

# Football



## matchday supply

### THE MOST IMPORTANT NUTRIENTS FOR YOUR SUCCESS

#### WATER

adequate hydration prevents drastic performance decline

#### CARBOHYDRATES

essential energy provider for the muscles and the maintenance of concentration

#### SODIUM

reduces cramps and muscle hardenings

**before kick-off**  
-1 hour



(500 ml)

**KICK-OFF**

**1st HALF**  
in between



(small amounts)

**HALF TIME**



(250 ml)

**2nd HALF**  
in between



(small amounts)

**WHISTLE**

**afterwards**  
immediately



(500 ml)

### How to play well supplied until the end of the match!

Preparation:

1 hour before the match 500 ml Isotonic-Energy-Drink

During playing time:

small amounts of Isotonic-Energy-Drink

During half time:

250 ml Isotonic-Energy-Drink

Your advance in case of extra time:

drink Isotonic-Energy-Drink as well as 1 tube Liquid-Energy-pure

Recovery:

immediately after the match 500ml Protein-Regeneration-Turbo

**Sanct Bernhard**  
**Sport**



Further information at [www.aktiv3.de](http://www.aktiv3.de)