







## DURING

Regular energy intake in the form of carbohydrates is crucial for stable blood sugar levels and optimal performance. Sports drinks and concentrated energy gels are suitable for this purpose, as well as energy bars as easily digestible snacks in between.

### **COMPETITION®**

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

### **LIQUID ENERGY**

Convenient energy from the tube, available in different variants and easy to dose. As a fast energy source shortly and immediately before exercise or during long sessions also at the poolside in-between.

### ACTIVATOR

The caffeine booster between assignments. Increased endurance performance, enhanced attention and increased ability to concentrate. One flask every 2-3 hours.

### **MUSCLE RELAX**

The acidic cucumber juice extract inhibits uncontrolled muscle contractions. Take acutely or about 10 min pre-start.



### **AFTER**

The first 30 minutes after exercise are crucial for rapid recovery and effective training adaptation. Replenish your fluid and electrolyte losses as quickly as possible and provide the first energy supply, even if you do not yet feel hungry. Make sure to take around 25 g of high-quality proteins and fastavailable carbohydrates as needed.

### **PRO RECOVERY**

PRO RECOVERY provides a unique blend of high-quality proteins and carbohydrates for optimal muscle recovery after hard exercise. Easy and simple to prepare with water. Ideally suited between individual competitions.

### **IMMUNOGUARD**

The purely herbal multi-nutrient preparation provides important immuno-active nutrients to support the immune system in times of increased susceptibility to infections, such as after high-intensity sporting activities.

### **PROTEIN CHOCO ALMONDS**

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



# PREPARE & BEFORE

Before the race, make sure to eat an easily digestible, carbohydrate-rich diet and avoid fatty and high-fibre foods! The last main meal should be taken about 3 hours before the start. With high temperatures in the swimming hall and increased sweat loss that is not noticeable in the water, it is particularly important that you are sufficiently hydrated and take in enough electrolytes as well as fluids. Targeted performance optimisers can also have a positive influence on your performance and regeneration capacity.

### ISOTONIC

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

### **ELECTROLYTES**

Zero carb sports drink with electrolytes and refreshing taste. Convenient and easy to dissolve as an effervescent tablet in your drinking bottle. Available in the flavours blood orange, fruit mix and lemon.

### ACTIVATOR

Those who want to benefit from increased concentration and endurance performance use the ACTIVATOR shot. Contains 200mg of caffeine with staggered release. Recommended intake: 3-5mg caffeine per kg body weight approx. 30min before the start and also during breaks in long-lasting events.

### **HIGH ENERGY BAR**

This high-quality cereal bar provides quick and longlasting energy for top athletic performance. Easy to digest and therefore ideally suited as a last, small precompetition meal as well as in between.

### NITROFLOW PERFORMANCE<sup>2</sup> & Red Beet Vinitrox

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

### LACTAT BUFFER & BETA ALANINE

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

### CREATINE

The fast-paced, sprint and interval forms of exertion in swimming are improved by creatine. Creatine is also classically used in the strength and muscle building phase. Sponser® offers three different creatine products.