

FUEL-5



QUICK ENERGY / SUSTAINED ENERGY BERRY-BLEND

Recommended Dosage

1 SCOOP (18G) OR 2 SCOOPS (36G)
+
120-230ML WATER

Fuel-5 can be taken **before, during or after exercise**

BEFORE EXERCISE

Take 2 scoops immediately before workout with water

DURING EXERCISE

Take 1 - 2 scoops during workout with water

POST WORKOUT

Take 1 scoop immediately after workout with water

Can also be **combined with Xendurance Protein**

What else should I take?

Endurance athletes

We recommend taking Fuel-5 alongside Hydro-X during long workouts and races to help aid in the loss of electrolytes. For improved recovery we also recommend taking Xendurance tablets and protein.

CrossFit / Gym athletes

We recommend taking Fuel-5 alongside Xendurance protein and Xendurance tablets to help aid in recovery after a workout.

How should I take it?

Take before, during or after workout

Fuel-5 can be taken before, during or after workout, depending on what suits you best.

Mix with protein to help aid recovery

Although this sounds crazy, Fuel-5 can be mixed with Xendurance protein to help maximise recovery after a workout. It actually tastes great!

Adjust dosage to your preference and need

Some endurance athletes mix a very concentrated amount of Fuel-5 to take on their rides, alongside separate water. Other athletes prefer a milder taste and so don't take as many scoops. Adjust the dosage to suit your needs and taste.

Vegan friendly / Non-GMO / Gluten free / Preservative Free

Contains no yeast, wheat, corn, milk, egg, soy, artificial colours, sugar starch or flavouring

TEAM XND