



TREC



ENDURANCE

BE ONE STEP AHEAD




ENDURANCE



TREC NUTRITION.COM





ABOUT US	4-5
MARATHON	6-7
ENERGY FUEL.....	8
FULL SPEED	9
SPEED SHOT	10
ACCELERATOR	11
CREATINE SPORT	12
TAURINE 900	13
HERBAL ENERGY	14
L-CARNITINE 3000 SPORT	15
BCAA SPORT	16
EAA CARBS.....	17
VITARGO ELECTRO-ENERGY	18-19
ISOTONIC SPORT	20-21
CARBO SPORT	22-23
HIGH PROTEIN SHAKE	24
MAGNESIUM PRO+	25
NATURAL ENERGY BAR	26-27
RUNNER'S MULTIVITAMIN	28-29
100% VITAMINS AND MINERALS	30-31
COLLAGEN 4 RUNNERS	32
GLUCOSAMINE SPORT COMPLEX.....	33
MAGNE-100	34
OMEGA 3+D3	35
L-CARNITINE SPORT EFFERVESCENT.....	36
CREATINE SPORT EFFERVESCENT	37
MULTIVITAMIN SPORT EFFERVESCENT	38
VITAMIN C EFFERVESCENT	39
ISOTONIC SPORT EFFERVESCENT	40
DEEP SLEEP.....	41
CHALK POWDER BLOCK.....	42
LIQUID CHALK.....	43
SPORT BOTTLES	44

ENDURANCE

PREFERRED PRODUCER

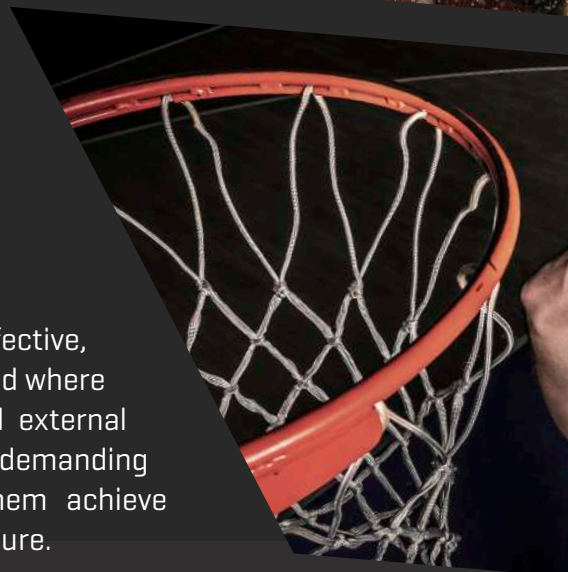
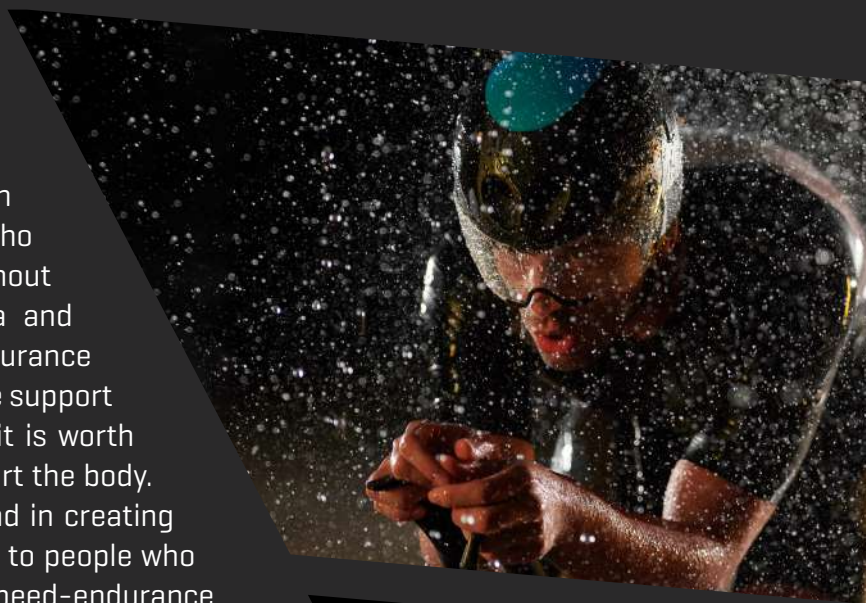
Trec Nutrition is one of the pioneers and leaders of dietary supplements for athletes and other active people. Founded in Poland in 2001, the company today delivers the most innovative products to millions of consumers on an international scale. What makes Trec stand out is the high and certified quality of its products, as well as its recognition and extensive portfolio addressing the various needs of its consumers. Therefore many claim that the company is the synonym of trust, quality, safety and performance.

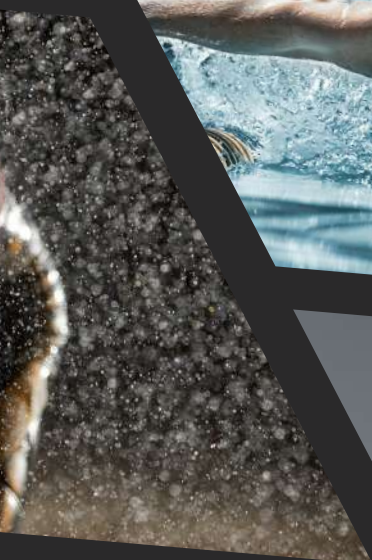
ENDURANCE LINE

In a dynamic world of daunting challenges, one needs to have the character of a modern hero to face them. Many athletes and those who aspire to be like them know that to endure, without giving away, requires great physical stamina and a body ready to step up to the challenge. Endurance sports require much effort, and hence adequate support for the body. In addition to diet and training, it is worth selecting supplements that can properly support the body. This was the guiding principle of the Trec brand in creating Trec Endurance products. The line is dedicated to people who practice endurance, strength-endurance and speed-endurance sports, where the products it contains support athletes in their daily challenges.

STRONG MISSION

The purpose of Trec is to make workouts and an active life more effective, allowing people to outperform the rest. Having a strong belief in a world where the need for self-improvement and overcoming one's internal and external barriers gives people direction in life, the Trec brand offers such demanding consumers professional and healthy hero products that help them achieve outstanding strength, endurance and fitness, as well as an athletic figure.





MARATHON

» a formula filled to the brim with energetic ingredients along with the best carriers that accelerate their passage to the muscles



Marathon is a complex supplement that improves energy performance during endurance exercise. It contains a portion of carbohydrates in the form of easily digestible maltodextrins, which provide glucose for the needs of exercise energy and allow you to maintain stable sugar levels during exercise [if the sugar level drops too much, the body won't be able to do anything, let alone exercise]. Maltodextrins and citrulline [increasing NO synthesis] are excellent transporters to muscles. Marathon also contains important energy links: BCAA, which are used during aerobic energy processes [glucose-alanine cycle], and creatine. Marathon stimulates energy metabolism thanks to the presence of: caffeine, taurine and tyrosine. The formula for endurance athletes could not do without L-carnitine, which intensifies energy metabolism that involves fat – the most economical fuel during such efforts. The exceptionally rich, well-thought-out composition of Marathon is complemented by a complex of vitamins that regulate energy processes, and minerals that take care of the water and electrolyte balance. The advantage of this product: very high content of BCAA – up to 10,000 mg in a daily portion of the product, creatine – up to 3000 mg, and other active components.

Who do we especially recommend this product for?

Endurance athletes who engage in prolonged exercise.

PACKAGING:



400 g



25 g

FLAVOURS:



Raspberry-Mint



Pineapple



Wildberry

ACTIVE INGREDIENTS	per 50 g*	per 25 g
PRO ENDURANCE FORMULA		
Maltodextrin	11134,00 mg	5567,00 mg
Amino Acids BCAA	10000,00 mg	5000,00 mg
of which L-Leucine	5000,00 mg	2500,00 mg
of which L-Valine	2500,00 mg	1250,00 mg
of which L-Isoleucine	2500,00 mg	1250,00 mg
Creatine	3000,00 mg	1500,00 mg
Taurine	3000,00 mg	1500,00 mg
L-Citrulline	2240,00 mg	1120,00 mg
Coconut water	2000,00 mg	1000,00 mg
L-Tyrosine	2000,00 mg	1000,00 mg
Beta-Alanine	1600,00 mg	800,00 mg
L-Carnitine	1132,00 mg	566,00 mg
Caffeine Anhydrous	120,00 mg	60,00 mg
Inositol	16,40 mg	8,20 mg
p-Amino-Benzoic Acid	16,40 mg	8,20 mg
Choline	6,72 mg	3,36 mg
VITAMIN FORMULA		
Vitamin C	160,00 mg	80,00 mg
Thiamine	16,40 mg	8,20 mg
Riboflavin	16,40 mg	8,20 mg
Niacin [mg NE]	16,40 mg	8,20 mg
Pantothenic Acid	16,40 mg	8,20 mg
Vitamin B6	8,20 mg	4,10 mg
Folic Acid	131,20 µg	65,60 µg
Vitamin B12	16,40 µg	8,20 µg
Biotin	16,40 µg	8,20 µg
MINERAL FORMULA		
Potassium	975,00 mg	487,50 mg
Chloride	856,00 mg	428,00 mg
Sodium	638,00 mg	319,00 mg
Magnesium	375,00 mg	187,50 mg
Calcium	244,00 mg	122,00 mg

*Daily portion of the product

ENERGY FUEL

» a comprehensive formula for stimulating and energetically motivating the body during endurance exercise



Energy Fuel is a comprehensive energising formula dedicated to endurance sports. In choosing the ingredients of Energy Fuel, we carried out a careful and comprehensive analysis of the energy sources used by the body and causes of fatigue in this type of exercise. Improvement in the efficiency of the available energy sources. Energy Fuel is a dose of L-carnitine to activate the metabolism of the main source of energy during long-term exercise, i.e. fats. The second link of the energy metabolism support chain in Energy Fuel is creatine, which also plays an important role in endurance exercises and additionally supports hydration in the body, which significantly regulates efficiency. Reducing the causes of fatigue plus a stimulating effect. One of the causes of exercise fatigue is escalating muscle acidity which, once it reaches its culmination, prevents continuation of a workout. That is why Energy Fuel also has a dose of beta-alanine. During exercise often lasting more than 1.5h we frequently feel fatigue, a decline in energy. In Energy Fuel we can find stimulating amino acids: taurine [stimulating the neurotransmitters], tyrosine [substrate for adrenaline synthesis] and caffeine, which helps maintain a high level of the main exercise hormone – adrenaline, without which the body does not want to continue a workout.

Who do we especially recommend this product for?

Anyone looking for a product that contains ingredients that play a role in energy pathways that limit performance in endurance sports and reduce the causes of fatigue in endurance sports.

PACKAGING:



240 g



16 g

FLAVOURS:



Strawberry-Mint



Lemon



Grapefruit

ACTIVE INGREDIENTS	per 16 g*
Maltodextrin	4080,00 mg
Creatine	3000,00 mg
L-Carnitine	2300,00 mg
L-Citrulline	1850,00 mg
L-Tyrosine	1000,00 mg
Taurine	1000,00 mg
Beta-alanine	800,00 mg
Caffeine anhydrous	60,00 mg

*Daily portion of the product

FULL SPEED

» a comprehensive way to fight fatigue during intense and prolonged workouts



Full Speed is a complex formula that stimulates the energy pathways in the body. Full Speed gives a dose of stimulation essential during training, a result of the high levels of the main exercise hormone – adrenaline. Without adrenaline, the body is not able to maintain intensive energy processes. Full Speed contains the amino acid tyrosine, which is the starting substance for the production of this hormone. It also contains caffeine, which helps maintain high levels of adrenaline, and naringenin [grapefruit extract], which protects against its premature elimination from the blood. The Taurine in Full Speed protects against central fatigue and helps maintain focus and concentration during strenuous training. However, Full Speed is not only a stimulation, but also has the ingredients to support exercise energy.

Who do we especially recommend this product for?

Endurance athletes, especially during long exercise sessions and competitions.

PACKAGING:



240 g



3 g

ACTIVE INGREDIENTS	per 3 g*
L-Arginine	764,17 mg
Beta-Alanine	666,67 mg
Taurine	333,33 mg
L-Tyrosine	250,00 mg
Caffeine	100,00 mg
L-Citrulline	93,33 mg
ViNitrox™: Grape [<i>Vitis vinifera</i>] and Apple [<i>Malus pumila</i>] Extracts	66,67 mg
L-Histidine	33,33 mg
Niacin [mg NE]	8,33 mg
Thiamine [Vitamin B1]	6,72 mg
Vitamin B6	1,71 mg
Grapefruit Extract [<i>Citrus paradisi</i>] [98% Naringenin]	0,67 mg
of which Naringenin	0,65 mg

*Daily portion of the product

SPEED SHOT

» a fast-acting stimulant formula in the form of a shot



SPEED Shot is a liquid supplement [with a delicious, refreshing mango - passion fruit flavour] with a stimulant effect, in the form of an easy-to-dispense shot. It contains a very simple but effective composition, one that provides prolonged excitation, minimizing the signs of fatigue. SPEED shot offers a decent dose of caffeine — 100 mg [rather like espresso coffee containing about 80 mg], accompanied by the amino acid taurine. Caffeine allows you to sustain a high level of adrenaline - a fighting hormone but also one for any intense effort. Taurine, which fulfills the role of a neurotransmitter and neuromodulator, improves the cognitive function, strengthens concentration and helps to eliminate the feeling of fatigue.

Who do we especially recommend this product for?

People who are exposed to significant physical and mental strain, in situations of decreased energy and mental performance.

PACKAGING:



100 ml

ACTIVE INGREDIENTS	per 50 ml*
Taurine	500,00 mg
Caffeine	100,00 mg

*Daily portion of the product



ACCELERATOR

» a refreshing drink that stimulates energy metabolism



Accelerator is a refreshing drink enriched with stimulating ingredients to prevent fatigue and improve the energy processes. Accelerator is not only refreshing and delicious, but it also hydrates well. This is possible thanks to sodium, which is the main mineral lost with the perspiration during exercise, essential to maintain proper hydration [without sodium, water 'flows' through the digestive system, eventually causing dehydration]. Accelerator contains caffeine, which prevents the decrease of adrenaline – the main exercise hormone affecting the availability of energy substrates. The presence of taurine supports mental focus, preventing the central fatigue which particularly affects endurance athletes. However, Accelerator not only supports hydration and stimulates, but also contains a complex of the vitamins responsible for the exercise energy processes. Vitamin B6 is essential to draw energy from muscle glycogen. In this function it is supported by niacin, which regulates the energy metabolism with glucose.

Who do we especially recommend this product for?

Accelerator is a perfect solution when you can't spark the energy to start a workout, and is a delicious drink that helps complete it without signs of tiredness.

PACKAGING:



500 ml

ACTIVE INGREDIENTS	per 100 ml
Energy	83 kJ / 20 kcal
Fat	0 g
of which saturates	0 g
Carbohydrate	4,90 g
of which sugars	4,90 g
Protein	0 g
Salt	0,17 g
Niacin	7,00 mg
Pantothenic Acid	1,98 mg
Vitamin B6	0,70 mg
Vitamin B12	0,50 µg
Taurine	400,00 mg
Caffeine	32,00 mg

CREATINE SPORT

» creatine accompanied by two powerful transporters to support hydration and energy



Creatine Sport contains creatine monohydrate complemented with taurine and dextrose, which improve its muscular uptake. Scientific research confirms that the role of creatine is not limited to improving the energetics of short-term efforts of high, often rapidly increasing, intensity. Creatine Sport contains well soluble, highly granulated creatine monohydrate, which, as a molecule that readily combines with water, improves hydration of the body – one of the main performance parameters in endurance sports. Creatine is also used in aerobic exercises as a transporter of high-energy phosphate groups. By increasing the muscle creatine reserve, Creatine Sport improves the hydration of the muscle environment, which makes muscles less prone to acidification, one of the causes of fatigue in endurance sports.

Who do we especially recommend this product for?

Physically active people to improve the energy availability of the muscles.

PACKAGING:



300 g



5 g

FLAVOURS:



Fruit Punch



Kiwi



Raspberry



Watermelon

ACTIVE INGREDIENTS	per 5 g*
Creatine Monohydrate	3000,00 mg
Dextrose	1000,00 mg
Taurine	250,00 mg

*Daily portion of the product



TAURINE 900

» improves the nitrogen balance and creatine absorption



Each portion of Taurine 900 provides a robust dose of 100% taurine. It is an amino acid, the adequate supply of which in everyday diet promotes positive nitrogen balance, which provides proper conditions for the development of dry muscle mass. It also has certain anticatabolic properties, protecting the tissues against catabolism during the day. Taurine has a positive effect on the transport of creatine to the muscles and it reduces fatigue. Taurine is a valuable source of organic nitrogen, naturally found in the body in small quantities.

Who do we especially recommend this product for?

Athletes, especially during creatine supplementation, while building muscle mass or experiencing significant fatigue. The product is also recommended in diets with low creatine content, e.g., vegetarian or meatless diets.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 3 capsules*	per 1 capsule
Taurine	2700,00 mg	900,00 mg

*Daily portion of the product

HERBAL ENERGY

» stimulation and concentration



Herbal Energy is a psychostimulant supplement that also improves concentration. Herbal Energy contains stimulating caffeine from guarana, which offers a higher concentration of this alkaloid for maintaining a high adrenalin level than coffee beans. Herbal Energy does not only provide an 'energy kick', but also contains ginseng, an adaptogen known for thousands of years [the supplement combines extracts from Korean and American ginseng]. The ginsenosides in the preparation improve concentration, prevent physical and mental fatigue [e.g. through enhanced oxygenation due to increased affinity of haemoglobin to oxygen] and support the body's immune function.

Who do we especially recommend this product for?

For people who need an energising supplement that not only stimulates, but also enhances the adaptive potential and vitality.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 2 capsules*
Guarana Extract (<i>Paullinia cupana</i>) [22% Caffeine]	800,00 mg
of which Caffeine	176,00 mg
Korean Ginseng Extract (<i>Panax Ginseng</i>) [10% Ginsenosides]	100,00 mg
American Ginseng Extract (<i>Panax quinquefolius</i>) [5% Ginsenosides]	100,00 mg

*Daily portion of the product

L-CARNITINE 3000 SPORT

» mega dose of pure, easily absorbable carnitine in a single-serving drink



L-Carnitine 3000 Sport contains pure carnitine in a single-serving drink (100 ml) providing a large portion (3000 mg) of this amino acid compound combining methionine and lysine, necessary to engage fat in energy transformations. In the body, L-Carnitine is found in high concentrations in heart and skeletal muscles, which shows how important it is for their functioning. Clients often wonder what doses of L-Carnitine they should take before exercise. Considering the fact that human body can produce only 11-34 mg of L-Carnitine a day, and 20-200 mg of the substance, on average, is supplied in the diet, deficits are to be expected in case of intensive exercise, especially endurance workouts. It is for this group of people that we developed an easy-to-use single-serving drink in a liquid form that can be used 15-30 minutes before the endurance or mixed exercise.

Who do we especially recommend this product for?

Athletes and people regularly engaging in long sessions of endurance workouts.

PACKAGING:



100 ml

ACTIVE INGREDIENTS	per 100 ml*
L-Carnitine	3000,00 mg

*Daily portion of the product

BCAA SPORT

» powerful support for energetic exercise



BCAA Sport contains a complex of three branched-chain amino acids [BCCA], enriched with vitamin B6, taurine and tyrosine. BCAA is an important player in energy metabolism, especially at the oxygen level and due to its interval nature. In BCAA Sport, these 3 exercise amino acids are accompanied by taurine, which counteracts fatigue and improves the nitrogen balance in the body. Vitamin B6 supports the metabolism of amino acids and plays a significant role in energetic exercise involving carbohydrates. The addition of tyrosine to the product helps maintain the desired level of the main exercise hormone - adrenaline [stimulant effect]. BCAA Sport is a supplement intended especially for people practising endurance sports [aerobic sports such as long-distance running, cycling, triathlon, etc.] and sports of variable intensity [team sports, etc.].

Who do we especially recommend this product for?
Representatives of endurance sports, especially lasting longer ones, to improve the efficiency of high-energy exercise.

PACKAGING:



180 cap.

ACTIVE INGREDIENTS	per 9 capsules*	per 3 capsules
L-Leucine	4050,00 mg	1350,00 mg
L-Valine	2025,00 mg	675,00 mg
L-Isoleucine	2025,00 mg	675,00 mg
Taurine	1125,00 mg	375,00 mg
L-Tyrosine	675,00 mg	225,00 mg
Vitamin B6	1,40 mg	0,46 mg

*Daily portion of the product

EAA CARBS

» innovative combination of essential amino acids (EAA) with carbohydrates



EAA Carbs contains high quality carbohydrates – maltodextrins which, in contrast to glucose or sucrose (table sugar), do not burden the stomach and are quickly absorbed into the blood. This is of great importance during or immediately after training. The combination of EAA with carbohydrates in EAA Carbs ensures maximum muscle absorption of EAA. As a result, these amino acids are not used by the liver, but are delivered directly to the muscles, where they are used, for example, in muscle regeneration processes. EAA Carbs also contains vitamin B1, which is essential for the use of glucose for energy purposes. Supplementation with EAA is also important for endurance training, as these amino acids are one of the energy substrates in such training, supporting energy metabolism during exercise.

Who do we especially recommend this product for?

People during workouts (especially endurance workouts) and in the post-workout anabolic window (body-building).

PACKAGING:



1000 g



35 g

FLAVOURS:



Grapefruit



Pineapple

ACTIVE INGREDIENTS	per 35 g *
Maltodextrin	28,70 g
L-Leucine	1043,00 mg
L-Valine	581,00 mg
L-Threonine	561,00 mg
L-Lysine	538,00 mg
L-Isoleucine	459,00 mg
L-Methionine	373,00 mg
L-Phenylalanine	188,00 mg
L-Histidine	152,00 mg
L-Tryptophan	106,00 mg
Vitamin B6	1,40 mg
Thiamine (Vitamin B1)	1,10 mg

*Daily portion of the product

VITARGO ELECTRO-ENERGY

» an easy way of refilling the muscle tank during and after exercise



Vitargo Electro-Energy is a patented carbohydrate formula, containing complex carbohydrates for use during and after exercise. A great benefit of Vitargo Electro-Energy is the large molecular mass of carbohydrates contained in it, so they are not heavy on the stomach and do not show a tendency of depositing in it, which is particularly important during long endurance exercise. With Vitargo Electro-Energy, you can make a perfect workout drink which, apart from the essential energetic supply [carbohydrates], contains a complex of the minerals [sodium, chlorine, potassium, magnesium, calcium] that are lost in large amounts with perspiration, regulate the nerves and muscle conductions, and are responsible for hydration.

Who do we especially recommend this product for?

People participating in endurance sports for use during exercise. Also anyone who after consuming regular post-exercise drinks, containing many simple carbohydrates, feel excessive sleepiness, which is a sign of sugar level fluctuations.

PACKAGING:



1050 g



1050 g



35 g

FLAVOURS:



Peach



Lemon-Grapefruit



Orange



Pineapple

NUTRITION VALUE	per 140 g*	per 100 g	per 70 g
Energy	2120 kJ / 499 kcal	1515 kJ / 356 kcal	1060 kJ / 249 kcal
Fat	0,00 g	0,00 g	0,00 g
of which saturates	0,00 g	0,00 g	0,00 g
Carbohydrate	124,73 g	89,09 g	62,36 g
of which sugars	0,00 g	0,00 g	0,00 g
Protein	0,00 g	0,00 g	0,00 g
Salt	1,58 g	1,13 g	0,79 g
Calcium	448,00 mg	320,00 mg	224,00 mg
Chloride	434,00 mg	310,00 mg	217,00 mg
Potassium	336,00 mg	240,00 mg	168,00 mg
Magnesium	210,00 mg	150,00 mg	105,00 mg
ACTIVE INGREDIENTS			
Vitargo®	127,27 g	90,91 g	63,64 g

*Daily portion of the product



ISOTONIC SPORT

» something more than just a carbohydrate and electrolyte formula for endurance sports



Isotonic Sport is a concentrated isotonic drink for use during endurance exercise. Using Isotonic Sport allows you to maintain proper hydration of the body and a stable sugar level, without which the body would not be able to maintain long-term exercise energy. Isotonic Sport contains a mix of carbohydrates with different absorption times, which allows you to secure a longer supply of glucose for working muscles and to maintain proper blood sugar levels. Isotonic Sport supplements key minerals that regulate hydration and neuromuscular conductivity: sodium and chlorine, magnesium, calcium. Isotonic Sport is not only a carbohydrate and electrolyte formula, but also contains ingredients that stimulate energy metabolism: taurine, tyrosine, and L-carnitine, which supports the use of fat (the main energy substrate in endurance sports) in energy metabolism. The rich composition of Isotonic Sport is supplemented with a complex of vitamins that play an important role in exercise energy [e.g. B1, B2, B6, folic acid], and fight against free radicals [e.g. vitamin C, E] which are formed in large quantities during aerobic efforts.

Who do we especially recommend this product for?

The product is especially recommended for endurance sports and prolonged physical effort.

PACKAGING:



400 g



1000 g



20 g

FLAVOURS:



Lemon



Orange



Watermelon

NUTRITION VALUE	per 100 g	per 80 g*	per 40 g
Energy	1530 kJ / 360 kcal	1224 kJ / 288 kcal	612 kJ / 144 kcal
Fat	0 g	0 g	0 g
of which saturates	0 g	0 g	0 g
Carbohydrate	90 g	72,00 g	36,00 g
of which sugars	70 g	56,00 g	28,00 g
Protein	0 g	0 g	0 g
Salt	1,51 g	1,21 g	0,61 g
Chloride	578,75 mg	463,00 mg	231,00 mg
Calcium	305,00 mg	244,00 mg	122,00 mg
Magnesium	150,00 mg	120,00 mg	60,00 mg
Vitamin C	50,00 mg	40,00 mg	20,00 mg
Niacin (mg NE)	10,00 mg	8,00 mg	4,00 mg
Vitamin E (mg α-TE)	7,50 mg	6,00 mg	3,00 mg
Pantothenic Acid	3,75 mg	3,00 mg	1,50 mg
Vitamin B6	0,88 mg	0,70 mg	0,35 mg
Riboflavin (Vitamin B2)	0,88 mg	0,70 mg	0,35 mg
Thiamine (Vitamin B1)	0,69 mg	0,55 mg	0,28 mg
Folic Acid	125,00 µg	100,00 µg	50,00 µg
Biotin	31,25 µg	25,00 µg	12,50 µg
Vitamin B12	1,56 µg	1,25 µg	0,63 µg
ACTIVE INGREDIENTS			
Sucrose	44,90 g	35,90 g	17,80 g
Dextrose	22,50 g	18,00 g	9,00 g
Maltodextrin	22,30 g	17,80 g	8,90 g
Taurine	1250 mg	1000,00 mg	500,00 mg
L-Tyrosine	750 mg	600,00 mg	300,00 mg
Sodium	605 mg	484,00 mg	242,00 mg
L-Carnitine	510 mg	408,00 mg	204,00 mg

*Daily portion of the product

CARBO SPORT

» an indispensable energy and hydration support in endurance sports



Carbo Sport is a high-carbohydrate supplement for use during or immediately after prolonged exercise. Taking the product during exercise [in isotonic concentration] allows you to maintain a stable blood sugar level, which is the basis for long-lasting exercise energy based on fats. A post-workout serving will help in regeneration and achieving overcompensation of glycogen stores. The main advantages of this product, which will be particularly appreciated by endurance athletes, include its exceptionally valuable carbohydrate and mineral composition. The energy base of Carbo Sport consists of maltodextrins, which easily pass through the digestive system and do not burden the stomach [which is particularly important during exercise], accompanied by the more quickly absorbed dextrose. The product contains all minerals whose presence regulates muscle excitability and allows the proper maintenance of hydration, without which long-term exercise energy could collapse: sodium and chlorine, potassium, calcium and magnesium. The presence of sodium is a great asset for the product, because it is the mineral we lose most during exercise metabolism, and a deficit during exercise can lead to water and electrolyte disturbances. Another advantage of this product is the presence of vitamins [B1, B6, D] and taurine, which help in energy processes and protect against fatigue.

Who do we especially recommend this product for?

Representatives of endurance sports, where the body's energy availability depends on a stable sugar level and the maintenance of proper hydration.

PACKAGING:



1000 g



1000 g



37,5 g

FLAVOURS:



Candy



Lemon



Orange



Pineapple

NUTRITION VALUE	225 g*	w 100 g
Energy	3723 kJ / 876 kcal	1649 kJ / 388 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	219,00 g	97,00 g
of which sugars	87,00 g	39,00 g
Protein	0 g	0 g
Salt	1,13 g	0,50 g
Potassium	900,00 mg	400,00 mg
Chloride	696,00 mg	309,33 mg
Calcium	361,00 mg	160,00 mg
Magnesium	170,00 mg	76,00 mg
Vitamin B6	0,63 mg	0,28 mg
Thiamine (Vitamin B1)	0,48 mg	0,21 mg
Vitamin D	2,25 µg	1,00 µg
ACTIVE INGREDIENTS		
Maltodextrins	141,00 g	62,67 g
Dextrose	70,50 g	31,33 g
Taurine	600,00 mg	266,67 mg
Sodium	451,00 mg	200,00 mg

*Daily portion of the product



HIGH PROTEIN SHAKE

» a delicious protein supplement for people with an active lifestyle



High Protein Shake is a tasty supplement rich in protein and with a minimum carbohydrate and fat content. High Protein Shake perfectly supplements the protein in the daily diet of people who are physically active and thus have an increased demand for this particular nutrient. The product contains only a concentrate of natural whey protein [WPC], included in the amino acid profile of milk. Whey protein is a complete protein, as it contains all of the essential amino acids, which makes it highly absorbable. The product helps to supplement the diet with protein that is necessary for the growth and maintenance of muscle mass during post-workout recovery. The high solubility and fast digestibility of High Protein Shake enables the immediate delivery of protein and amino acids to recovering muscles.

Who do we especially recommend this product for?

People who exercise regularly, with an increased demand for protein, especially when they are unable to supplement this nutrient with a regular diet, as well as those on imbalanced, elimination or low protein diets.

PACKAGING:



700 g

FLAVOURS:

☒ Double-chocolate
 ☒ Vanilla
 ☒ Cookies
 ☐ Condensed milk

NUTRITION VALUE	per 100 g	per 60 g*
Energy	1549 kJ / 366 kcal	928 kJ / 219 kcal
Fat	5,70 g	3,40 g
of which saturates	3,30 g	2,00 g
Carbohydrate	8,70 g	5,20 g
of which sugars	6,30 g	3,80 g
Protein	70,00 g	42,00 g
Salt	0,80 g	0,48 g
NUTRITION VALUE		
Whey Protein Concentrate	93,00 g	55,80 g

*Daily portion of the product

MAGNESIUM PRO +

» a portion of easily-absorbable magnesium, potassium and vitamin B regulating the muscle function



Magnesium Pro + is an easy to use single-serving drink containing magnesium, a mineral of utmost importance for the muscle function, available in the form of easily soluble, highly bioavailable (up to 90%) citrate, as well as potassium and vitamins B1, B6 and B2. This robust composition supports muscle function, regulates neuromuscular transmission, enhances energy production during exercise and prevents fatigue. Moreover, potassium regulates the water metabolism in the body, which significantly affects exercise potential. A deficit of Potassium can result in acidosis and involuntary muscle twitching. Without vitamin B1, glucose, the primary fuel during the aerobic and anaerobic exercise, would not be used for energy production. Vitamin B2, a cofactor of flavoenzymes, plays a major role in cellular energy metabolism.

Who do we especially recommend this product for?

Due to the easy-to-dose form of the supplement, it can be recommended to people who wish to improve the energy capacity of their body directly before exercise, especially for a long workout.

PACKAGING:



100 ml

ACTIVE INGREDIENTS	per 100 ml*
Magnesium	300,00 mg
Potassium	300,00 mg
Riboflavin [Vitamin B2]	2,10 mg
Vitamin B6	2,10 mg
Thiamine [Vitamin B1]	1,56 mg

*Daily portion of the product

NATURAL ENERGY BAR

» a delicious energy bar without sugar or solid fat



Natural Energy Bar is a natural, high-energy bar without table sugar (sucrose), available in 3 delicious flavours. Its sweetness comes from dates – an excellent, easily-absorbable source of energy for athletes which helps to quickly replenish the muscle glycogen [as well as potassium, present in large quantities in dates]. The taste of dates is enriched by cranberry, containing fibre and microelements [especially vitamins C, B1, B2 and calcium, potassium and magnesium]. The bar does not contain only quickly-absorbable carbohydrates, such as dates, but also carbohydrates with slower absorption kinetics [low glycaemic index] to ensure energy supply for a longer period of time – oat flakes. The energy content of the bar is provided not only by carbohydrates of different absorption rates, but also by mainly unsaturated high-quality fats.

Who do we especially recommend this product for?

Natural Energy Bar is an excellent snack after exercise, but also during breaks in long workout sessions [e.g. long-distance running or cycling].

PACKAGING:



50 g

FLAVOURS:



Peanuts



Cranberry & Almond



Pumpkin & Sunflower

PEANUTS

NUTRITION VALUE	per 100 g
Energy	1871 kJ / 447 kcal
Fat	23,00 g
of which saturates	3,20 g
Carbohydrate	47,00 g
of which sugars	34,00 g
Protein	13,00 g
Salt	0,21 g

CRANBERRY & ALMOND

NUTRITION VALUE	per 100 g
Energy	1834 kJ / 438 kcal
Fat	22,00 g
of which saturates	2,40 g
Carbohydrate	49,00 g
of which sugars	38,00 g
Protein	11,00 g
Salt	0,13 g

PUMPKIN & SUNFLOWER

NUTRITION VALUE	per 100 g
Energy	1885 kJ / 450 kcal
Fat	22,00 g
of which saturates	3,10 g
Carbohydrate	51,00 g
of which sugars	34,00 g
Protein	12,00 g
Salt	0,11 g

RUNNER'S MULTIVITAMIN

» a comprehensive multivitamin for runners, joint protection and improved aerobic energy



Runner's Multivitamin is a complex product that contains vitamins and minerals, developed with the needs of runners and all endurance athletes in mind; it is complemented with components that improve the functioning of joints and energy processes. Vitamins regulate the energetics of aerobic efforts, allow you to draw energy from glycogen, reduce the feeling of fatigue [e.g. vitamin B1, B2, B6, B12, folic acid], and protect against free radicals [e.g. vitamin C, E]. The mineral complex includes magnesium, which is essential for muscle contraction; iron, which helps transport oxygen, which is essential during endurance exercise; manganese, which helps rid the body of toxins; iodine, which is essential for the correct functioning of the thyroid gland that controls metabolism; zinc, which is responsible for immunity; and chromium, which helps maintain stable blood sugar levels, without which long-term exercise energetics would be impossible. We created Runner's Multivitamin being aware that regular physical activity, especially aerobic, increases the demand for these vitamins and minerals. The formula has been enriched with 2 groups of ingredients that are particularly important for runners. The first group contains components that support articular function (glucosamine – the basic building material of joint surfaces), and enrich the composition of synovial fluid (hyaluronic acid). The second group improves energy availability during aerobic exercise: ingredients that stimulate NO production (arginine, citrulline), and reduce muscle acidification (beta alanine).

Who do we especially recommend this product for?

Physically active people who have a greater need for vitamins and minerals, especially those who participate in endurance sports.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 2 capsules*
VITAMIN COMPLEX	
Vitamin C	100,00 mg
Niacin [mg NE]	26,00 mg
Pantothenic Acid	16,00 mg
Vitamin E [mg α-TE]	12,00 mg
Riboflavin [Vitamin B2]	11,40 mg
Thiamine [Vitamin B1]	11,10 mg
Vitamin B6	6,40 mg
Folic Acid	280,00 µg
Biotin	60,00 µg
Vitamin B12	12,50 µg
MINERAL COMPLEX	
Magnesium	84,00 mg
Iron	14,00 mg
Zinc	10,00 mg
Manganese	1,80 mg
Copper	1,00 mg
Iodine	150,00 µg
Selenium	55,00 µg
Molybdenum	50,00 µg
Chromium	40,00 µg
EFFICIENCY PREMIX	
L-Citrulline	150,00 mg
L-Arginine	124,50 mg
Beta-Alanine	100,00 mg
JOINT CARE PREMIX	
Glucosamine	59,00 mg
Hyaluronic acid	10,00 mg

*Daily portion of the product

100% VITAMINS & MINERALS

» essential comprehensive enrichment of the daily diet



100% Vitamins & Minerals is a comprehensive supplement that provides the most important micronutrients: vitamins and minerals. This supplement has been developed for people whose diet does not deliver these important nutrients and for those who require increased amounts of them, for instance athletes. The vitamins in the supplement regulate absorption of nutrients [e.g. vitamin B], support the immune response [e.g. vitamins C and D], contribute to a proper structure of hair, nails and teeth [e.g. pantothenic acid, vitamin E] and protect against excessive levels of homocysteine [folic acid] and free radicals [vitamins E and C]. The minerals found in the supplement support muscle function, reduce fatigue [e.g. magnesium], support thyroid function and thus general metabolism [e.g. iodine, selenium, zinc], as well as help to maintain normal blood sugar levels that are essential in every diet, especially in weight-loss diets [e.g. chromium].

Who do we especially recommend this product for?

In fact, for anyone, because even if our diet is varied, we never know how the final content of minerals and vitamins was influenced by: transport and storage conditions, temperature of food processing (which kills over 70% of folic acid). The product is especially recommended for people on unbalanced, elimination diets or diets based on highly processed food.

PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 1 capsule*
100% VITAMINS (RED CAPSULE)	
Vitamin C	80,00 mg
Niacin (mg NE)	16,00 mg
Vitamin E (mg α -TE)	12,00 mg
Pantothenic Acid	6,00 mg
Vitamin B6	1,40 mg
Riboflavin (Vitamin B2)	1,40 mg
Thiamine (Vitamin B1)	1,10 mg
Vitamin A (μ g RE)	800,00 μ g
Folic Acid	200,00 μ g
Biotin	50,00 μ g
Vitamin D	5,00 μ g
Vitamin B12	2,50 μ g
100% MINERALS (BLACK CAPSULE)	
Magnesium	375,00 mg
Iron	14,00 mg
Zinc	10,00 mg
Manganese	1,80 mg
Copper	1,00 mg
Iodine	150,00 μ g
Selenium	55,00 μ g
Molybdenum	50,00 μ g
Chromium	40,00 μ g

*Daily portion of the product

COLLAGEN 4 RUNNERS

» take care of your joints, ligaments and correct synovial fluid composition



Collagen 4 Runners is a solid composition that supports the work of joints that are particularly prone to injuries due to the intensity of exercise. The product contains collagen, the main protein in the skeletal system, in a well-absorbable, hydrolysed form. It is worth remembering that collagen occurs not only in bones, but also in joints, fasciae, and ligaments, i.e. structures that are particularly overloaded in endurance sports. Collagen 4 Runner not only supplements collagen, but also stimulates the body in its production by providing vitamin C. Finally, Collagen 4 Runners also contains hyaluronic acid, which excellently improves the cushioning properties of the synovial fluid.

Who do we especially recommend this product for?

Endurance athletes due to the higher strain on the joints. The product is also recommended for the elderly and anyone experiencing discomfort during joint movements.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 4 capsules*	per 2 capsules
Hydrolyzed Collagen	2400,00 mg	1200,00 mg
Hyaluronic acid	100,00 mg	50,00 mg
Vitamin C	80,00 mg	40,00 mg

*Daily portion of the product



GLUCOSAMINE SPORT COMPLEX

» triple support for joints



Glucosamine Sport Complex provides two essential components that form the articular cartilage: amino sugars and collagen. The composition of the supplement includes the most common amino sugar – glucosamine in the form of sulfate, and type 2 collagen in the hydrolysed form. Hydrolysing collagen, or cutting it into shorter peptide fragments, ensures safe passage through the digestive system. Type 2 collagen is specific to articular cartilage. Glucosamine Sport Complex also takes care of the proper production and composition of the synovial fluid, as it also contains hyaluronic acid, which improves the lubricating properties of the synovium through its property of binding water.

Who is the product recommended for?

The product is recommended for people whose osteo-articular system is under a greater strain due to training or work, especially when joint synovial deficiency (friction of joint surfaces, pain) occurs. The product is also recommended for people on high-protein diets, struggling with the problem of acidification who do not drink enough liquids.

PACKAGING:



180 cap.



90 cap.

ACTIVE INGREDIENTS	per 3 capsules*
Glucosamine Sulphate 2 KCl	1500,00 mg
of which glucosamine	885,00 mg
Hydrolyzed Collagen Type II	450,00 mg
Hyaluronic Acid	50,00 mg

*Daily portion of the product

MAGNE-100 SPORT

» a portion of magnesium and vitamin B6 to support muscles and the nervous system



Magne-100 Sport provides a portion of highly absorbable magnesium. It is a complex of various forms of this element, including magnesium citrate and lactate, characterised by good solubility and bioavailability. Magne-100 Sport contains not only magnesium, supporting the function of the nervous and muscle systems, but also vitamin B6, which facilitates its absorption and metabolism, as well as preventing fatigue. Magnesium is important for normal heart functioning and bone formation and it plays a role in the metabolism of carbohydrates. It regulates the neuromuscular transmission and is involved in muscle contractions. Each portion (2 capsules) of Magne-100 Sport provides 375 mg of this important mineral [100% of the recommended daily allowance], deficits of which may lead to sudden muscle spasms, chronic fatigue, problems with concentration or cardiac dysrhythmia.

Who do we especially recommend this product for?

This product is recommended for individuals with a decreased level of magnesium which may be caused by an excessive supply of fatty acids, fibre, phosphates [found in high concentrations in processed foods, especially meats and cheeses], the use of sedatives, laxatives, antibiotics or contraceptives, as well as by regular physical exercise.

PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 2 capsules*	per 1 capsule
Magnesium	375,00 mg	187,50 mg
Vitamin B6	1,40 mg	0,70 mg

*Daily portion of the product

OMEGA 3 + D3

» an extremely valuable duo for bones and the immune system



Omega 3 + D3 Sport Edition is a revolutionary combination of the multipotent vitamin D3 with omega-3 fatty acids that increase its absorption. Vitamin D forms the basis of human immunity, especially in the autumn-winter period, and a factor that determines the correct functioning of the bones [e.g. improvement in bone density, prevention of osteoporosis]. Fats from the omega-3 group, which show anti-inflammatory properties, are currently the most deficient fatty acids in the everyday diet, but which should be present as they belong to the group of EFAs [Essential Fatty Acids]. Omega-3 also supports the functioning of the joints as they enrich the composition of synovial fluid. Omega 3 + D3 Sport Edition – the perfect duo for healthy bones and increased immunity.

Who do we especially recommend this product for?

People looking for maximally assimilable vitamin D, especially those on low fat diets.

PACKAGING:



120 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Fish Oil	1000,00 mg
of which EPA	180,00 mg
of which DHA	120,00 mg
Vitamin D	50,00 µg 2000 IU

*Daily portion of the product

L-CARNITINE SPORT EFFERVESCENT

» a refreshing drink that stimulates energy metabolism



L-Carnitine Sport Effervescent contains L-Carnitine, which facilitates fat consumption during energy transformations, making it useful in endurance sports and for weight loss treatments. The strengths of this product are: the form of L-Carnitine tartrate contained in it and the form of the sparkling tablets. L-Carnitine tartrate is a stable form of L-Carnitine, which especially supports the weight-loss processes. The revolutionary form of sparkling tablets provides rapid transport of L-Carnitine and promotes hydration, which is very important during endurance energy and weight loss.

Who do we especially recommend this product for?

People trying to lose weight, who are physically active, and before endurance activities.

PACKAGING:



80 g / 20 tab.

ACTIVE INGREDIENTS	per 1 tablet *
L-Carnitine	682,00 mg

*Daily portion of the product

CREATINE SPORT EFFERVESCENT

» creatine monohydrate in the form of easily absorbed sparkling tablets



Creatine Sport Effervescent contains creatine monohydrate, which performs a key role in high-intensity energy activities plus supportive functions during moderate intensity effort, in the form of sparkling tablets. A significant asset of this supplement is that it takes the form of water-soluble tablets. Creatine monohydrate is a highly hydrophilic molecule, which means it willingly combines with water, the presence of which improves its intramuscular transport, prevents disturbances in water management and protects against premature conversion to creatinine. When designing Creatine Sport Effervescent, we were aware that taking the right amount of water during monohydrate supplementation is a condition of its effectiveness.

Who do we especially recommend this product for?

People who work out, especially those who find it difficult to absorb the recommended amount of water during creatine supplementation, which is a prerequisite for its absorption and effectiveness.

PACKAGING:



80 g / 20 tab.

ACTIVE INGREDIENTS	per 3 tablets *
Creatine	2637,00 mg

*Daily portion of the product



MULTIVITAMIN SPORT EFFERVESCENT

» a comprehensive formula of vitamins in the form of sparkling tablets



The form of the sparkling tablets especially facilitates the transport and absorption of the water-soluble vitamins that: control the exercise and resting energy, protect against fatigue [pantothenic acid, vitamin B1, B2, PP], notice any changes in the proteins and amino acids [B6, B12], support the regenerative processes [vitamin B6, B12, folic acid], and stand as a protector of immunity [vitamin C]. Formula Multivitamin Sport Effervescent also contains vitamins that protect against free radicals [vitamin E, A], supporting the bones [vitamin D, K]. The asset of this product is its easily digestible form, as well as the high content of vitamins at 100% of the consumption reference value.

Who do we especially recommend this product for?

Those looking for a comprehensive vitamin formula in an easy to absorb form and those looking for an alternative to multivitamins in tablet form.

PACKAGING:



80 g / 20 tab.

ACTIVE INGREDIENTS	per 1 tablet *
Vitamin C	80,00 mg
Niacin	16,00 mg
Vitamin E	12,00 mg
Pantothenic Acid	6,00 mg
Riboflavin	1,40 mg
Vitamin B6	1,40 mg
Thiamine	1,10 mg
Vitamin A	800,00 µg
Folic Acid	200,00 µg
Vitamin K	75,00 µg
Biotin	50,00 µg
Vitamin D	5,00 µg
Vitamin B12	2,50 µg

*Daily portion of the product

VITAMIN C SPORT EFFERVESCENT

» the most versatile vitamin C for maximum dose and easily digestible effervescent tablets



Vitamin C Sport contains a powerful dose of vitamin C [1000 mg], which comprehensively conditions the health and immunity [especially remember it in the autumn and winter season and during the spring solstice] as well as the energy disposition of the body, and is an important element of the antiradical disc. We should never forget this vitamin when we are exposed to an attack by free radicals, the source of which may be: physical exertion [therefore remember Vitamin C Sport right after training], exhaust gas, tobacco smoke, and medications. In addition, this important vitamin is involved in detoxification, promotes the absorption of iron, is indispensable in the synthesis of carnitine, and participates in the synthesis of collagen.

Who do we especially recommend this product for?

Those looking for support for their immunity, especially those avoiding supplements in tablet form.

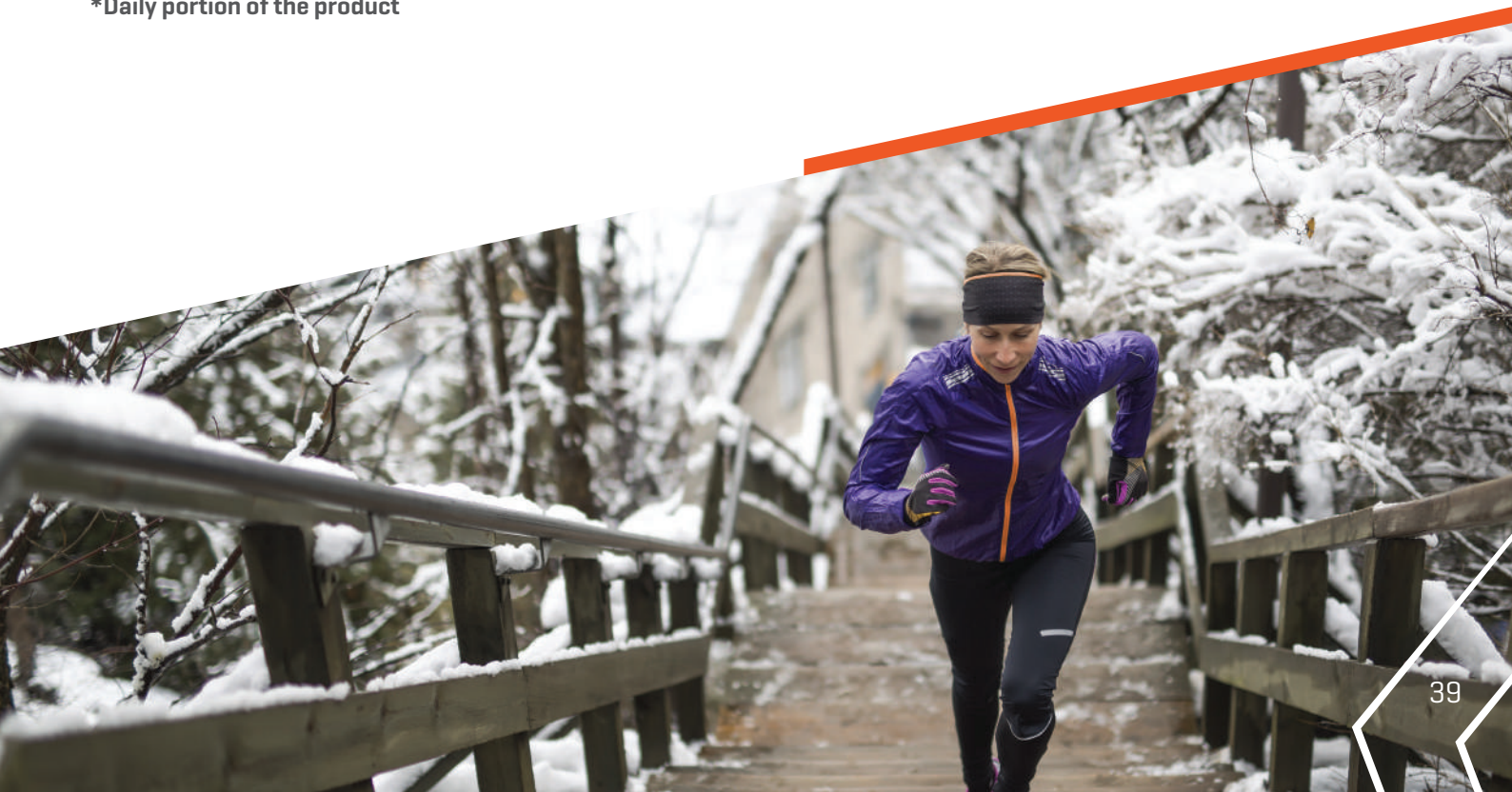
PACKAGING:



80 g / 20 tab.

ACTIVE INGREDIENTS	per 1 tablet *
Vitamin C	1000,00 mg

*Daily portion of the product



ISOTONIC SPORT EFFERVESCENT

» a complex of electrolytes and vitamins that improve body hydration in the form of effervescent tablets



Isotonic Sport Effervescent contains a formula of the most important minerals and vitamins that regulate hydration and proper muscle function during exercise in the form of water-soluble effervescent tablets. The body's water balance, especially during prolonged endurance exercise, depends on the presence and correct proportion of electrolytes. Without minerals, the body is unable to absorb fluids, which can lead to dehydration, drastically reducing performance, but also posing a huge health risk (including the risk of overheating, heat stroke). For this reason, Isotonic Sport Effervescent contains all the minerals that regulate hydration during exercise, maintain proper muscle excitability, and are necessary for the proper functioning of the heart and the entire circulatory system: sodium, potassium, calcium, magnesium. We lose the most sodium with sweat and we need to replenish it so that the body is able to absorb fluids. Potassium guards the neuromuscular conduction and is essential for the heart's working. Without calcium, there will be no muscle contraction, which also requires the presence of magnesium.

Who do we especially recommend this product for?

The product is especially recommended during prolonged exercise, when the body's energy potential depends on a proper water and electrolyte balance. It can also be recommended as a supplement to low mineralised waters drunk during exercise.

PACKAGING:



80 g / 20 tab.

ACTIVE INGREDIENTS	per 2 tablets *
Sodium	300,00 mg
Potassium	300,00 mg
Calcium	164,00 mg
Magnesium	74,00 mg
Vitamin C	38,00 mg
Vitamin E	13,60 mg
Thiamine	0,52 mg

*Daily portion of the product

DEEP SLEEP

» the natural way to a peaceful, regenerating sleep



Deep Sleep contains a carefully selected complex of ingredients facilitating the process of falling asleep and improving the quality of sleep, during which advanced repair, regeneration and anabolic processes take place. Problems with sleep are often experienced by people burdened with high levels of stress, including those engaged in regular, intensive physical exercise. The effects of sleep deficit are visible after just one sleepless night, causing concentration problems, an increased feeling of tiredness, and lowered energy performance, which is particularly noticeable during workouts. Deep Sleep improves the quality of night's rest in multiple ways. Firstly, Deep Sleep has GABA, a neurotransmitter with inhibitory and relaxing effects, which promotes sleep. Secondly, Deep Sleep has melatonin, the main hormone that allows you to fall into a blissful, regenerating sleep, and the amino acid tryptophan, from which it is formed. Thirdly, Deep Sleep has a complex of three important micronutrients that support night-time regenerative and anabolic processes, known as ZMA [zinc, magnesium and vitamin B6]. Fourthly, Deep Sleep also contains ingredients which support the emission of the anabolic hormones naturally released during sleep: testosterone and the growth hormone. DAA acid stimulates testosterone metabolism, while arginine improves the release of the growth hormone during sleep. Fifthly, Deep Sleep also supports immunity [lysine, zinc and ornithine].

Who do we especially recommend this product for?

People struggling with sleep problems or the effects of sleep deprivation, who want to improve their health and the immunity parameters highly dependent on nightly rest.

PACKAGING:



240 g



15 g

ACTIVE INGREDIENTS	per 15 g *
L-Arginine	1660,00 mg
D-Aspartic Acid [DAA]	1000,00 mg
Lysine	800,00 mg
Gamma-Aminobutyric Acid [GABA]	750,00 mg
L-Ornithine	500,00 mg
Magnesium	375,00 mg
L-Tryptophan	200,00 mg
Zinc	15,00 mg
Vitamin B6	7,00 mg
Melatonin	1,00 mg

*Daily portion of the product

CHALK POWDER BLOCK

» enhances grip and reduces slippage during workouts



This easy-to-use magnesia in the shape of a compact cube allows for easy application in any desired form. The cube can be crushed into a powdery consistency or applied directly to the hands by rubbing it on them. The product perfectly absorbs moisture, increasing friction, which in turn allows for a steady grip. Even a small amount of the product will significantly improve the quality of even the most demanding workouts. The cube contains 57 g of the product.

Who do we especially recommend this product for?

Recommended for gymnastics, rock climbing and all power and weight lifting activities including deadlifts, pull-ups, kettlebells and more.

PACKAGING:



57 g



LIQUID CHALK

» reduces sweating and improves grip strength without the mess of powdered chalk



Available in two variants of 100 ml and 250 ml, liquid magnesium is the perfect aid for demanding workouts that require a particularly good grip and traction. Convenient packaging makes it easy to dispense the product, the smallest amount of which immediately dries on the skin. The product perfectly absorbs moisture and increases friction. This form of magnesium is also a great base for use with traditional magnesium.

Who do we especially recommend this product for?

Recommended for gymnastics, rock climbing and all power and weight lifting activities including deadlifts, pull-ups, kettlebells and more.

PACKAGING:



100 ml



250 ml



SPORT BOTTLES

» dedicated to people practising endurance sports



A bottle is an essential accessory for any athlete who needs constant hydration during training or competition. Instead of using pre-bottled isotonic drinks and water, you should equip yourself with a bottle that provides trouble-free and convenient hydration. The bottles are available in different colours and capacities of 500 ml to 750 ml.

750 ml



700 ml



600 ml



500 ml



700 ml shakers



**BE
ONE
STEP
AHEAD**





ENDURANCE

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