



TREC



ENDURANCE

BE ONE STEP AHEAD



ENDURANCE



TREC NUTRITION.COM



ABOUT US	4-5
MARATHON	6-7
ENERGY GEL	8-9
CREATINE SPORT	10
CAFFEINE 200 PLUS	11
BETA ALANINE SPORT 700.....	12
BETA ALANINE SPORT.....	13
BCAA SPORT	14
VITARGO ELECTRO-ENERGY	16-17
ISOTONIC SPORT	18-19
CARBO SPORT	20-21
RUNNER'S MULTIVITAMIN	22-23
100% VITAMINS AND MINERALS	24-25
COLLAGEN 4 RUNNERS	26
GLUCOSAMINE SPORT COMPLEX.....	27
MAGNE-100	28
ISOTONIC SPORT EFFERVESCENT.....	30
OMEGA 3+D3	31
CHALK POWDER BLOCK.....	32
LIQUID CHALK.....	33
SPORT BOTTLES	34

ENDURANCE

PREFERRED PRODUCER

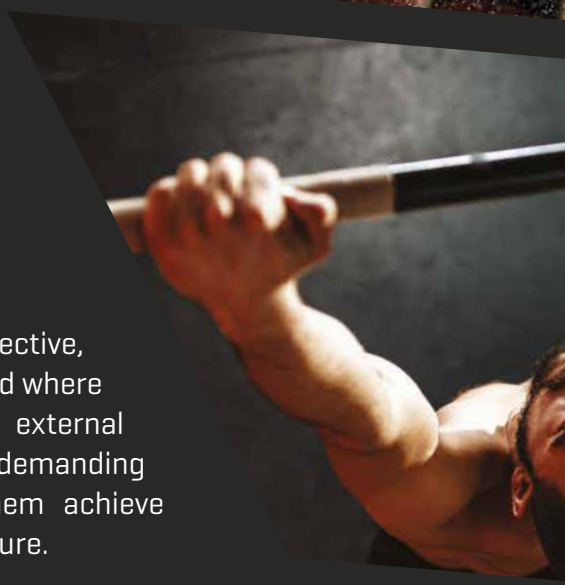
Trec Nutrition is one of the pioneers and leaders of dietary supplements for athletes and other active people. Founded in Poland in 2001, the company today delivers the most innovative products to millions of consumers on an international scale. What makes Trec stand out is the high and certified quality 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:



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 GEL

» designed to immediately replenish the energy lost during physical effort



Energy Gel is a supplement in an easy-to-use gel formula, which contains carbohydrates and other components that regulate energy during exercise, especially endurance workout. It contains a wide spectrum of carbohydrates with different absorption times, such as dextrose, fructose, maltodextrins, and isomaltulose, which are considered vital energy substrates during endurance workouts. The careful selection of carbohydrates applied in Energy Gel enables sustained energy supply (glucose) to working muscles. Energy Gel is also supplemented with MCTs, which, along with carbohydrates, are an excellent source of energy during long-lasting physical effort. The composition of this product also includes beta-alanine, which reduces muscle acidity, the main cause of muscle fatigue. The addition of L-carnitine regulates the metabolism of energy involving fats, which is the basis of endurance effort. Energy Gel also contains amino acids, specifically arginine and citrulline, to boost the effect of muscle pump [NO] which improves the blood flow and therefore provides working muscles with energy components and oxygen. The rich composition of Energy Gel includes key micro-components that regulate energy metabolism: magnesium, sodium, and vitamin B6, which reduces the feelings of fatigue and weariness. With Energy Gel, your muscles will cope with even a long and challenging workout.

Who do we especially recommend this product for?

People who take up physical activity, especially in the form of prolonged endurance workout.

PACKAGING:



40 g

FLAVOURS:

Orange

Multivitamin

Forest fruit

NUTRITION VALUE	per 40 g	per 120 g*
Energy	516 kJ / 122 kcal	1549 kJ / 365 kcal
Fat	1,0 g	3,0 g
of which saturates	1,0 g	2,9 g
Carbohydrate	26 g	78 g
of which sugars	20 g	60 g
Protein	2,2 g	6,6 g
Salt	0,26 g	0,77 g
Magnesium	58 mg	174 mg
Vitamin B6	4,0 mg	12 mg
ACTIVE INGREDIENTS		
Dextrose	8,00 g	24,00 g
Fructose	8,00 g	24,00 g
Maltodextrin	6,00 g	18,00 g
Isomaltulose	4,00 g	12,00 g
MCT oil	1440 mg	4320 mg
Beta-Alanine	800 mg	2400 mg
L-Carnitine	400 mg	1200 mg
L-Arginine	400 mg	1200 mg
L-Citrulline	336 mg	1008 mg
Sodium	100 mg	300 mg

*Daily portion of the product



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

FLAVOURS:



Fruit Punch



Kiwi



Raspberry



Watermelon

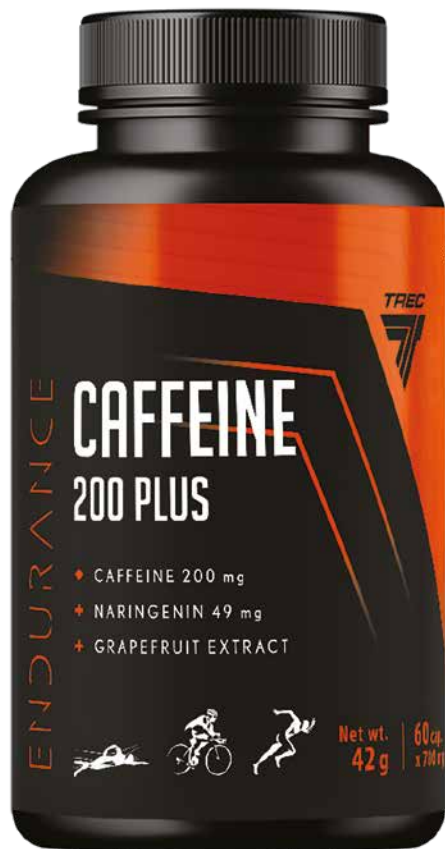
ACTIVE INGREDIENTS	per 5 g*
Creatine Monohydrate	3000,00 mg
Dextrose	1000,00 mg
Taurine	250,00 mg

*Daily portion of the product



CAFFEINE 200 PLUS

» stimulating caffeine with extended effect time



Caffeine 200 Plus contains caffeine – a plant alkaloid found in coffee, tea, yerba mate leaves and guarana fruit. It has a psychostimulant and stimulating effect which is due to its high adrenaline level. It improves exercise energy metabolism and, due to its thermogenic effect, is used for weight loss. For many people, especially those who enjoy coffee, a cup of coffee, which contains about 80 mg of caffeine on average, ceases to have a stimulating effect. Each serving of Caffeine 200 Plus contains up to 200 mg of anhydrous caffeine accompanied by naringenin [found in grapefruit extract], which blocks the elimination of caffeine from the blood and ensures its longer effect. The product is recommended for anyone who needs the proverbial 'push' to action, whether during a training session or in the midst of household and professional duties.

Who do we especially recommend this product for?

Everybody who needs a kickstart to act, either in training or when swamped with home and work obligations, especially if the stimulating effect of coffee is not sufficient.

PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Caffeine Anhydrous	200,00 mg
Grapefruit Extract [<i>Citrus Paradisi</i>] [98% Naringenin]	50,00 mg
of which Naringenin	49,00 mg

*Daily portion of the product

BETA-ALANINE SPORT 700

» fights exercise-induced muscle acidosis



Beta-Alanine 700 contains a non-protein amino acid, beta alanine, which is the most important component of carnosine, a muscle peptide. It reduces the concentration of hydrogen ions [H] responsible for exercise-induced fatigue [acidosis is not caused by lactic acid, but by H ions]. The more intensive the workout the greater the risk of a high accumulation of H ions, resulting in muscle fatigue and the need to stop the exercise. Using Beta-Alanine 700 helps to increase the muscle buffer potential [so that the muscles can better cope with workout-induced acidosis], which allows you to exercise longer and more intensively.

Who is the product recommended for?

People who exercise, especially in anaerobic training [higher intensity exercising, including strength training, mixed types of energy conversion], where muscular acidosis is among the major causes of muscle failure.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 3 capsules*	per 4 capsules
Beta-Alanine	2100,00 mg	2800 mg

*Daily portion of the product

BETA-ALANINE SPORT

» for a longer and more effective workout



Beta-Alanine Sport contains beta-alanine, which increases the concentration of carnosine [a combination of beta-alanine and l-histidine] in muscles. This peptide determines energy production during exercise, especially the aerobic energy supply. A high content of carnosine, which cannot be synthesised without betaalanine, helps the muscles fight workout-induced muscle acidosis, resulting from the accumulation of hydrogen [H] ions. The supplement is enriched with vitamin B6, essential for the carbohydrate-based energy metabolism during exercise, as it activates the enzyme that catalyses the processes of energy supply from the muscle glycogen. Beta-alanine Sport provides an indispensable support for energy production in aerobic and anaerobic sports using strength and speed and also in exercise involving mixed energy metabolism.

Who is the product recommended for?

People who exercise, especially those who train intensively, with predominantly anaerobic energy processes.

PACKAGING:



240 g

FLAVOURS:



Watermelon

ACTIVE INGREDIENTS	per 4,5 g*	per 1,5 g
Beta-Alanine	2400,00 mg	800 mg
Vitamin B6	0,21 mg	0,07 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.

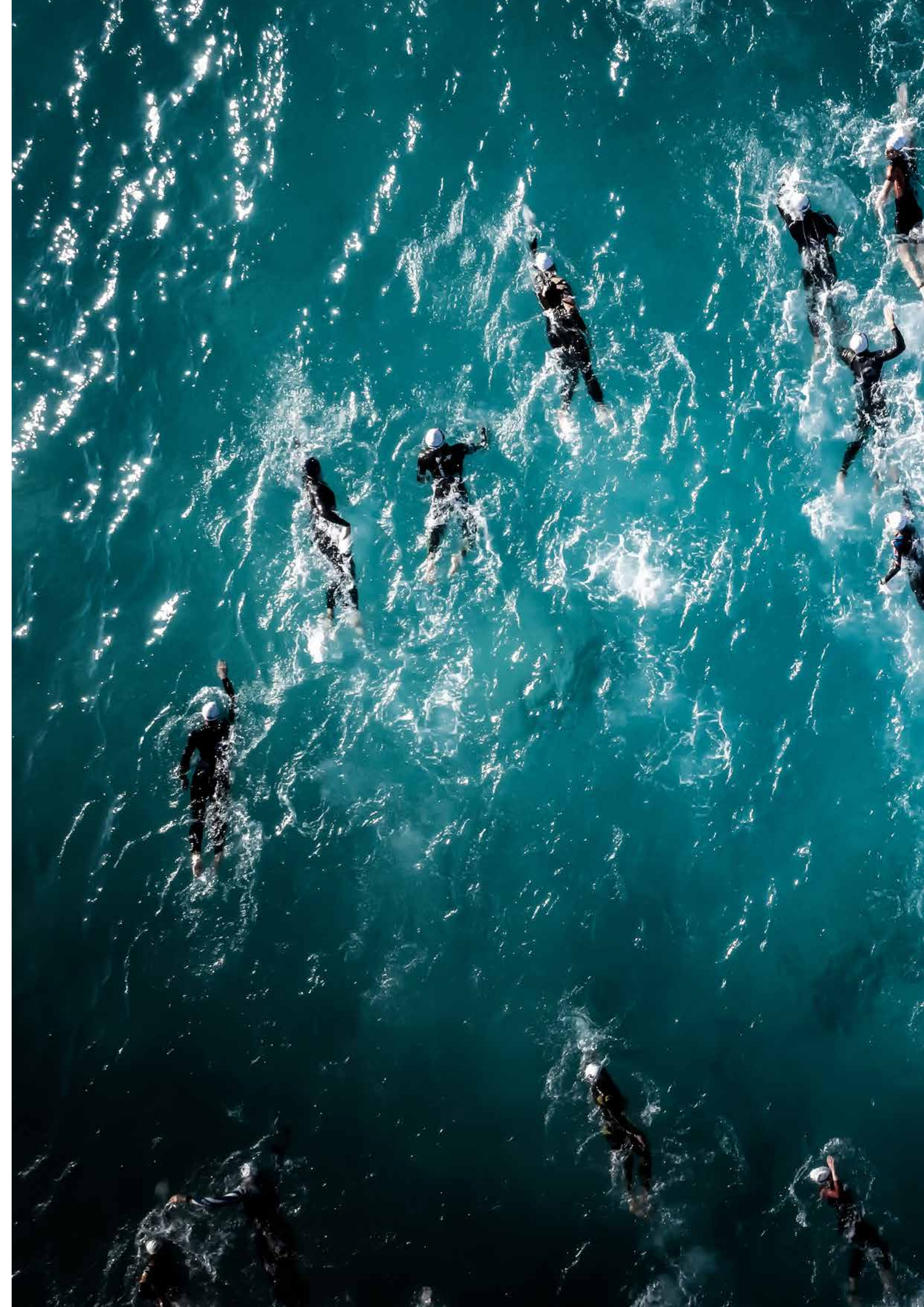
PACKAGING:



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



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



35 g

FLAVOURS:



Lemon-Grapefruit



Orange

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



37,5 g

FLAVOURS:



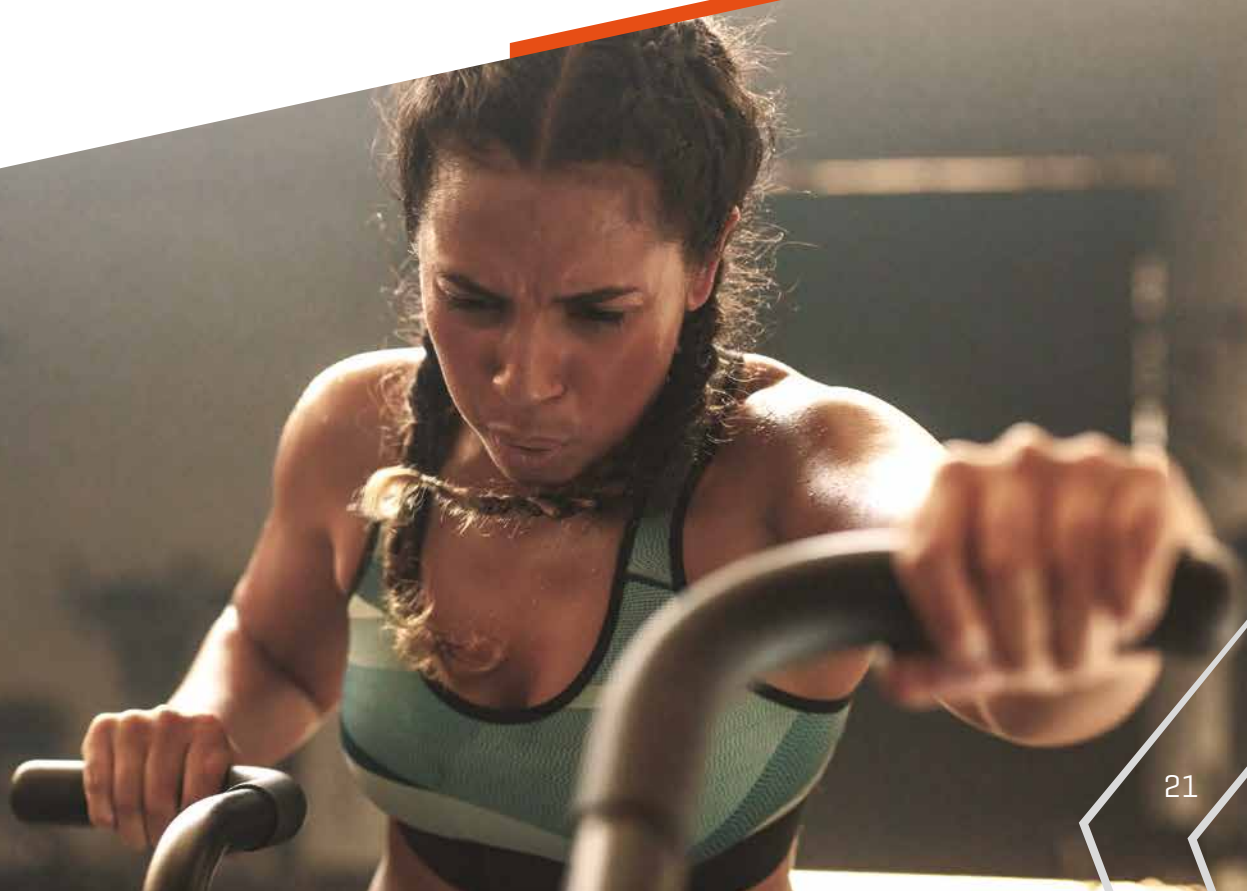
Lemon



Orange

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



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 μ g
Biotin	60,00 μ g
Vitamin B12	12,50 μ g
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 μ g
Selenium	55,00 μ g
Molybdenum	50,00 μ g
Chromium	40,00 μ g
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 do we especially recommend this product 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



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:



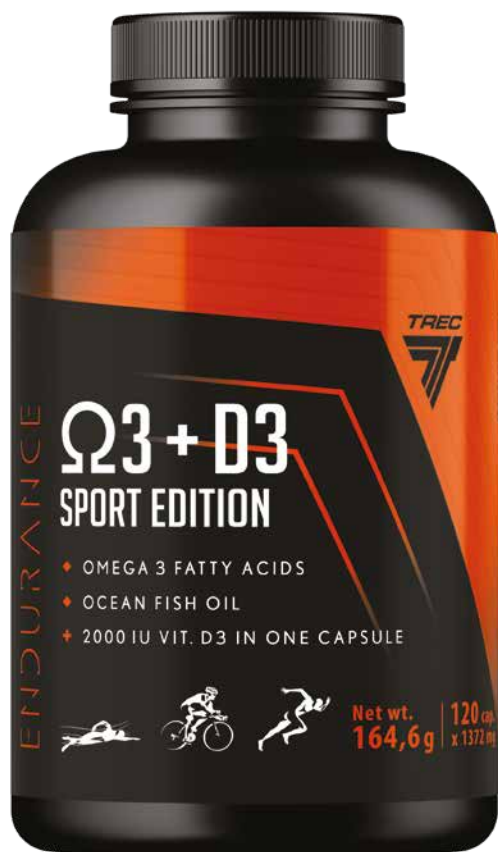
80 g / 20 tab.

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

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:



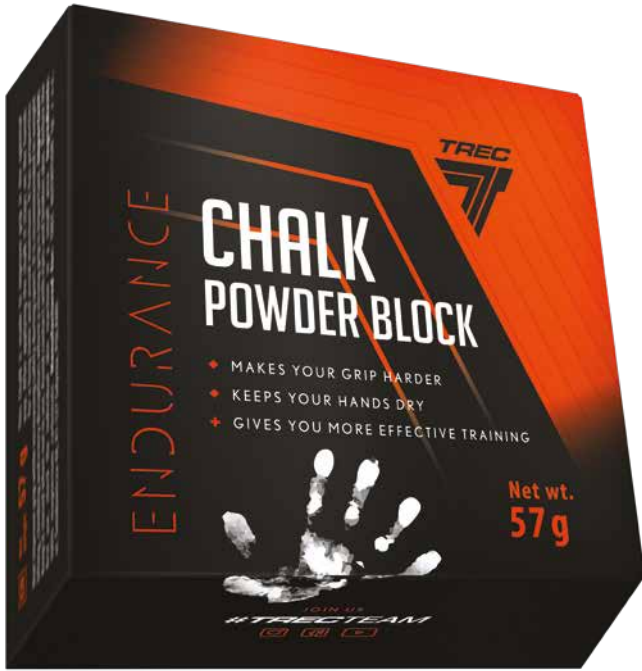
120 cap.

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

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 magnesia 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 magnesia is also a great base for use with traditional magnesia.

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



ENDURANCE





ENDURANCE

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