

Go Longer.

PRODUCT USAGE GUIDE

Optimise Your Performance and Recovery with SFuels

LIFE TRAIN RACE







1 serve / hour

- 4g C8 MCT
- Contains Electrolytes
- Glutamine For Gut & Muscles



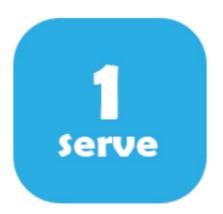




- Burn Both Fat & Carbs
- Higher Dose Electrolytes
- Magnesium for Cramp Support







- Highest Quality Protein
- 5g Glutamine Optimal Recovery
- 6g Ketone BHB



TRAINING High Intensity







- Improve Mental Vigor
- Optimise Fat Oxidation
- Measured Caffeine Dose
- Faster Reaction Times



first 30 mins



- Contains Electrolytes
- MCT Fueling
- Stomach Settling L-Glutamine



Tafter 30 mins



- Burn Both Fat & Carbs
- Higher Dose Electrolytes
- Maximal Glycogen Sparing







- Highest Quality Protein
- Supports Rapid Recovery
- 6g Ketone BHB

LIFE

TRAIN

RACE

PRE RACE Morning

3 hours to start

- Eat Just Enough to Feel Satisfied Keep it Light
- Avoid Carbs Breads, Cereals, Juices, Rice, Pasta, Gels
- Eat Low Carb Foods KETO3, LIFE Bars, Eggs, Avo
- Drink Coffee, Tea, SFuels TRAIN, Water Like Normal Day













- Improve Mental Vigor
- Optimise Fat Oxidation
- Measured Caffeine Dose
- Faster Reaction Times









Body Weight Range 250+ lbs 116+ kg

Body Weight Range
201 lbs 250 lbs
91 kg 115 kg

Body Weight Range

146 lbs 200 lbs

66 kg 90 kg

Body Weight Range
121 lbs 145 lbs
55 kg 65 kg

2 sachets per bottle serves in 2 bottles

1 sachet in 1 bottle serves 2 sachets in 1 bottle

2 1 sachet per bottle in 2 bottles

1 sachet in 1 bottle



Test of race

- Burn Fat & Carbs For High Intensity
- Magnesium For Cramping Support
- Contains 4 Key Electrolytes Lost In Sweat



HIGH FAT OXIDATION

1.2 - 1.8 grams / minute

1 serve





San Michel

MED FAT OXIDATION

0.8 - 1.2 grams / minute

2 serves

World Chang



CISK

San Michel





RUN

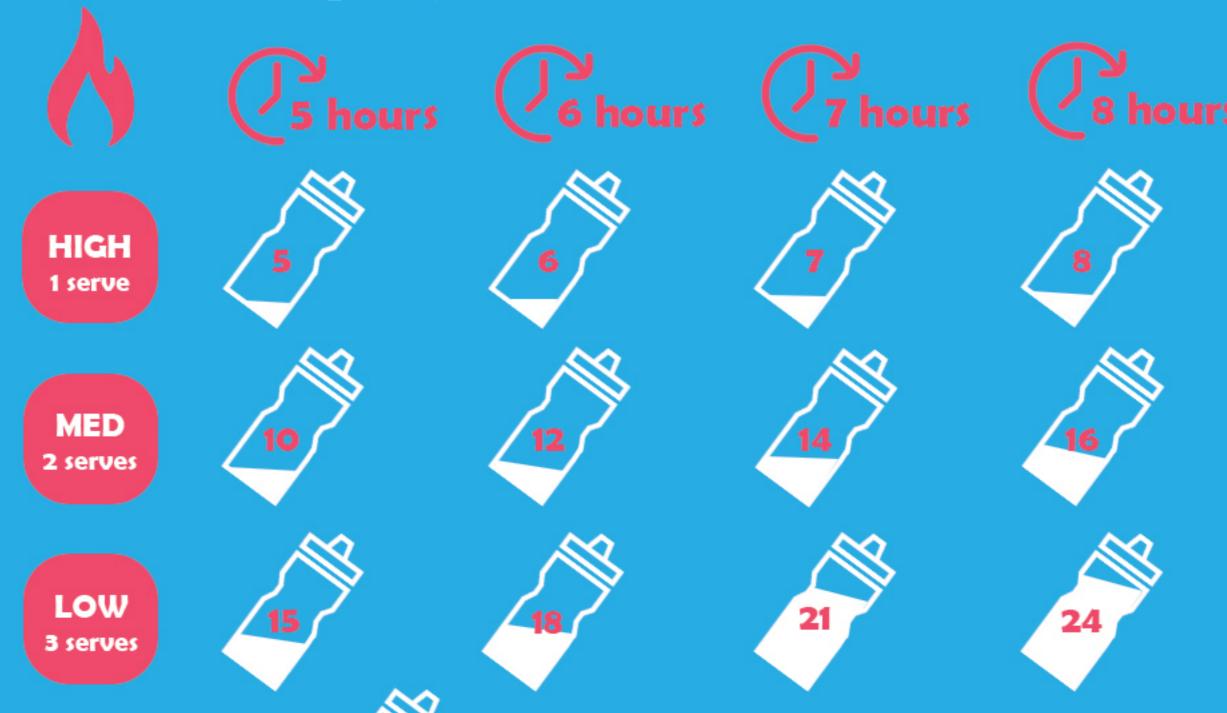
- Fuel Belt
- Soft Flaks
- Ultra Vest

RACE+ ENDURANCE TIP

SFEE B

Make a RACE+ concentrate bottle that you can dilute into your other bottles with water during the race for optimal fueling.

BIKE OR RUN DURATION



5

FAT OXIDATION RATE

number of RACE+ scoops to add to concentrate bottle