
IM Kona Age Group
Course Record Holder

BIKE

- Aero Bar Hydration
- Downtube Bottles
- Behind Seatpost



RUN

- Fuel Belt
- Soft Flaks
- Ultra Vest

RACE+ ENDURANCE TIP

Make a RACE+ concentrate bottle that you can dilute into your other bottles with water during the race for optimal fueling.

BIKE OR RUN DURATION

FAT OXIDATION RATE



5 hours

6 hours

7 hours

8 hours

HIGH
1 serve



MED
2 serves



LOW
3 serves



= number of RACE+ scoops to add to concentrate bottle