

SFuels.

TRAINING & RACING FUELING GUIDE



**RIGHT FUEL[®]
RIGHT TIME**

RIGHT FUEL® RIGHT TIME

WHAT IS IT?



LEARN MORE
WATCH VIDEOS

Dr. Dan Plews

Super-Coach. Kona AG World Record Holder
Director, Technical Performance. SFuels LLC



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 approach overlays **SPECIFIC FUELS** or substrates to your **SPECIFIC TRAINING** (intensity, duration etc.) to accentuate metabolic adaptations for your targeted competition and racing.

RECOVERY

AEROBIC

THRESHOLD

V02

ZONE 1

ZONE 2

ZONE 3

ZONE 4

ZONE 5

AMINO ACIDS | KETONE

FATTY ACIDS / AMINO ACIDS

FATTY-ACIDS | CARBOHYDRATES | AMINO ACIDS



WHY?

Research has shown, that for endurance sports, Fat-oxidation efficiency is a key determinant factor of performance outcomes. Preserving Glycogen is a key tenet in supporting resilient high-intensity race finishes. By using fat as fuel at higher intensity, glycogen can be preserved. Furthermore, both lower-carbohydrate and specific nutrients can help build Gut resilience for stronger race day Gut stability.

So, the Right Fuel Right Time™ approach – is designed with three targeted benefits -

1

STRONGER AEROBIC BASE

OPTIMIZE AEROBIC ADAPTIONS.
BUILD GUT RESILIENCE

2

STABLE HIGH-INTENSITY FINISHES

HIGH-INTENSITY GLYCOGEN PRESERVATION
AND FUEL EFFICIENCY

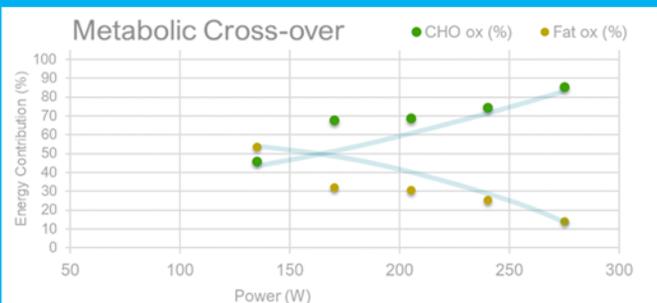
3

STRONG RESILIENT GUT

TRAINED GUT RESILIENCE. RAPID CARBOHYDRATE GUT TRANSIT

CASE STUDY: HIGHLY IMPROVED AEROBIC CAPACITY & POWER

PRE - BEFORE

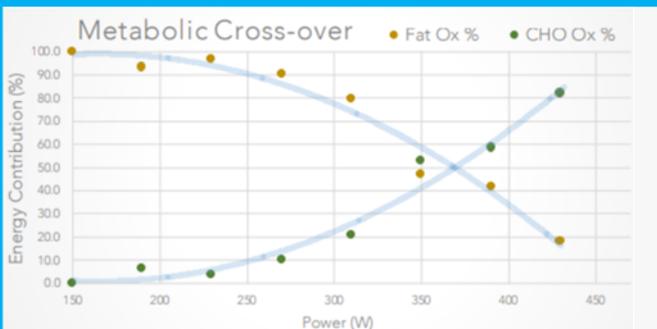


Fat-Ox Rate
0.53gr/min @ 135 watts

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

3X FAT-OX
2X POWER

POST - RIGHT FUEL RIGHT TIME METHOD



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

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

RESULTS

ATHLETE 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 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***

***1st Ironman AG Athlete
under 8 Hours***

SFuels continues athlete performance projects to inform next-generation R&D of SFuels substrate and nutrient technology.

WHAT TO EXPECT

In both Ironman triathlon (26) and UCI Tour Cycling (27) athlete studies, high fat-oxidation rates (and Vo2Max) have shown to be one of the key correlates to performance outcomes.

Analyses of over 430 studies(1) on over 3,400 athlete's substrate (Fat/Carb) oxidation data, has shown that the most influential factors effecting substrate (fuel) oxidation outcomes are, exercise duration (and intensity), fat intake (during and outside of training) 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/CRAASH: 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 SYNTHESIS: Researchers (16) conclude that train-low (carbohydrate), and specific substrates including medium-chain triglycerides (29/30) can accentuate mitochondrial biogenesis, while Glutamine (31) deficiency can help maintain mitochondrial integrity.

4

GUT RESILIENCE: In both research (28) and in the clinical setting, Glutamine has been shown to support, and help to reduce exercise induced Gut permeability markers.

HOW TO: TRAIN & FUEL

- 1 Choose the type of Workout: **Aerobic/Long-Slow Zone 2**, or **Tempo/High-Intensity/Intervals Zone 3-4**
- 2 Prime Fat-Oxidation Transporters in Muscle: 1 Serve **SFuels PRIMED** before workout
- 3 Fuel during Workout with **SFuels Zone 2** or, **SFuels Zone 4** substrate fueling drinks
- 4 Accelerate Recovery maintain Fat-Oxidation post Workout with **SFuels Revival / LIFE Bars**

LONG SLOW DISTANCE TRAINING
AEROBIC ZONE 2 INTENSITY

LOW TEMPO TRAINING
ZONE 3 TRAINING INTENSITY
(ULTRA & FULL IRONMAN® RACE PACE)

UPPER TEMPO TRAINING
ZONE 4 TRAINING INTENSITY
(HALF/FULL MARATHON & 70.3/100 RACE PACE)

BEFORE TRAINING



PRIMING DRINK
1 SERVE 1 HOUR BEFORE



DURING TRAINING



TRAINING DRINK
1 SERVE / PER HOUR



TRAINING DRINK
1 SERVE / PER HOUR
BEGIN 30 MINS AFTER STARTING TRAINING

ZONE

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BEFORE TRAINING



REVIVAL SHAKE
1 SERVE -30MINS POST TRAINING



ENERGY BAR
1 BAR AS DESIRED

HOW: RACE & FUEL

- 1 Prime Fat-Oxidation & Race Cognitive Focus: 1 Serve SFuels PRIMED 1 hour before race start
- 2 Choose drink fuel (Zone 4) or, Gel fuel (Zone 5) - or mix relative to specific race (see next pages).
- 3 Consume 2 x PRIMED (in water or with Zone 4) in 1st hour of Race (post swim in triathlon)
- 4 Consume Zone 4 / Zone 5 at 30Gr-60Gr Carbohydrate/Hour – based on pre-race simulation testing.

BEFORE
RACING



PRIMING DRINK

1 SERVE 1 HOUR BEFORE RACE START

DURING
RACING



PRIMING DRINK

2 SERVES IN 1ST HOUR OF RACE
REPEAT EVERY 5-6 HOURS

ZONE



FUEL DRINK

2 SERVES/HOUR

ZONE

OR...



FUEL GEL

1 POUCH/HOUR
WITH WATER

70.3/100 TRIATHLON RECIPE



STRONGER AEROBIC BASE
OPTIMIZE AEROBIC ADAPTIONS.
BUILD GUT RESILIENCE

STABLE HIGH-INTENSITY FINISHES
HIGH-INTENSITY GLYCOGEN PRESERVATION
AND FUEL EFFICIENCY

STRONG RESILIENT GUT
TRAINED GUT RESILIENCE. RAPID CARBOHYDRATE GUT TRANSIT

NIGHT BEFORE

PROTEIN: Fish, Chicken, Eggs, Sushi

STARCH: Small-serve complex form. Cooked, and then slightly cooled. Rice. Sweet Potato.

Small piece of fruit, with 2-3 Tbsp plain Greek yoghurt.

AVOID: Alcohol, desert, juices, sodas, ice-cream, caffeine.

PREP: Concentrate **ZONE 4** to 60Gr/Hr. Use **ZONE 4** drink in bike bottles (and aero bar hydration system), and **ZONE 5** Gel during the run.

RACE MORNING

PREP: Add 2 **PRIMED** serves to your **ZONE 4** in your aero-bar fuel-hydration storage.

BREAKFAST: Easy Protein, little fat. Eggs. SFuels Cereal/Milk-cream, SFuels LIFE bar. Coffee, Tea (tested in Training) or water.

START PRIMED: 1-2hrs Pre Race-Start: Sip on 1-serve **PRIMED** in throw-away bottle.

AVOID: High-carb cereals, breads, baking. Juices, candy, gels

DURING RACE

FROM T1: Start drinking from aero-bar fuel-hydration storage (**PRIMED+ZONE 4**) – ideally consume all **PRIMED** in first 30-60mins on the bike.

BIKE: Continue to consume 60Grams of Carbohydrate (**ZONE 4**) per hour through bike, while picking up water at aid-stations.

RUN: At T2, recommend 1-serve **PRIMED** sachet to support strong intensity run. Target 30-60gr/Hr Carbs in **ZONE 5 Gel** during run. Sip every 10mins, plus water from aid-stations.



IRONMAN® TRIATHLON RECIPE

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TRAINED GUT RESILIENCE. RAPID CARBOHYDRATE GUT TRANSIT

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Small piece of fruit, with 2-3 Tbsp plain Greek yoghurt.

AVOID: Alcohol, desert, juices, sodas, ice-cream, caffeine.

PREP: Concentrate **ZONE 4** to 60Gr/Hr. Use **ZONE 4** drink in bike bottles (and aero bar hydration system), and **ZONE 5** Gel during the marathon.

RACE MORNING

PREP: Add 2 **PRIMED** sachets to your **ZONE 4** in your aero-bar fuel-hydration storage.

BREAKFAST: Easy Protein, little fat. Eggs. SFuels Cereal/Milk-cream, SFuels LIFE bar. Coffee, Tea (tested in Training) or water.

START PRIMED: 1-2hrs Pre Race-Start: Sip on 1-serve **PRIMED** in throw-away bottle.

AVOID: High-carb cereals, breads, baking. Juices, candy, gels

DURING RACE

FROM T1: Start drinking from aero-bar fuel-hydration storage (**PRIMED+ZONE 4**) – ideally consume all **PRIMED** in first 30-60mins on the bike.

BIKE: Continue to consume 60Grams of Carbohydrate (**ZONE 4**) per hour through bike, while picking up water at aid-stations. At six hours into race (total swim + bike time) take another 2 serves **PRIMED**.

RUN: Target 30-60gr/Hr Carbs in **ZONE 5 Gel** during run. Sip every 10mins, plus water from aid-stations.



HALF-FULL MARATHON RECIPE



STRONGER AEROBIC BASE
OPTIMIZE AEROBIC ADAPTIONS.
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HIGH-INTENSITY GLYCOGEN PRESERVATION
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STRONG RESILIENT GUT
TRAINED GUT RESILIENCE. RAPID CARBOHYDRATE GUT TRANSIT

NIGHT BEFORE

PROTEIN: Fish, Chicken, Eggs, Sushi

STARCH: Small-serve complex form. Cooked, and then slightly cooled. Rice. Sweet Potato.

Small piece of fruit, with 2-3 Tbsp plain Greek yoghurt.

AVOID: Alcohol, desert, juices, sodas, ice-cream, caffeine.

RACE MORNING

PREPARE: SFuels **BULLET** with 2 serves **PRIMED** sachets w/water (hold in your race belt, vest, or race suit). Plus, 1 serve **PRIMED** in throw away bottle (see below).

BREAKFAST: Easy Protein, little fat. Eggs. SFuels Cereal/Milk-cream, **LIFE bar**. Coffee, Tea (tested in Training) or water.

START PRIMED: 1-2hrs Pre Race-Start: Sip on 1-serve **PRIMED** in throw-away bottle.

AVOID: High-carb cereals, breads, baking. Juices, candy, gels

DURING RACE

RACE START: 1st 10mins Relax into your race-pace.

GET PRIMED: From ~10mins to 30mins, start sipping **PRIMED** – (in your **BULLET**) finish it. Water from aid-station is fine.

30-60mins: Take on water at aid-stations as needed No fuel, no gels, bananas, aid-station foods/nutrition.

>30-60mins: Target upto 60gr/Hr of **ZONE 5 Gel**, Sip every 10mins, plus water from aid-stations.



ULTRA RECIPE



STRONGER AEROBIC BASE
OPTIMIZE AEROBIC ADAPTIONS.
BUILD GUT RESILIENCE

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HIGH-INTENSITY GLYCOGEN PRESERVATION
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STRONG RESILIENT GUT
TRAINED GUT RESILIENCE. RAPID CARBOHYDRATE GUT TRANSIT

NIGHT BEFORE

PROTEIN: Fish, Chicken, Eggs, Sushi

STARCH: Small-serve complex form. Cooked, and then slightly cooled. Rice. Sweet Potato. Small piece of fruit, with 2-3 Tbsp plain Greek yoghurt.

AVOID: Alcohol, desert, juices, sodas, ice-cream, caffeine.

PREP: Add **ZONE 4** powder to ~30-50Gr/Hr into softflasks - roll&band. Prep your race-day solid fuels (training tested).



RACE MORNING

PREPARE: SFuels **BULLET** or softflask with 2 serve **PRIMED** sachets w/water (hold in your race belt, vest, or race suit). If race >6hrs, have 2nd & 3rd 2 serve **PRIMED** soft flask also prepared

BREAKFAST: Easy Protein, little fat. Eggs. SFuels Cereal/Milk-cream, SFuels **LIFE** bar. Coffee, Tea (tested in Training) or water.

START EASY: 1-2hrs Pre Race-Start sip 1-serve SFuels **ZONE 2** in throw-away bottle.

AVOID: High-carb cereals, breads, baking. Juices, candy, gels



DURING RACE

RACE START: 1st 10mins Relax into your race-pace.

30-60 MINS INTO RACE: Begin to target 30-60Gr/Hr of **ZONE 4** drink, or **ZONE 5** Gel. Sip every 10-15mins. Use/take salt capsules separately.

SOLID FOOD: Take as needed, ideally from 2Hrs in. Minimize simple sugar/candy. Focus on whole foods (soups, sandwiches, rice, fruit, potatoes, cheese, cold meats, **LIFE** Bar).

PRIME AS NEEDED: Take 2-serves **PRIMED** ahead of more challenging, high-intensity race-periods. Time Caffeine to backend of race, to avoid over ambitious race starts.



ZONE 2

LONG SLOW DISTANCE AEROBIC TRAINING: ZONE 2
DRINK MIX

RIGHT FUEL®
RIGHT TIME



Strawberry Lemonade



Pomegranate-Acai

TEXTURE

Water like. Thin and light.

MIX WITH

Cold water.

SWEETNESS

Mild to low.

Maximize Zone 2 Training Adaptions

SFuels Zone 2 is formulated to further train the metabolic adaptions from aerobic longer-slower workouts. Endurance performance requires a robust aerobic base, and efficient fat oxidation.

Zone 2 training is mostly supported by fatty acids as the fuel of choice by the body. The nutrients in SFuels Zone 2 are used to accentuate adaptions including the breaking down of fatty acids, their oxidation and the promotion of increased formation of mitochondria (mitochondrial biogenesis). Mitochondria are responsible for energy production, within cells.

SFuels Zone 2 does not use sugar, or carbohydrate. SFuels ZONE 2 uses SFuels Extended substrate (see below) fuel-nutrients - a fusion of select MCT fatty-acids and Glutamine. Avoiding sugars and using Extended Substrates helps prevent blood-sugar/insulin spikes, and the blunting or reduction of fat-oxidation efficiency. Research has also shown, that these substrates can accentuate aerobic adaptions (lipolysis, oxidation, glycogen retention, mitochondrial biogenesis etc).

Research has highlighted the rapid oxidation (to energy) and affinity of select MCT fatty acids and Glutamine to muscle, heart and gut tissues.



Build Gut Resilience

Fructose Free Training Zero Gluten, Zero Sugar-Alcohols

The avoidance of Fructose, Gluten, 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.

Additionally, research has shown that the nutrients in Extended Substrate support the rebuilding of Gut membrane integrity - for improved Gut resilience during Endurance training and racing.

Electrolyte Balance

Higher dose sodium and potassium, are warranted as supplementation to offsetting electrolyte loss noted in athletes training for extended periods, and in hot/humid conditions.

Generally, it's advised, that for athletes choosing a lower carbohydrate protocol - that they should increase electrolytes through supplementation.



Extended Substrate is an SFuels innovation, and intellectual property. In it's simplest form, Extended Substrate is a water dissolvable powder, made of mostly 2 naturally occurring fatty acids (medium chain) fused together with the amino acid Glutamine, to create a new sports nutrition fuel-nutrition - delivering efficient/effective ingredient dosing.

Why these nutrients? SFuels has been most interested in research which shows that these nutrients, a) fuel to the body (like carbs/fats) , b) accentuate aerobic development - including improved fat lipolysis/oxidation, glycogen retention, replenishment, and also, c) build gut resilience and support rapid carbohydrate transit and absorption.



LEARN MORE
WATCH VIDEOS

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ZONE 4

TEMPO HIGH-INTENSITY THRESHOLD TRAINING: ZONE 3-4

DRINK MIX

RIGHT FUEL® RIGHT TIME



Strawberry Lemonade



Pomegranate-Acai

TEXTURE

Water like. Thin and light.

MIX WITH

Cold water.

SWEETNESS

Mild to low.

Extended Fat Oxidation at Higher-Intensities + Train Carb-Oxidation Efficiency

Zone 4 is threshold (anaerobic) intensities demand a spectrum of fuels for efficient stable energy. Zone 3 and 4 intensity is the pace where the majority of elite and age-group athletes race (marathons, ultras, ironman® etc.) at.

As athletes consistently train and fuel aerobic Zone 2 efficiency, their fat-oxidation efficiency will continue at higher and higher intensities. Using more fat at higher-intensities, will have a glycogen sparing effect in muscles. SFuels has recorded athlete lab data, where fat-oxidation efficiency has trebled, while power (watts/bike) has doubled.

That said, while we optimize our aerobic capacity, its critical that athletes also train their carbohydrate oxidation efficiency – at race-pace intensities (i.e. during workouts).

Based on SFuels review of research, we advocate a 'Fructose Free' approach to training high-intensity carbohydrate oxidation efficiency. SFuels ZONE 4 is formulated with a spectrum of fuel substrates, including SFuels Extended Substrate, Cluster Dextrin®, and Maltodextrin.

Electrolyte Balance

Higher dose sodium and potassium, are warranted as supplementation to offsetting electrolyte loss noted in athletes training for extended periods, and in hot/humid conditions.

Generally, its advised, that for athletes choosing a lower carbohydrate protocol – that they should increase electrolytes through supplementation.



Optimal Fat and Carb Oxidation in HIIT & Zone 4 Training and Racing

Timing is critical to optimize both aerobic fat-oxidation efficiency and simultaneous carbohydrate oxidation during Zone 4 Training (and racing).

Recommendation: Avoid all forms of carbohydrate prior to, and in the 1st 30-60 minutes of your Zone 4 workout – to avoid the risk of triggering insulin and anti-fat-oxidation effects.

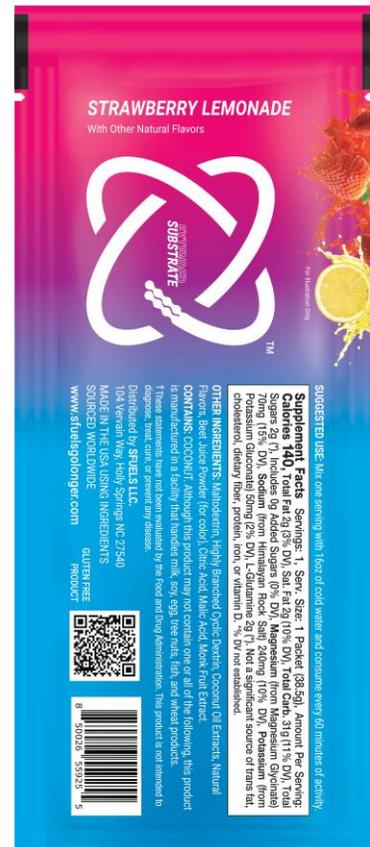
Begin using SFuels ZONE 4 from 30-60minutes into your Zone 4 tempo, threshold, interval workout, or race.

Build Gut Resilience & Rapid Gut Transit

Fructose Free Training Zero Gluten, Zero Sugar-Alcohols

The avoidance of Fructose, Gluten, sugar-alcohols, and the lowered use of carbohydrate sources, dramatically reduces the risk of gut membrane and microbiome derangement. SFuels Extended Substrate nutrients support the rebuilding of the integrity of gut/GI membrane.

SFuels Extended substrate nutrients have also shown to accelerate absorption of maltodextrins. SFuels ZONE 4 only uses rapid Gut transit sugars (i.e. no Glucose).



Extended Substrate is an SFuels innovation, and intellectual property. In it's simplest form, Extended Substrate is a water dissolvable powder, made of mostly 2 naturally occurring fatty acids (medium chain) fused together with the amino acid Glutamine, to create a new sports nutrition fuel-nutrition - delivering efficient/effective ingredient dosing.

Why these nutrients? SFuels has been most interested in research which shows that these nutrients, a) fuel to the body (like carbs/fats) , b) accentuate aerobic development – including improved fat lipolysis/oxidation, glycogen retention,-replenishment, and also, c) build gut resilience and support rapid carbohydrate transit and absorption.



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ZONE 5

HIGHEST INTENSITY RACING: ZONE 5

GEL

RIGHT FUEL®
RIGHT TIME

TEXTURE
Smooth Crème-Gel

MIX WITH
take direct (with water)

SWEETNESS
Mild

FLAVOR NEUTRAL
Avoid Flavor Fatigue

Stable Energy Racing Muscles, Heart, Brain, Gut Five Substrates

Most Endurance racing is conducted at Zone 3-4 - with periods of highest intensity (competition, elevation gains, strong finishes) in Zone 5.

On race-day, performance and stable, predictable execution is everything. Successful execution requires all-inclusive support for the muscle, heart, mind and gut.

SFuels ZONE 5, uses a spectrum of five separate substrates (fuels) to support the spectrum of race-day intensities and provide the fuel used by the muscles, heart, brain and gut. This includes SFuels Extended substrate and specific carbohydrates.

Substrates included in SFuels ZONE 5 include -

- C8 Medium-Chain Fatty Acids,
- C10 Medium-Chain Fatty Acids
- Glutamine
- Maltodextrin
- Fructose

Why Maltodextrin and Fructose?

On race-day with highest performance as the focus, the body can utilize more carbohydrate/minute by oxidizing the sugars from maltodextrin, and separately from fructose.



Race Day Optimal Fat and Carb Oxidation during Race-Day

Timing is critical to optimize both aerobic fat-oxidation efficiency and simultaneous carbohydrate oxidation during Racing.

Recommendation: Avoid all forms of carbohydrate prior to, and in the 1st 30-60 minutes of your race, in avoiding the risk of triggering insulin and anti-fat-oxidation effects.

Begin using SFuels Zone 5 (or SFuels Zone 4) from 30-60minutes into your race.

Rapid Gut Transit And Race-Day Gut Resilience

SFuels Extended substrate nutrients have shown to improve the absorption of maltodextrins.

SFuels ZONE 5 only uses rapid Gut transit carbohydrates - Maltodextrin and Fructose (i.e. no Glucose).

Research suggests optimal ratio of 2:1 for Maltodextrin to Fructose. ZONE 5 has formulated to this ratio.

SFuels Extended Substrate nutrients have shown to support gut membrane integrity impacted by exercise induced core body heat increase (and associated dehydration).

Nutrition Facts

1 serving per container
Serving size 1 pouch (113g)

Amount Per Serving
Calories 300

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 58g	21%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 20g Added Sugars	41%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value 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: Maltodextrin, Water, Fructose, MCT, Glutamine, Sunflower Lecithin, Citric Acid.

SFuels Zone 5, the next generation racing gel. Made with SFuels Extended Substrate, plus 60 grams of fast gut transit carbs in 2:1 Maltodextrin-Fructose ratio - delivering 300 calories per serve in the palm of your hand.

Five discrete fuel substrates proving carbohydrate, fat and amino based energy.



LEARN MORE:
www.sfuelsgolonger.com

Distributed by
SFUELS LLC.
104 Vervain Way
Holly Springs NC 27540

MADE IN USA FROM
GLOBALLY SOURCED
INGREDIENTS



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TEXTURE
Water like
(when mixed with water)

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

SWEETNESS
Mild Sweet

FLAVOR
Watermelon



<p>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 (**)</p>
<p>*Percent Daily Value (%DV) based on a 2000 calorie diet. ** Daily value not established.</p>

Increase Fat Oxidation
80mg Measured Caffeine Dose

Delivering a predictable fat-oxidation improvement is achieved in 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 lower the Rate of Perceived Exertion (RPE) in high intensity exercise.

Sugar or sugar alcohols are avoided in SFuels PRIMED to mitigate insulin triggered 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 fat-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.

GENERAL DOSAGE	
TRAINING	RACING
Priming Fat Oxidation	Boosted Fat-Oxidation Lowered RPE
1 Sachet Pre-Workout Or Start of Workout	1 Sachet 60mins Pre-Race 2 Sachets in 1 st 90mins of Race

REVIVAL

RIGHT FUEL®
RIGHT TIME

TEXTURE
Creamy-shake like

MIX WITH
Cold water, Cream or Milk

SWEETNESS
Mild

FLAVORS
Chocolate-Cocoa
French Vanilla

Supplement Facts

Serving Size: 36.5g (About 1 Scoop)
Servings Per Container About 25

	Amount Per Serving	% DV*
Calories	110	
Total Fat	1g	1%
Saturated Fat	1g	5%
Sodium (from Sodium Beta-hydroxybutyrate)	1220mg	53%
Total Carbohydrate	2g	1%
Dietary Fiber	1g	4%
Total Sugars	<1g	**
Protein	19g	**
Calcium	110mg	8%
Iron	0.7mg	4%
Potassium (from Potassium Gluconate)	160mg	4%
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.

OTHER INGREDIENTS: Whey Protein Isolate, Coconut Oil, Collagen Peptides (Hydrolyzed Beef), Natural Flavors, Cocoa Powder, Himalayan Rock Salt, Monk Fruit Extract, Lecithin (Soy).

CONTAINS: MILK, COCONUT, SOY. 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, and wheat products.



Support for Muscle tissue oxidation/soreness, Gut membrane damage. Replenish salts.

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.

Support Muscle Tissue Micro-Damage and Immunity.

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.

Maintain fat-oxidation. Minimize Inflammation.

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.



LIFE BARS

RIGHT FUEL®
RIGHT TIME

TEXTURE
Soft, Moist, Chewy

MIX WITH
-

SWEETNESS
Mild - Medium

FLAVORS
Vanilla Cacao



Nutrition Facts	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
	12 Servings Per Container Serving size 1 Bar (45g)	Total Fat 11g	14%	Total Carbohydrate 14g
Saturated Fat 3.5g		18%	Dietary Fiber 4g	14%
Trans Fat 0g			Total Sugars 2g	
Amount Per Serving Calories 190	Cholesterol 0mg	0%	Includes 1g Added Sugars	2%
	Sodium 75mg	3%	Sugar Alcohol 0g	
			Protein 15g	
	Vitamin D 0.2mcg 2% • Calcium 90mg 6% • Iron 0.6mg 4% • Potassium 170mg 4%			

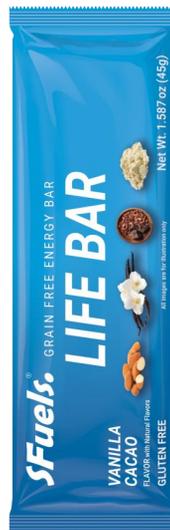
INGREDIENTS: Milk Protein Isolate, Almond Butter, IMO Syrup from Corn, IMO Syrup from Tapioca, Cocoa Butter, Cacao Nibs, Chicory Root Fiber, Sunflower Lecithin, Natural Flavors, Sea Salt, Stevia Leaf Extract, Monk Fruit Extract. **Contains: TREE NUTS (ALMONDS), MILK.** May contain traces of: PEANUTS, EGGS, SOY, SESAME and other TREE NUTS. May contain shell and/or pit fragments.

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.

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