

Team- / Ballsports

match 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 the match

-1 hour



(500 ml)

KICK-OFF

PLAYING TIME

in between



(small amounts)

HALF TIME



(250 ml)

PLAYING TIME

in between



(small amounts)

END

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
- Recovery: immediately after the match 500 ml Protein-Regeneration-Turbo

Sanct Bernhard
Sport

Further information at www.aktiv3.de