

**SPONSER**<sup>®</sup>  
+ S P O R T F O O D



**VEGAN  
PRODUCT GUIDE  
ENDURANCE**

[#SponserYourBest](#)

# PERFORMANCE

## ELECTROLYTES

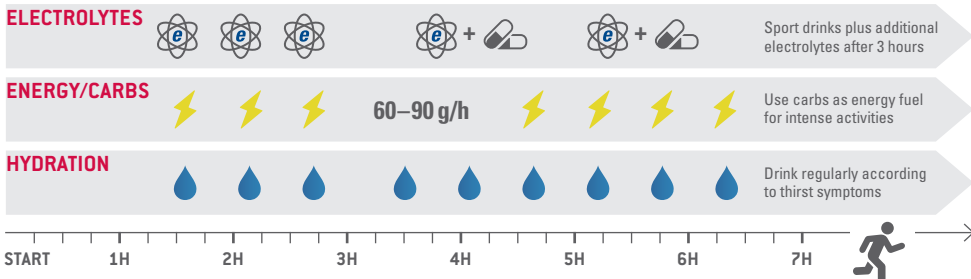
Electrolytes, especially sodium, affect hydration, energy levels, cramping, heart and brain function.

## ENERGY

Carbohydrates are readily available, easily digested and provide maximum performance at high intensity.

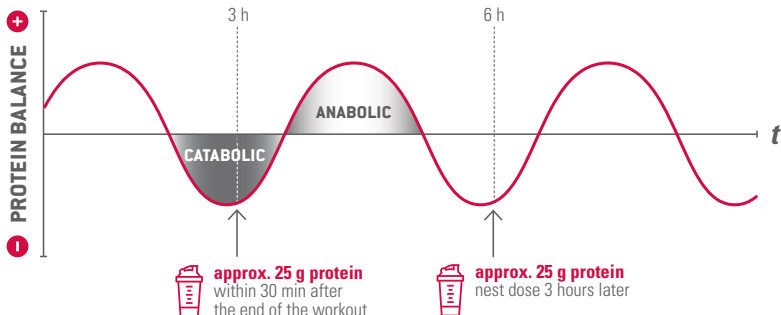
## HYDRATION

Make sure you stay hydrated. Deficiencies can result in reduced strength and endurance.



# REGENERATION

Catabolic and anabolic phases alternate in the course of the day. As a rule, after long periods of fasting, hard training or competitions, an athlete is in a catabolic metabolic situation. Sufficient protein intake (at least 25 g every approx. 3-4 h) helps to maintain the protein balance and to shift into an anabolic situation. Carbohydrate intake as needed and according to individual goals.



# VEGAN NUTRITION

- When choosing protein supplements, pay attention to the presence of the amino acids methionine, lysine and leucine. These amino acids are mainly found in animal proteins and limit the purely plant-based diet. Product tip: **AMINO EAA**
- With animal protein sources, a portion size of approx. 20 g protein is recommended. Since not all essential amino acids are available in sufficient quantities in a plant-based diet, the recommended intake of plant-based proteins is **significantly higher (30g+)**.
- Carnitine and creatine are potentially very beneficial supplements that endurance athletes should include in their basic diet.
- A regular blood profile provides information about deficiency symptoms. Vitamin D, iron and vitamin B12 are often critical and particularly recommended for supplemental intake.

## VEGAN PROTEIN SUPPLEMENTS

### VEGAN PROTEIN

high-quality vegan protein powder based on pea, rice, yeast, chickpea and sunflower seeds - neutral or with chocolate flavour. Suitable for protein enrichment of everyday nutrition such as porridge, bowls, muesli and other vegan dishes. If enriched with **MALTODEXTRIN**, **VEGAN PROTEIN** can also be taken as a regeneration shake.



### VEGAN PROTEIN BROWNIE

Protein snack based on pea protein, cashew nuts and dates. Suitable for everyday use or after sports activities.



### AMINO EAA

Essential amino acids from vegan sources as tablets. For targeted amino supplementation in everyday life. A full serving of approx. 10 tablets corresponds to the amino acid content of a high-quality portion of protein. Tablets may also be used as complementary "side-dish" for every vegan main meal.



# PREPARE

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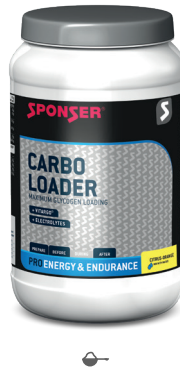
## CARNIPURE®

Carnitine is important for muscular metabolism and the transport of fatty acids into the mitochondria.

On a vegan diet, carnitine intake is usually limited. CARNIPURE® is ideal for individual and practical fortification of meals and drinks.

## CREATINE MONOHYDRATE

Creatine plays a central role in the energy supply of the cells. Since creatine is mainly consumed via meat, vegans may particularly benefit from supplementation. SPONSER® recommends a daily intake of



## CARBO LOADER

Maximally filled glycogen stores for long-lasting energy and optimal performance. Suitable for exertions from 75 minutes

1 serving of CARBO LOADER =  
1 plate of pasta  
– free from gluten  
– free from fructose  
– highly digestible

approx. 1 g for basic supply.  
In specific training phases with intensive forms of stress - such as strength training or sprint forms - we recommend an intake of 3 g per day for support.



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

Improved blood flow, increased exercise tolerance and thus a positive influence on performance thanks to the vasodilatory and cell-protective effect.

🕒 Ideally take from four days before the competition and two days afterwards for the fastest recovery.

📖 Siehe Abschnitt «NITRAT & POLYPHENOLE».

# BEFORE



## MÜESLI

The ideal basic breakfast for energy-filled days, without added sugar. Completely vegan when prepared with water, fruit juice or oat drink.

Tip: Combine the Swiss Müesli for protein enrichment with VEGAN PROTEIN for a sustainably healthy breakfast!



## MUSCLE RELAX

Sour Shot with bitter substances and magnesium to support muscle function.

⌚ Before and during sporting performance and immediately in the case of cramp symptoms as a mouth rinse.

📖 Siehe Abschnitt «KRÄMPFE»

## ACTIVATOR 200

The booster shot from Spenser provides 200 mg of caffeine from green tea, mate, guarana as well as free caffeine for a quick and lasting effect!

⌚ 30 min before use.

📖 Siehe Abschnitt «KOFFEIN»

# DURING



## 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 the necessary electrolytes. Optimally tolerated even when highly dosed and during high intensity performance.

## ULTRA COMPETITION®

Sports drink particularly suitable for long-distance requirements: maximum tolerance, high energy density and acid-free. Can also be prepared for the use as a concentrate.



## CAFFEINE CAPS

For targeted caffeine supplementation during exercise. 1 capsule = 50 mg caffeine.

- ⌚ 1-2 caps per hour
- ⓘ Siehe Abschnitt «KOFFEIN»

## ENERGY BARS

Energy bar for staggered, long-lasting energy supply. The following bars are suitable for a vegan diet:

- HIGH ENERGY Bar Salty Nuts
- OAT PACK Macadamia



## LIQUID ENERGY

Practical energy from a tube or sachet. The optimally tolerated energy gels serve to quickly compensate for energy shortages and are easy to carry with.

Available with or without caffeine, BCAA or extra sodium.



## SALT CAPS

Electrolyte capsules for use during longer training sessions and in the heat.

- ⌚ 1-3 caps per hour

## ELECTROLYTES

The low-calorie effervescent tablets provide a refreshing taste and important electrolytes. Convenient to take with you and mix in your water bottle.

# AFTER

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## VEGAN PROTEIN

Vegan Protein Neutral or flavoured protein powder based on peas, rice, yeast, chick-peas and sunflower seeds. Provides 20 g of vegetable protein per serving with the full spectrum of amino acids.

Suitable for targeted protein intake as an add-in.



## AMINO EAA

To enrich the basic diet with essential amino acids that are found in limited amounts in vegan diets.

## VEGAN PROTEIN BROWNIE

Protein snack based on pea protein, cashew nuts and dates.

Suitable for everyday use or after sports activities.



## GOOD TO KNOW

### CAFFEINE

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

- **ACTIVATOR 200**
- **CAFFEINE CAPS**

### MUSCLE CRAMPS

Unwanted muscle contractions during sports are common. Strong stimuli such as acidity, spiciness or bitter substances can directly reduce acute cramp susceptibility via neuroreceptors.

- **MUSCLE RELAX**

### NITRATE & POLYPHENOLS

Nitrate and polyphenol-rich plant compounds promote the formation of nitric oxide (NO), which leads to vasodilatation. Athletes may benefit from improved nutrient and oxygen utilisation as well as a reduced sensation of exertion.

- **RED BEET VINITROX**
- **NITROFLOW PERFORMANCE<sup>2</sup>**

Optimise your nutrition concept and find your products here:



# SPONSER SWISS SPORT FOOD

TOP ATHLETES TRUST IN THE NUTRITIONAL EXPERTISE OF SPONSER.  
SINCE 1988.

NINO SCHURTER (CH) – MOUNTAIN BIKE – OLYMPIC & WORLD CHAMPION

JAN VAN BERKEL (CH) – TRIATHLON – IRONMAN CHAMPION

ANNA KIESENHOFER (AT) – CYCLING – OLYMPIC CHAMPION

RICHARD RINGER (DE) – RUNNING – EUROPEAN CHAMPION MARATHON

NOÈ PONTI (CH) – SWIMMING – OLYMPIC MEDALLIST

NADINE FÄHNDRICH (CH) – CROSS COUNTRY SKIING – WORLD CUP WINNER

JULIAN SCHMID (DE) – NORDIC COMBINED – WORLD CUP WINNER

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