TRAINING & RACING FUEL GUIDE

SFuels.®

Go Longer.

RIGHT FUEL
RIGHT TIME

RIGHT FUEL™
RIGHT TIME

WHAT IS IT?

"racing outcomes are highly linked to ***TRAINING SPECIFICITY.*** *As coaches and athletes, we target specific training methods to the nature (intensity, duration etc.)of our targeted competition.*

Similarly, the ***RIGHT FUEL RIGHT TIME*** *model matches* ***SPECIFIC FUELING*** *to your* ***SPECIFIC TRAINING*** *(intensity, duration etc.) to optimize metabolic adaptions for an athletes targeted competition.*

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RIGHT FUEL RIGHT TIME

WHY?

Research has shown, that for endurance sports, Fat-oxidation efficiency is a key determinant factor of performance outcomes. The Right Fuel Right Time ™ method is designed with three key benefits in mind – for the endurance athlete -

1 Avoid Bonking
Train Metabolic Flexibility

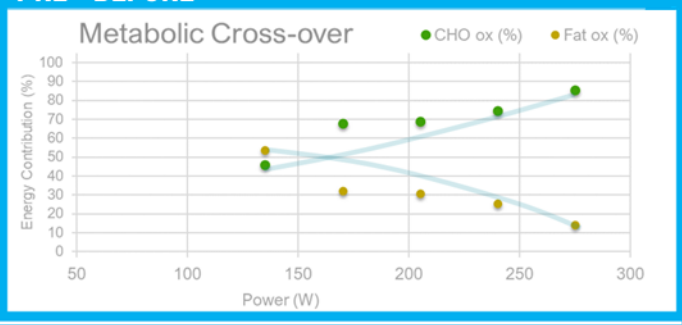
2 Finish Stronger
Preserve Glycogen – Efficiently Burn Fat

3 Reduce Gut Distress
Rapid Carbohydrate Gut Transit

Athlete's lab data has shown us how trainable metabolic flexibility is – delivering dramatic gains in fat-oxidation, glycogen retention and subsequent performance improvements -

ATHLETE - CASE STUDY

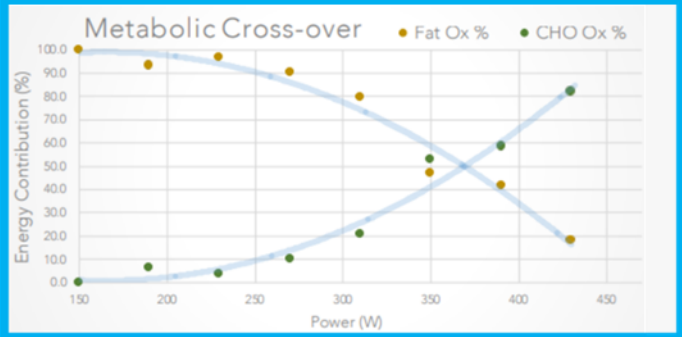
PRE - BEFORE



Fat-Ox Rate
0.53gr/min @ 135 watts

@200 watts, 70% of energy, is from carbs

POST – RIGHT FUEL RIGHT TIME METHOD



Fat-Ox Rate
1.8gr/min @ >300 watts

@300 watts, 80% of energy, is from fat

WHAT TO EXPECT

In both Ironman triathlon (26) and UCI Tour Cycling (27) athlete studies, high fat-oxidation rates have shown to be one of the few correlations to performance.

Analyses of over 430 studies(1) on athlete's substrate (Fat/Carb) oxidation, has shown that the most influential factors effecting substrate (fuel) oxidation outcomes are, exercise duration (and intensity), dietary fat intake (during and outside of exercise) and sex.

CARBOHYDRATE CENTRIC FUELING

The four major issues confronting high, or exclusive use of free-sugar carbohydrate based fueling includes:

1. **BLUNTED AEROBIC DEVELOPMENT:** Spiking of blood glucose and insulin, blunts fat oxidation(1) - driving greater dependency on carbohydrates for fuel. Additionally, consistent use fructose in fueling formulas, has shown to suppress glucose transporter proteins (Glut4) and fat-transporters(CD36), limiting efficient carbohydrate and fatty acid flow into muscle cells, and blunting the training effect of aerobic exercise (2, 4).

2. **RISK OF BONK/CRASH:** Weak fat-oxidation efficiency, causing over-dependence on carbohydrate intake, exposing the athlete to swinging energy levels, heightened lactate production – all of which raises the risk of bonking/crashing/hitting the wall.

3. **GUT/GI DISTRESS:** In longer-duration exercise, heat and higher carb/fructose consumption (>60gram/hour) has been associated with GI distress, with symptoms of bloating, belching, diarrhea and vomiting. Fructose (and sucrose) has the additional negative side-effect of disrupting the GI/Gut membrane integrity, raising systemic inflammation. (5, 6, 7)

4. **CHRONIC INFLAMMATION:** The longer-term adoption of prolonger higher blood sugar levels has consistently shown to be associated with more chronic inflammatory based diseases – including cardiovascular disease, diabetes and rheumatic diseases. (8,9, 11, 12, 13)

RIGHT FUEL RIGHT TIME

Fat oxidation efficiency is a key tenant to build resilient energy systems, spared muscle glycogen, lowered lactate production and mitigated Gut/GI distress.

1. **FAT OXIDATION OPTIMIZATION:** Training and dietary (including during training) intake of quality fats and timed carbohydrate/protein, begins to shift and train the muscles to become less reliant on carbohydrate as fuel. Lipolytic enzymes, substrate transporters and aerobic capacity can be trained (like muscles) through diet, fuel choices and exercise (14), with lab results showing cases of 2-3 times improvement in fat oxidation efficiency. By using fat, glycogen can be better preserved, lactate production and perceived exertion reduced.

2. **FUEL SUBSTRATE RESILIENCE:** By restrictive and timed use of fuel-substrates, caffeine and l-carnitine - research is showing enhanced utilization of different substrates at different intensities. Specifically, a train-low carbohydrate approach in aerobic/zone 2 workouts, and a higher carbohydrate use for threshold/anaerobic-zone 4-5 workouts (15). By training both fat and carbohydrate oxidation efficiency, the endurance athlete can better preserve glycogen stores, access energy from fat and carbohydrates providing resilience to minimize risks of bonking/crashing and Gut/GI distress from free-sugar over-consumption.

3. **MITOCHONDRIA & MUSCLE SYNTHESIS:** Researchers (16) conclude that train-low (carbohydrate), and higher leucine (17) approaches can best trigger exercise induced mitochondrial biogenesis, and muscle protein synthesis.

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RESULTS

PRODUCT DEVELOPMENT PERFORMANCE PROJECTS

From 2018-2023, SFuels partnered with several professional and age-group athletes during the core R&D of the SFuels product formulations and product portfolio.

During this product development period the following performance results were achieved -

Kona Ironman® AG World Champion & Course Record

100Mile Treadmill World Record

USATF 100 Mile Road Championship

Olympic Triathlon Medalist

XTERRA World Championship

Superleague Series Champ. WTC Series Lead

Ironman® AG World Champion & Course (Utah) Record

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HOW?

WATCH
VIDEO OVERVIEW

KEEP IT SIMPLE – Watch the quick video on how to use SFuels fuels at different training-racing intensities – before, during and after your workouts.

The Guide also covers, links to athlete results, including -

- Dr. Dan Plews – Kona Age-Group course record Holder,
- Matt Kerr – Utah Age-Group Ironman course record Holder,
- Zach Bitter – 100 Mile World Record Breaker

	TRAINING			RACING
	LONG SLOW DISTANCE INTENSITY AEROBIC I ZONE 2	LOW TEMPO INTENSITY ULTRA & IRONMAN RACE	UPPER TEMPO INTENSITY MARATHON & 70.3 RACE	
60 mins BEFORE	PRIME FAT-BURNING AND LOWER RPE SFuels LIFE Bars		SFuels PRIMED Drink	
DURING	first 120mins	first 90mins	first 60mins	first 30mins
	TRAIN FAT-BURNING FOR FUEL SFuels TRAIN Fuel Drink		PRESERVE GLYCOGEN	LESS LACTATE
	beyond 120mins	beyond 90mins	beyond 60mins	beyond 30mins
	SFuels RACE+ Drink. SFuels RACE+ Gel Powder (and RACE+ Gel Bullet)			
	TRAIN SIMULTANEOUS CARB/FAT BURNING AND RAPID GUT TRANSIT			
30 mins AFTER	ACCELERATE MUSCLE, GUT REPAIR AND RECOVERY SFuels Revival Shake Drink			

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RACE DOSAGES

Pre-Race Prime Fat Burning & Lower Perceived Exertion

½ Marathon | Marathon | Ultra-Marathon

SFuels Race + Drink:
30Gr/Hr Carbs

2 Serves per/Hr → Flask → 2 Serves per Soft-flask

or

SFuels Race + Drink:
45Gr/Hr Carbs

3 Serves per/Hr → Flask → 3 Serves per Soft-flask

Olympic Distance Triathlon

SFuels Race + Drink:
30Gr/Hr Carbs

2 Serves per/Hr → Bike Bottle → 2 Serves per Bike Bottle

or

SFuels Race + Gel Powder:
60Gr/Hr Carbs

3 Bullets per 2/Hrs → Bullet → 2 Serves per Soft-flask

Ironman® | 70.3 Ironman®

BIKE

SFuels Race + Drink:
45Gr/Hr Carbs

3 Serves per/Hr → Bike Bottle → Concentrate 2 Serves/Hr x Hrs on Bike

or

BIKE

SFuels Race + Gel Powder:
60Gr/Hr Carb

3 Serves per/Hr → Bike Bottle → Concentrate 3 Serves/Hr x Hrs on Bike

RUN

SFuels Race + Gel Powder:
60Gr/Hr Carbs

3 Bullets per 2/Hrs → Bullet → 2 Serves per SFuels Bullet

TRAIN

RIGHT FUEL
RIGHT TIME

Supplement Facts	
30 Servings Per Container	
Serving Size	**About 1 Scoop (10.8g)**
Amount Per Serving	
Calories	**50**
	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 4g	**20%**
Trans Fat 0g	**0%**
Sodium 240mg	**10%**
Total Carbohydrate 1g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	†
Includes 0g Added Sugars	**0%**
Protein 3g	**6%**
Calcium 25mg	2%
Potassium (from Potassium Gluconate) 50mg	2%
L-Glutamine 500mg	†

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.
†Daily Value (DV) not established.

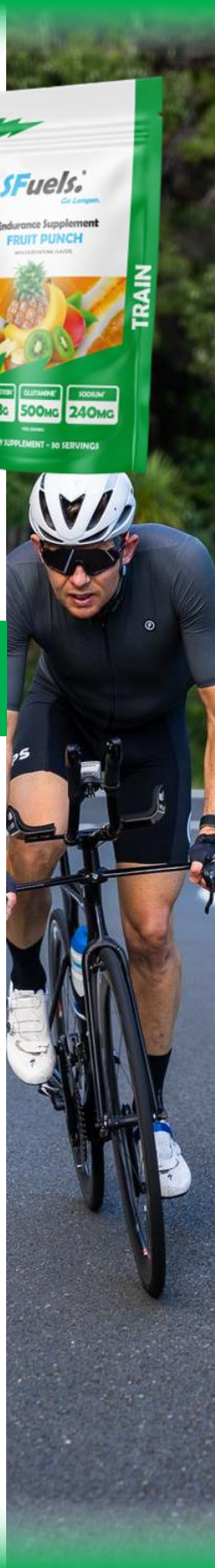
Other Ingredients: Coconut Oil, Collagen Peptides (Hydrolyzed Beef), Natural Flavors, Himalayan Rock Salt, Citric Acid, Malic Acid, Monk Fruit Extract.

TEXTURE
Water like. Thin and light.

MIX WITH
Cold water.

SWEETNESS
Mild to low.

FLAVORS
Coconut-Lime. Strawberry Lemonade
Pomegranate-Acai. Fruit-Punch



Fuel and Fat Oxidation Training

Select MCTs (medium chain triglycerides) provide caloric fuel (vs. free sugars, carbohydrates) without the insulin response (blunts fat oxidation) thereby supporting greater dependency fatty acid lipolysis, transport and oxidation.

The MCT forms used in SFuels TRAIN are C8 & C10 which has shown to be the most rapid assimilation and oxidation forms, in traversing cell membranes most efficiently – due to the lower carbon chain size.

Electrolyte Balance

Higher dose sodium and potassium, are warranted as supplementation to offsetting electrolyte loss noted in lower-carbohydrate diets.

Additionally, repetitive long-duration training sessions and blocks places further strain on sodium and potassium reserves.

Simultaneous Fat/Carb Oxidation and Gut Distress Mitigation

No inclusion of added sugar, sucrose, fructose, glucose, maltodextrins, syrups, or sugar alcohols.

Avoidance of simple free-sugars, mitigates the risk of triggering insulin, which would have an anti-lipolytic (anti fat oxidation) impact. This issue is most prominent in the first 30-60 minutes of exercise where Glut-4 transporters are still moving to the muscle cell edge, to open glucose channels. Once these channels are opened, the muscle cell can receive and oxidize carbohydrates without insulin, and since without insulin, fat and carbohydrate can be simultaneously oxidized.

The avoidance of sugar-alcohols, and the lowered use of carbohydrate sources, dramatically reduces the risk of gut membrane and microbiome derangement and associated gut/GI distress symptoms, commonly seen in endurance racing/training.

SUGGESTED USAGE

Add 1 scoop of SFuels TRAIN Endurance Powder to 16oz of cold water and mix/shake thoroughly.
Consume 1 serving for every 30 minutes of sustained activity. Test in training

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RACE+ DRINK

RIGHT FUEL
RIGHT TIME

Supplement Facts	
Serving Size: 25.9g (About 1 Scoop)	
15 Servings Per Container	
Amount Per Serving	
Calories	**110**
	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Sodium 250mg	**11%**
Total Carbohydrates 15g	**5%**
Dietary Fiber 0.5g	**2%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 3g	**6%**
Calcium 30mg	2%
Potassium (from Potassium Gluconate) 60mg	2%
Magnesium (from Magnesium Glycinate) 90mg	20%
L-Glutamine 500mg	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.
**Daily Value (DV) not established.

OTHER INGREDIENTS: Highly Branched Cyclic Dextrin, Coconut Oil, Collagen Peptides (Hydrolyzed Beef), Natural Flavors, Himalayan Rock Salt, Citric Acid, Turmeric Powder (for color), Beet Root Powder (for color), Monk Fruit Extract.

CONTAINS: COCONUT. Although this product may not contain one or all of the following, this product is manufactured in a facility that handles milk, soy, egg, tree nuts, fish, crustaceans/shellfish, and wheat products.

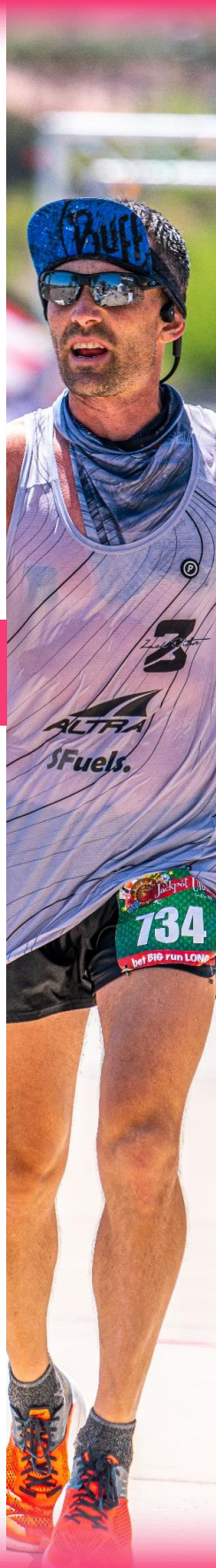
MADE IN THE USA USING INGREDIENTS SOURCED WORLDWIDE.

TEXTURE
Water like. Thin and light.

MIX WITH
Cold water.

SWEETNESS
Mild

FLAVORS
Coconut-Lime. Cherry.
Fruit Punch. Strawberry-Lemonade



Efficient Carbohydrate Digestion Assimilation and Mitigated Gut Distress

Race+ starch (HBCD) has been pre-digested with enzymes creating a high molecular weight, highly branched carbohydrate for rapid transit through the stomach. Researchers have highlighted HBCD having 30% faster rise of blood glucose, when compared to a glucose-only fluid.

No sucrose, fructose, maltodextrin or sugar-alcohols are used to avoid Gut/GI irritation and distress.

Race+ avoids the use of fructose to mitigate the risk of interfering with GLUT-4 (glucose) muscle-cell transporters.

Race+ includes Glutamine to further support fuel-oxidative (energy) supply to muscles, and mitigate exercise heat-triggered gut membrane permeability and subsequent higher inflammatory loads.

High Caloric Load & Improved Carbohydrate Absorption

Race+ increases overall caloric fuel load (9cals/gram) through using C8 and C10 MCTs which are rapidly absorbed-oxidized, even in high-intensity workloads.

MCTs improve the speed and rate of carbohydrate absorption.

Electrolyte Balance

Race+ includes supplementation of Calcium and Potassium, and higher race-level dosages of Sodium.

Additionally, Race+ uses a specific Glycinate form of Magnesium to enable higher dosage with no Gut-GI irritation (common to other Magnesium forms).

SUGGESTED USAGE

Add 1-4 (15-60gr/Hr. CHO) scoops of SFuels Race+ (typically to 16oz of cold water) per hour depending on exercise intensity and heat-humidity. SFuels recommends testing Race+ fueling in training at race intensity conditions (heat/humidity/elevation) – in optimizing your Race+ fluid/per hour.

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RACE+ GEL

RIGHT FUEL
RIGHT TIME

Supplement Facts

6 Servings Per Container
Serving Size **37.5g (About 1 Scoop)**

Amount Per Serving	% Daily Value*
Calories 140	
Total Fat 6g	8%
Saturated Fat 6g	30%
Total Carbohydrate 22 g	8%
Dietary Fiber 1g	4%
Total Sugars 0g	†
Includes 0g Added Sugars	0%
Protein 5g	†
Calcium 40mg	4%
Magnesium (from Magnesium Glycinate)110mg	25%
Sodium 130mg	6%
Potassium (from Potassium Gluconate) 80mg	2%
L-Glutamine 750mg	†

**Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value (DV) not established

OTHER INGREDIENTS: Highly Branched Cyclic Dextrin, Coconut Oil, Collagen Peptides (Hydrolyzed Beef), Natural Flavors, Himalayan Rock Salt, Citric Acid, Beet Root Powder (for color), Xanthan Gum, Turmeric Powder (for color), Monk fruit Extract.

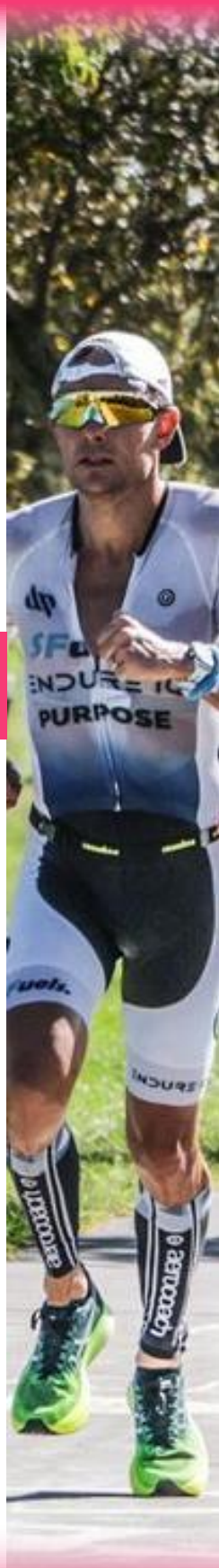
CONTAINS: COCONUT. *Although this product may not contain one or all of the following, this product is manufactured in a facility that handles milk, soy, egg, tree nuts, fish, crustaceans/shellfish, and wheat products.*

TEXTURE
Gel – Crème Like

MIX WITH
Cold water.

SWEETNESS
Mild

FLAVORS
Fruit Punch



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Race+ increases overall caloric fuel load (9cals/gram) through using C8 and C10 MCTs which are rapidly absorbed-oxidized, in low and high-intensity workloads.

MCTs improve the speed and rate of carbohydrate absorption.

Electrolyte Balance

Race+ includes supplementation of Calcium and Potassium, and higher race-level dosages of Sodium.

Additionally, Race+ uses a specific Glycinate form of Magnesium to enable higher dosage with no Gut-GI irritation (common to other Magnesium forms).

SUGGESTED USAGE

Add 1-3 (22-66gr/Hr. CHO) scoops of SFuels Race+ (typically to 16oz of cold water) per hour – depending on exercise intensity and heat-humidity. SFuels recommends testing Race+ fueling in training at race intensity conditions (heat/humidity/elevation) – in optimizing your Race+ fluid/per hour.

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PRIMED

RIGHT FUEL
RIGHT TIME

Supplement Facts: Servings: 1 **Serving Size: 1 Packet (3.4g)**, Amount per serving: Vitamin B3 (as niacinamide) 16mg NE (100%DV*), Vitamin B6 (as pyridoxine hydrochloride) 17mg (1000% DV*), Vitamin B12 (as methylcobalamin) 24mcg (1000% DV*).
L-Taurine 1,000mg (**), N-Acetyl L-Carnitine Hydrochloride 1,000mg (**), Natural Caffeine (from Green Tea (Camellia Sinensis)(leaf)) 80mg (**)
*Percent Daily Value (%DV) based on a 2000 calorie diet. ** Daily value not established.

TEXTURE
Water like
(when mixed with water)

MIX WITH
SFuels TRAIN. SFuels Race+
Or with water, or fruit-smoothies

SWEETNESS
Mild Sweet

FLAVOR
Watermelon

Increase Fat Oxidation
80mg Measured Caffeine Dose

Delivering a predictable fat-oxidation improvement is achieved is SFuels PRIMED, by delivering a controlled measured dose of caffeine per serve of 80mg.

Taken at 2.5-3mg/Kg body weight, the green tea extracted caffeine raises both fat oxidation, and increases ketogenesis from the medium chain triglycerides.

Caffeine has shown to also raise cognitive functions, including Vigor (confidence), assertiveness, mood and reduce Rate of Perceived Exertion in high intensity exercise.

Sugar or sugar alcohols are avoided in SFuels PRIMED to mitigate insulin trigged blunting of fat oxidation.

Acetyl–L Carnitine 1000mg

Dosed at 2-3gr/day, L-Carnitine can be loaded into the muscle to support higher-fat oxidation by shuttling long/medium chain fatty acids into the mitochondria for oxidation, while also facilitating the removal of fax-oxidation metabolites from mitochondria.

L-Carnitine can also help to retrain inefficient mitochondria fat-ox metabolism, due to fructose over-consumption.

Taurine 1000mg

Studies show Taurine supplementation can reduce time to exhaustion from exercise.

B3/B6/B12

Key B-vitamins are essential in the process of extracting energy from consumed food substrates.

DOSAGE

Training Fat-Oxidation Mitochondrial/Substrate Retraining	RACING Boosted Fat-Oxidation | Lowered RPE
1 Sachet Pre-Workout Or Start of Workout	1 Sachet 60mins Pre-Race 2 Sachets in 1st 90nins of Race

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REVIVAL

RIGHT FUEL
RIGHT TIME

Supplement Facts

Serving Size 36g (1 Scoop)
Servings Per Container About 25

	Amount Per Serving	%DV**
Calories	90	
Total Fat	1g	**1%**
Saturated Fat	1g	**5%**
Sodium (from Sodium Beta-hydroxybutyrate)	1220mg	**53%**
Total Carbohydrates	2g	**1%**
Dietary Fiber	1g	**4%**
Total Sugars	<1g	
Protein	19g	
Calcium	120mg	10%
Iron	1.1mg	6%
Potassium (from Potassium Gluconate)	70mg	2%
L-Glutamine	5g	†
Sodium BHB (Beta-hydroxybutyrate)	6g	†

**Percent Daily Values (%DV) are based on a 2,000 calorie diet.
†Daily Value (DV) not established.

TEXTURE
Creamy-shake like

MIX WITH
Cold water, Cream or Milk

SWEETNESS
Mild

FLAVORS
Chocolate-Cocoa

Reducing leucine (protein) muscle oxidation, from high volume endurance exercise by raising levels of B- hydroxybutyrate (BHB) ketones.

Improve muscle-torque (power), lower delayed onset muscle soreness and inflammation, through high dose L-Glutamine supplementation. Reduce, exercise heat-triggered damage to the gut membrane, by rapid membrane repair, through L-Glutamine.

Replenish lowered sodium levels, commonly seen in low-carb endurance athletes.

Using highest quality whey protein isolate, to improve lean-body mass, to reduce the damaging effects of high-volume eccentric muscle contractions (running, cycling etc.) resulting in a decline of muscle strength and possible micro-tear muscle damage.

Whey protein has also been highlighted for improving immune response, and blunting cortisol responses from training stress.

Eliminating sugar triggered insulin spikes, stalled fat-oxidation and heightened inflammatory markers through avoiding the use of sucrose, glucose, fructose, maltodextrins.

Maintain favorable gut bacteria, by avoiding the use of all sugar alcohols like sucralose, that have shown to disrupt the gut microbiome.

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LIFE BARS

RIGHT FUEL
RIGHT TIME

Nutrition Facts			
Servings Per Container 1			
Serving size 1 Bar (45g)			
Amount Per Serving Calories 180			
	Amount Per Serving	% Daily Value*	
	Total Fat 11g	**14%**	
	Saturated Fat 2g	**10%**	
	Trans Fat 0g		
	Cholesterol 5mg	**2%**	
	Sodium 65mg	**3%**	
	Total Carbohydrates 13g	**5%**	
	Dietary Fiber 11g	**39%**	
	Total Sugars 1g		
	Includes 1g Added Sugars	**2%**	
	Sugar Alcohol 0g		
	Protein 15g		
Vitamin D 0mcg 0% • Calcium 110mg 8% • Iron 0.6mg 4% • Potassium 70mg 2%			

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Protein Blend (Whey Protein Isolate, Milk Protein Isolate, Sunflower Lecithin), Almond Butter, Non-GMO Prebiotic Corn Fiber, Non-GMO Soluble Tapioca Fiber, Organic Cacao Nibs, Sunflower Oil, Chicory Root Fiber, Sunflower Lecithin, Organic Vanilla Extract, Natural Flavors, Sea Salt, Stevia, Potassium Sorbate. **CONTAINS: Milk, Tree Nuts (Almonds).**
May contain traces of Peanuts, Egg, Soy, Wheat and other Tree Nuts. May contain shell and/or pit fragments.

Nutrition Facts			
Servings Per Container 1			
Serving size 1 Bar (45g)			
Amount Per Serving Calories 180			
	Amount Per Serving	% Daily Value*	
	Total Fat 11g	**14%**	
	Saturated Fat 2g	**10%**	
	Trans Fat 0g		
	Cholesterol 5mg	**2%**	
	Sodium 65mg	**3%**	
	Total Carbohydrates 15g	**5%**	
	Dietary Fiber 11g	**39%**	
	Total Sugars 2g		
	Includes 0g Added Sugars	**0%**	
	Sugar Alcohol 0g		
	Protein 13g		
Vitamin D 0mcg 0% • Calcium 100mg 8% • Iron 0.7mg 4% • Potassium 70mg 2%			

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Protein Blend (Whey Protein Isolate, Milk Protein Isolate, Sunflower Lecithin), Almond Butter, Non-GMO Prebiotic Corn Fiber, Non-GMO Soluble Tapioca Fiber, Sunflower Oil, Chicory Root Fiber, Organic Cacao Nibs, Blueberries, Organic Cocoa, Sunflower Lecithin, Organic Vanilla Extract, Natural Flavors, Sea Salt, Stevia, Potassium Sorbate. **CONTAINS: Milk, Tree Nuts (Almonds).**
May contain traces of Peanuts, Egg, Soy, Wheat and other Tree Nuts. May contain shell and/or pit fragments.

TEXTURE
Soft, Moist, Chewy

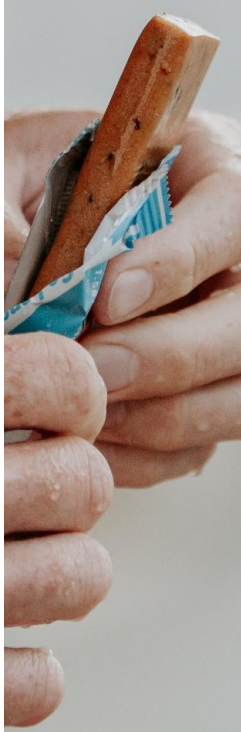
MIX WITH
-

SWEETNESS
Mild - Medium

FLAVORS
Vanilla Cacao
Blueberry-Cacao

Prepared by:

Dave Scott
6X Ironman World Champion.
Certified Coach
BSc Physical Edu, Physiology/Psychology.
UC Davis.



High-Satiety Food without the Carbs.

SFuels LIFE - Endurance Bars use a proprietary blended mixture of various Whey protein isolates, resistant starches and fat to provide a slow-digesting, high-satiety snack.

Quality low-allergenic Whey protein isolates provide complete BCAA support for micro muscle tissue repair.

Resistant starches and fibers undergo minimal assimilation through the digestive process, thereby minimizing increased blood-sugar levels, while helping to support gut health and production/assimilation of healthy Short Chain Fatty Acids.

No High-Heat Baking for Retained Nutrient Values

SFuels LIFE Endurance Bars are not baked, or heat treated to maintain nutrient levels in heat sensitive fats, oils and flavonoid rich ingredients like Cacao.

No Sugar, or sugar Alcohols Added.

SFuels LIFE Endurance Bars are very low in sugar. To minimize blood sugar spikes - we use NO added sugar/sucrose, dextrose, dried fruits, rice or cane syrups, fructose, or maltodextrin.

SFuels LIFE Endurance bars use no sugar alcohols like Maltitol, which research increasingly highlights interfere with the gut microbiome.

SUGGESTED USAGE

Take ½ to bar upto an our before training sessions,
or take 1 bar within 30mins post workout/training session.

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TRANSFORM

RIGHT FUEL
RIGHT TIME

Transform every-day high-carb meals, snacks and drinks to low-carb high-fat, foods to minimize heightened-sustained blood glucose and insulin levels.

Serving Size: 9g (About 1 Scoop)		
30 Servings Per Container		
	Amount Per Serving	*DV%
Calories		**50**
Total Fat	4g	5%
Saturated Fat	4g	20%
Trans Fat	0g	0%
Sodium	240mg	10%
Protein	3g	6%
Calcium	22mg	2%
Potassium (from Potassium Gluconate)	50mg	2%
L-Glutamine	500mg	†

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.
†Daily Value (DV) not established.

Other Ingredients: Coconut Oil, Collagen Peptides (Hydrolyzed Beef), Himalayan Rock Salt, Monk Fruit Extract.

SFUELS LIFE RECIPE GUIDE
DOWNLOAD: CLICK HERE

TEXTURE
Unnoticeable to slight creaminess

MIX WITH
Food/Drink Recipes

SWEETNESS
Mild Sweet / Salty.

FLAVOR
Enhances Flavor of recipe-foods

Replace Calories – Quality Fat

SFuels LIFE - TRANSFORM provides Medium Chain Triglycerides (MCT) bound to collagen as a source of quality fat based calories which can be added to every-day foods – including breakfasts, snacks, drinks and meals. With quality fat added to meals and recipes, carbohydrate ingredients – like grains, starches, sugars, sweeteners, syrups can be replaced.

SFuels LIFE - TRANSFORM uses the C8 (and C10) form of MCTs which is digested and then transported rapidly into the muscle cell mitochondria efficiently – similarly to carbohydrates.

No carbohydrates, sugar, sucrose, glucose, fructose have been added to SFuels LIFE - TRANSFORM to mitigate insulin stimulation.

SFuels LIFE - TRANSFORM avoids the use of artificial sweeteners and sugar alcohols. SFuels LIFE - TRANSFORM uses natural monk fruit to provide a non-carbohydrate sweetness to foods it is added to.

Rebalanced Electrolytes

SFuels LIFE – TRANSFORM is formulated with added sodium and potassium for supplementing foods-recipes that it is added to.

Gut Membrane Health

Glutamine is consistently used for rapid repair of gut membrane integrity, to minimize endotoxin leakage from the gut into the systemic circulation, thereby mitigating associated inflammation.

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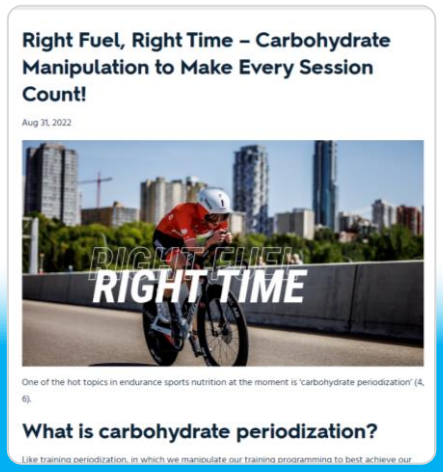
PRODUCT USAGE GUIDE

RIGHT FUEL RIGHT TIME

HARD-COPY PROVIDED WITH EVERY ORDER

VIDEO – WALK THROUGH (click here)



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Dr. Dan Plews blog on research and pro athlete lab test data of improved fat-oxidation efficiency, through the Right Fuel Right Time method.

ENDURE IQ

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