

# Tennis



## 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

1h before the match



(500 ml)

START

### MATCH

at side changes / match interruptions



(small amounts)

END

after the match 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 the match: at side changes or time-outs small amounts of Isotonic-Energy-Drink
- Recovery: immediately after the match 500 ml Regeneration-Drink-Premium

Sanct Bernhard  
**Sport**

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