

THIS IS WHAT A COUPLE OF CHAMPIONS THINK



PURE POWER AND FAST RECOVERY.
E3 IS NUMBER ONE YOU ASK ME

SOREN NISSEN

2018 Luxembourg Elite Champion MTB Marathon (XCM)
2018 Luxembourg Elite Champion MTB Cross Country (XCO)
2018 Luxembourg Elite Champion Cyclo-Cross (CX)



THERE ARE TIMES IN LIFE FOR COMPROMISE
MY FUEL IS NOT ONE OF THEM


STEFANIE VAN AMERONGEN


1st Elite Women 2020 Dwellingup 100
1st WA State Champion MTB Marathon
1st Overall Female 2021 Karri Cup MTB Challenge



Hydration | Performance | Endurance | Recovery

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E3 USAGE GUIDE

TRAINING

For maximum performance, we recommended using E3 for training and competition. Correctly understanding how E3 interacts with your body and tuning your energy, hydration and recovery regime before an event is essential. Using E3 before, during and after training will help to boost your body's natural repair mechanisms, therefore reducing recovery time, enabling you to maintain a tighter training schedule.

EVENT DAY PRELOAD

2 DAYS BEFORE EVENT

Drink 700ml of E3 before a light exercise program including a swim or 3-4km jog to activate your muscles to store the carbohydrates.

1 DAY BEFORE EVENT

Drink 700ml of E3, continue the above light exercise routine while eating healthy, mainly carbohydrate-based meals. Eat an early relatively small dinner accompanied with another 700ml of E3.

EVENT DAY

Start with a light breakfast like yoghurt or oatmeal. For optimum results we recommend drinking 700ml of E3 10 - 45mins before the event. You will need to work out what best suits you during training.

LOADING OPTIONS

SINGLE LOAD BOTTLE (FUEL 4 TRAINING & EVENTS)

Mix 60g of E3 with 700ml water and consume every hour.

DOUBLE LOAD BOTTLE (FUEL 4 PERFORMANCE)

Mix 120g of E3 with 700ml water and consume every hour. This can be used to replace Gels but must be tested during training to find your body's best ratio of fuel and water. We recommended alternating with a water-only bottle.

DOUBLE LOAD BOTTLE (FUEL 4 DISTANCE)

Mix 120g of E3 with 700ml water and consume the bottle over 2 hours along with another 700ml bottle of water. Recommended if you want to minimise hydration stops.

IF ADDITIONAL HYDRATION IS REQUIRED, USE WATER ONLY.



E3 IS ALL YOU NEED, ALL DAY