



SOCCER

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PREPARE

Before the game, make sure you eat an easily digestible, carbohydrate-rich diet and avoid fatty and high-fibre foods! In high temperatures and with heavy sweat loss, it is also important that you are sufficiently hydrated with suitable electrolyte solutions. Targeted performance optimisers can also have a positive influence on your performance and regeneration capacity.

NITROFLOW PERFORMANCE² & RED BEET VINITROX

Improved blood flow, increased exercise tolerance and thus a positive influence on performance thanks to the vasodilatory and cell-protective effects. Ideally four to five days before the match and then two days afterwards for the fastest possible recovery. As a minimum option, it can also be used directly on the day of the match only.

LACTAT BUFFER & BETA ALANINE

Increased lactate tolerance for maximum performance thanks to an increase in intra- and extracellular acid buffer capacity. For ambitious competitive athletes.

CREATINE

The fast-paced, sprint and interval type of performance in football is enhanced by creatine. Creatine is also classically used in the strength and muscle building phase. Sponser® offers three different creatine products.



BEFORE

Ensure regular fluid intake through electrolyte containing drinks and energy intake from carbohydrates. However, there should be no feeling of fullness. The last main meal should be eaten 3-4 hours before the start of the game.

ISOTONIC

The popular isotonic thirst quencher, available in five fruity flavours. With different sources of carbohydrates and electrolytes.

ACTIVATOR

This performance booster provides 200 mg of caffeine from various sources for a sustained effect of 2-3 hours. For increased endurance performance, increased alertness and improved concentration.

HIGH ENERGY BAR

This high-quality cereal bar provides quick and long-lasting energy for top athletic performance. Easy to digest and therefore ideally suited as a last, small pre-competition meal.

POWER GUMS

The practical energy jellies are available in two flavours and enriched with either caffeine or BCAAs. Ideal as a quick energy source and very tasty at the same time.



DURING

Regular fluid, carbohydrate and electrolyte intake is crucial for sustained performance. High-dose sports drinks and concentrated energy gels are ideal for this purpose. The recommended intake of carbohydrates, which may vary according to the individual and the situation, is between 60-90 g per hour.

COMPETITION®

The ultimate sports drink has a broad carbohydrate spectrum for fast and sustained energy. COMPETITION® is acid-free and therefore mild in taste, pH-neutral and enriched with essential electrolytes. Can be prepared in high concentrations for maximum energy supply. For those who prefer a more intense taste, use the above-mentioned ISOTONIC.

LIQUID ENERGY

Practical energy from the tube, available in different variants. The optimally compatible energy gels serve to quickly compensate for energy shortages.

ACTIVATOR

The caffeinated performance booster for the second half of the game, ideal to take during the break.

MUSCLE RELAX

The acidic cucumber juice extract inhibits uncontrolled muscle contractions. Take acutely or in the run-up to the game.



AFTER

The first 30 minutes after exercise are crucial for rapid recovery and effective training adaptation. Replace your fluid and electrolyte losses as soon as possible and ingest a first energy refill, even if you do not yet feel hungry. Make sure you take around 25 g of high-quality proteins and fast-available carbohydrates according to your energy output.

PRO RECOVERY

PRO RECOVERY provides a unique blend of high-quality proteins and carbohydrates for optimal muscle recovery after hard exercise. Convenient and easy to prepare with water.

IMMUNOGUARD

The plant-based supplement provides important nutrients to support the immune system in times of increased susceptibility to infections.

PROTEIN CHOCO ALMONDS

Reward yourself with a tasty snack! Finest almonds, coated with sugar-free chocolate and extra whey protein.