

**SPONSER**<sup>®</sup>  
+ SPORT FOOD



# PRODUCT GUIDE ENDURANCE

RUNNING  
CYCLING  
TRIATHLON  
CROSS COUNTRY SKIING

#SponsorYourBest

# PERFORMANCE

## ELECTROLYTES

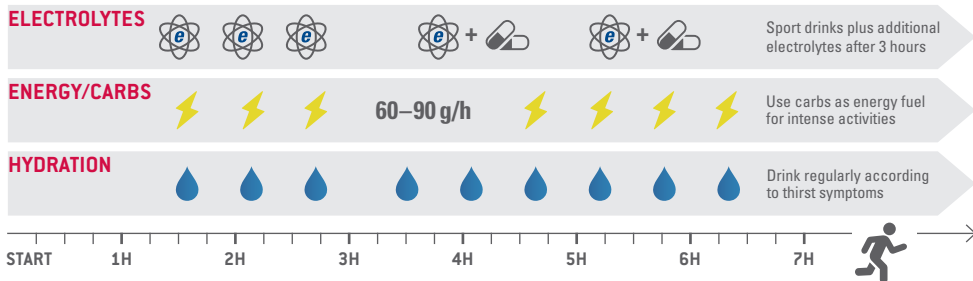
Electrolytes, especially the sodium, influence the energy level, the hydration, the spasm predisposition and heart and brain functions.

## ENERGY

Carbohydrates are quickly assimilated and provide maximum performance by high intensity.

## HYDRATION

Pay attention to a sufficient liquid supply. Deficits have as a consequence, amongst other things, a loss of power and endurance performance.



# EVIDENCE BASED SUPPLEMENTS

## Sport food and supplements of the highest evidence category

For many situations in sport, there is strong scientific evidence for the use of supplements. SPONSER® relies on the published list of group A supplements of the Swiss Society for Sports Nutrition, as well as that of the Australian Institute of Sports. The following products are currently listed in group A:

## GROUP A SUPPLEMENTS / NUTRIENTS

### SPORT FOODS

- Sport drinks
- Energy bars
- Gels
- Electrolytes
- Protein supplements
- Combined macronutrient supplements

### PERFORMANCE

- Caffeine
- Beta-alanine
- Sodium bicarbonate
- Creatine
- Nitrate / beetroot juice

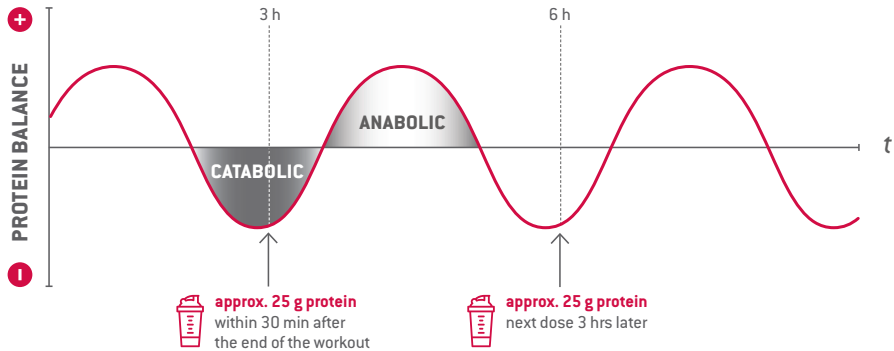


Source:

- [ais.gov.au/nutrition/supplements/group\\_a](http://ais.gov.au/nutrition/supplements/group_a)
- [ssns.ch](http://ssns.ch)

# REGENERATION

Catabolic and anabolic phases alternate in the course of the day. As a rule, after long periods of fasting phases, hard training or competitions, you are in a catabolic metabolic situation. By means of sufficient protein intake (approx. 25 g every approx. 3 h), you can maintain your protein balance and shift your body into an anabolic situation. Carbohydrate intake should be considered as needed and according to individual goals.



## TAILOR-MADE RECOVERY PRODUCTS

### PRO RECOVERY



CARBS  
PROTEIN



### RECOVERY SHAKE



### RECOVERY DRINK



### PROTEIN DRINK



# PREPARE

# BEFORE



## RED BEET VINITROX AND NITROFLOW PERFORMANCE<sup>2</sup>

RED BEET VINITROX and NITROFLOW PERFORMANCE<sup>2</sup> contain nutrients to activate the NO-metabolism, which contributes to a vessel enlargement and therefore influence the performance positively.

⌚ 1 serving daily, 3–5 days prior to important competitions. On competition day 1 serving approx. 3h before the start. Also suitable to support the recovery in stage competitions.



## CARBO LOADER

Carbo loading helps to maximise the glycogen reserves (10g carbs per kg body weight).

⌚ Take an extra 4 servings per day. If possible after the meals the days before a competition (1 portion CARBO LOADER = 1 plate of pasta).



## MUSCLE RELAX

Soup shot with bitter substances and magnesium which contribute to the muscle function.

⌚ Before and during exercising and in the event of an acute muscle cramp. As mouthwash immediately before the muscle spasm.

# DURING



## POWER PORRIDGE

Porridge enriched with whey protein, Vitargo™ and betaglucones (oat bran) for long lasting energy.

⌚ Suitable as warm breakfast or as little snack. To take ideally about 2–3 hours before training or competition.



## ACTIVATOR

The booster from Sponser delivers 200 mg of caffeine from green tea, mate, guarana as well as free caffeine.

⌚ Intake approx. 1 h prior to competition. On long distances, also recommended during the competition, 1 ampoule every 4h.

## CAFFEINE CAPS

For a targeted caffeine supplementation during long-distance competitions.

1 capsule = 50 mg caffeine.

⌚ 1-2 caps. per hour



## COMPETITION

Acid-free sports drink with electrolytes for the highest energy needs. Consists of a wide mix of carbs with different GI for long lasting and gradual energy release. Due to a special composition and mild flavouring, Competition is also optimally digestible in high concentrations and in high intensities. Hypotonic up to 100g per liter.



## ULTRA COMPETITION

Acid-free and therefore pH-neutral sports drink. Particularly tailored to the needs of long-distance athletes.

- ⌚ Suitable for use as a concentrate.



## SALT CAPS

Capsules containing the electrolytes sodium, calcium, magnesium and zinc.

- ⌚ Suitable for a specific supplementation on longer distances (3h) and in hot weather conditions.

## ELECTROLYTES

Low calorie, effervescent electrolyte tablets for short training sessions.



## ACTIVATOR

The booster from Sponser delivers 200 mg of caffeine from green tea, mate, guarana as well as free caffeine.

- ⌚ Intake approx. 1h prior to competition. On long distances, also recommended during the competition, 1 ampoule every 4h.

## POWER GUMS

Delivers quick energy and caffeine.

# AFTER



## LIQUID ENERGY

Quickly available gels are a convenient and efficient energy source in endurance sports. The handy, resealable 70 g tubes and 35 g sachets provide highly concentrated carbohydrates. Optionally with our without caffeine, BCAA, MCT-fat or extra sodium.

## HIGH ENERGY BAR

Gradual, long lasting energy.



## PRO RECOVERY

High-tech recovery drink with high protein content. Unique combination of various protein components and colostrum. To be completed with carbs according to individual needs.

## GOOD TO KNOW

### NITRAT & POLYPHENOLE

Nitrate and polyphenol rich plant extracts promote the nitric oxide (NO) formation, which leads to a vessel enlargement. Athletes benefit from improved nutrient and oxygen utilisation, as well as a lower stress feeling.

### CRAMPS

Undesirable muscle contractions are a common phenomenon in endurance sports. Strong stimuli like acid, spicy or bitter substances can reduce the acute vulnerability to muscle spasms through neuro receptors.

### CAFFEINE

Caffeine awakens and activates, improves concentration and coordination, increases stress tolerance and resistance to fatigue. Studies confirm the effect of caffeine at an intake of 3 mg per kg body weight.

Optimise your nutrition concept and find your products here:



# SPONSER

## SWISS SPORT FOOD

**MANY TOP ATHLETES TRUST SPONSER NUTRITIONAL COMPETENCES.  
SINCE 1988.**

**NINO SCHURTER (CH) – MOUNTAIN BIKE – OLYMPIC CHAMPION**

**NICOLA SPIRIG (CH) – TRIATHLON – OLYMPIC CHAMPION**

**ANNA KIESENHOFER (AT) – CYCLING – OLYMPIC CHAMPION**

**TADESSE ABRAHAM (CH) – RUNNING – EUROPEAN CHAMPION**

**NOÈ PONTI (CH) – SWIMMING – OLYMPIC MEDALLIST**

**JÉRÉMY DESPLANCHES (CH) – SWIMMING – OLYMPIC MEDALLIST**

**AMY BASERGA (CH) – BIATHLON – JUNIOR WORLD CHAMPION**

**OFFICIAL SUPPLIER OF THE NATIONAL TEAMS OF:**



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