



NOTHING
WILL STOP
YOU

ENDURANCE



Suplementy diety

TREC NUTRITION IS A PIONEER AND ONE OF THE LEADING NAMES *IN DIETARY SUPPLEMENTS FOR ATHLETES AND PHYSICALLY ACTIVE INDIVIDUALS.*

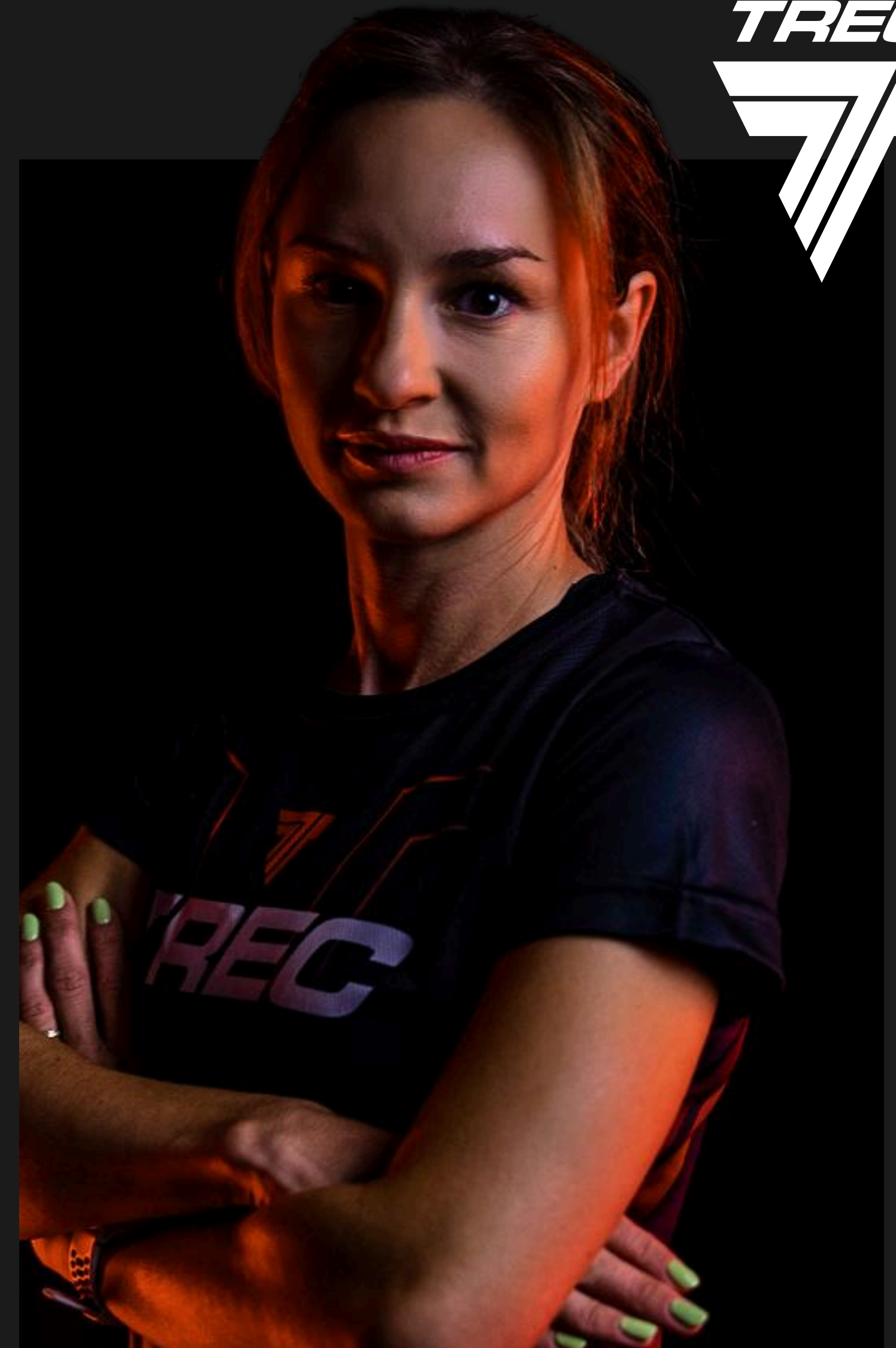
Founded in Poland in 2001, the company now provides millions of customers worldwide with its innovative range of products.

What distinguishes Trec is its commitment to high, certified quality, in addition to a well-regarded and extensive product range that caters to the diverse needs of its customers.

Endurance sports demand a high level of physical exertion, making adequate care for the body crucial. Alongside a proper diet and training regime, selecting the right supplements can provide essential support.

Trec aims to enhance the effectiveness of your training, helping you to consistently improve your performance and achieve even better results.

We believe that with our support, you can enhance your strength, speed and endurance, and build a truly athletic physique.



ENDURANCE SPORTS ARE HIGHLY PREVALENT ACTIVITIES AMONG POLES

Running and cycling are key endurance sports, enjoying widespread participation among Poles. This season, the growing enthusiasm for both running and triathlon is particularly noticeable.

Many fitness influencers and celebrities are taking on challenges like “My First Marathon”, etc.

The increasing engagement in these sports is also evident at sporting events, where attendance this year has not only returned to pre-pandemic levels but has, for some events, surpassed them.

38%

Cycling

30%

Running

18%

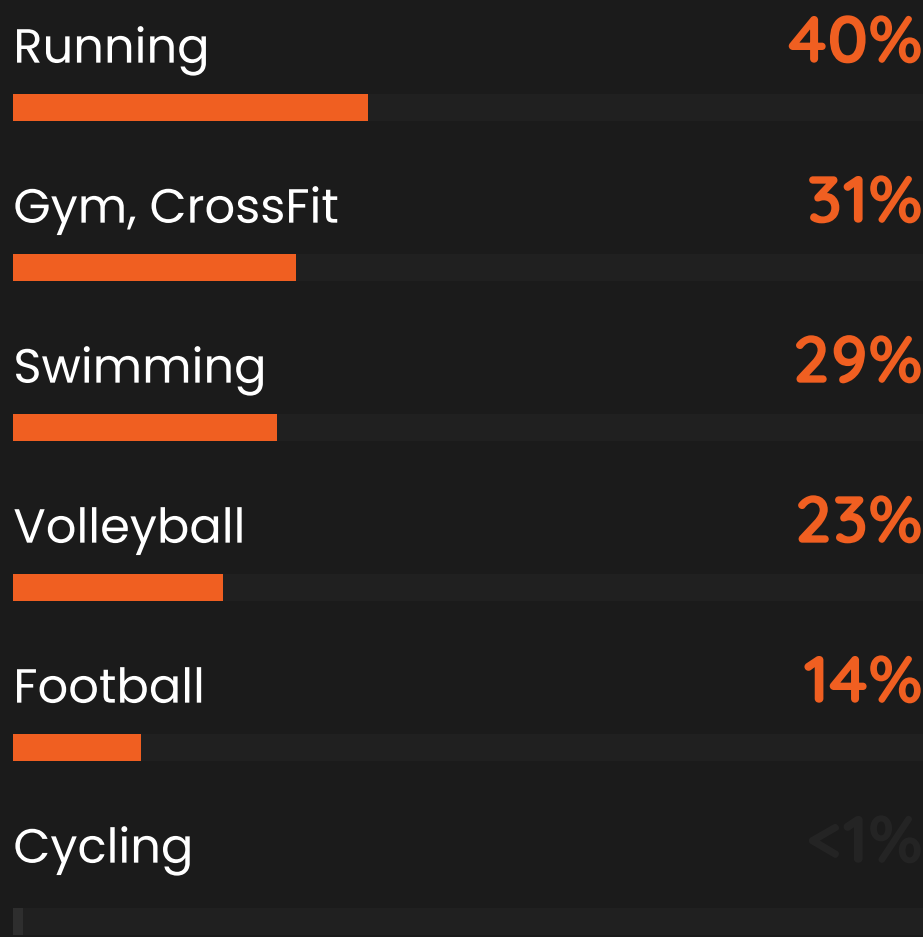
Gym, CrossFit



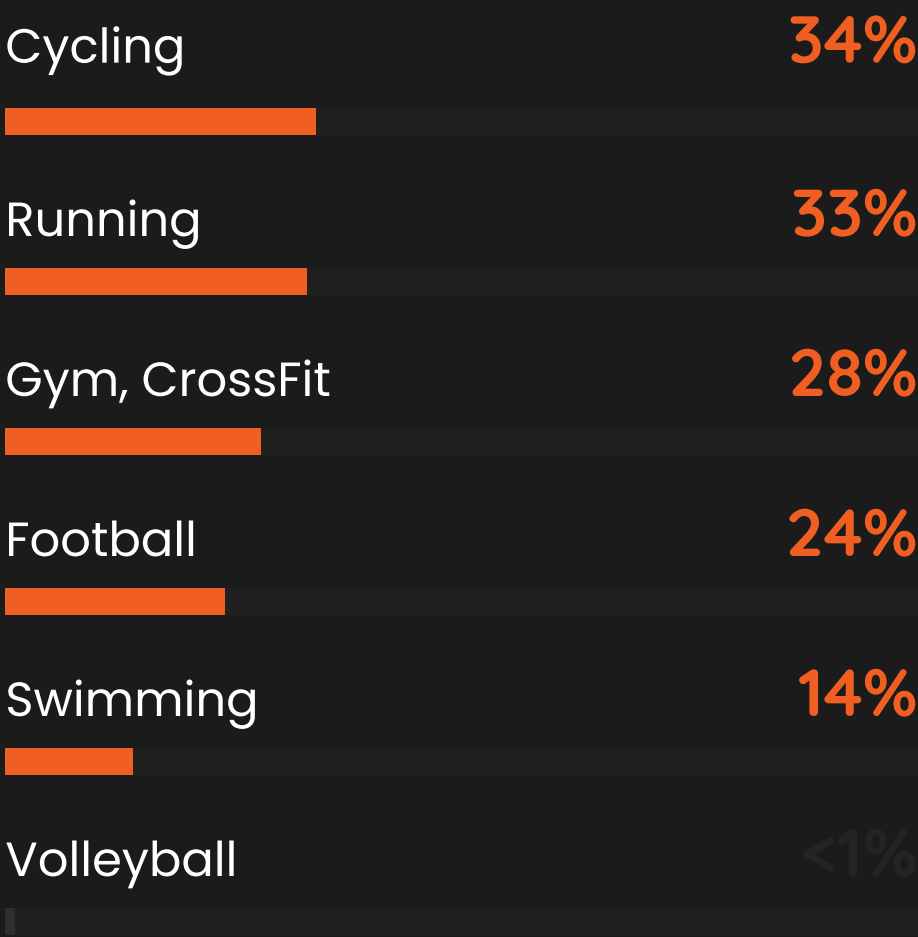
SPORTS PARTICIPATION BY AGE



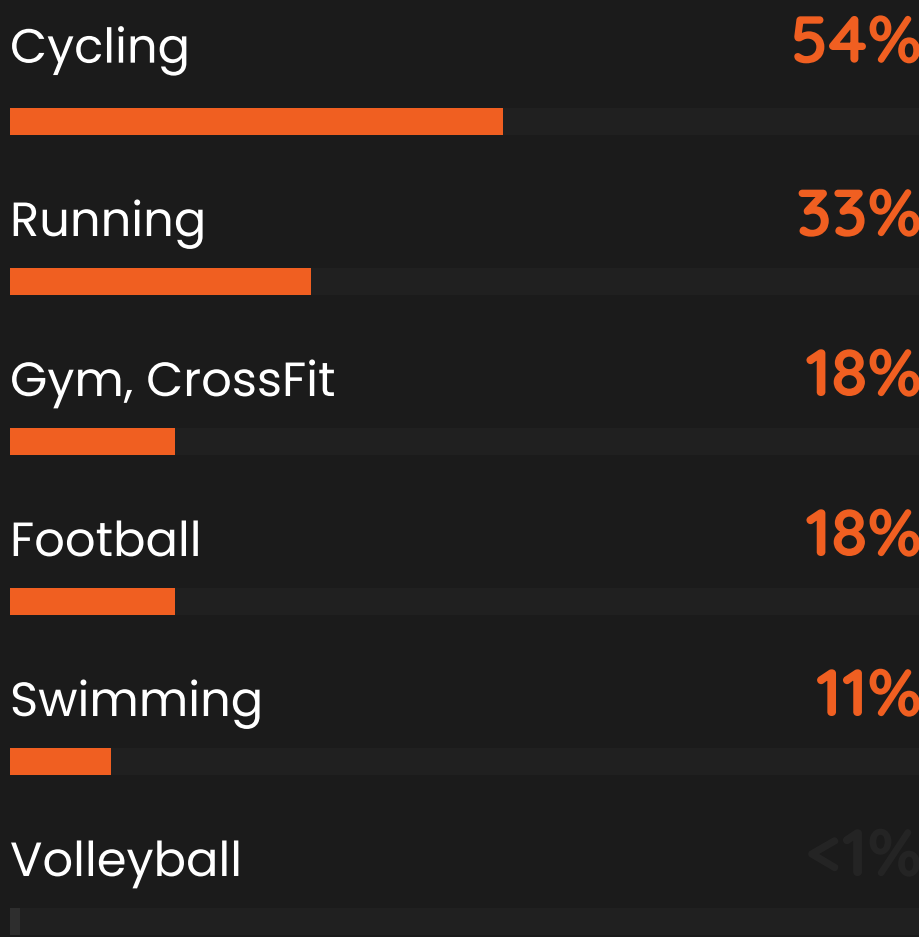
18–24 YEARS OLD



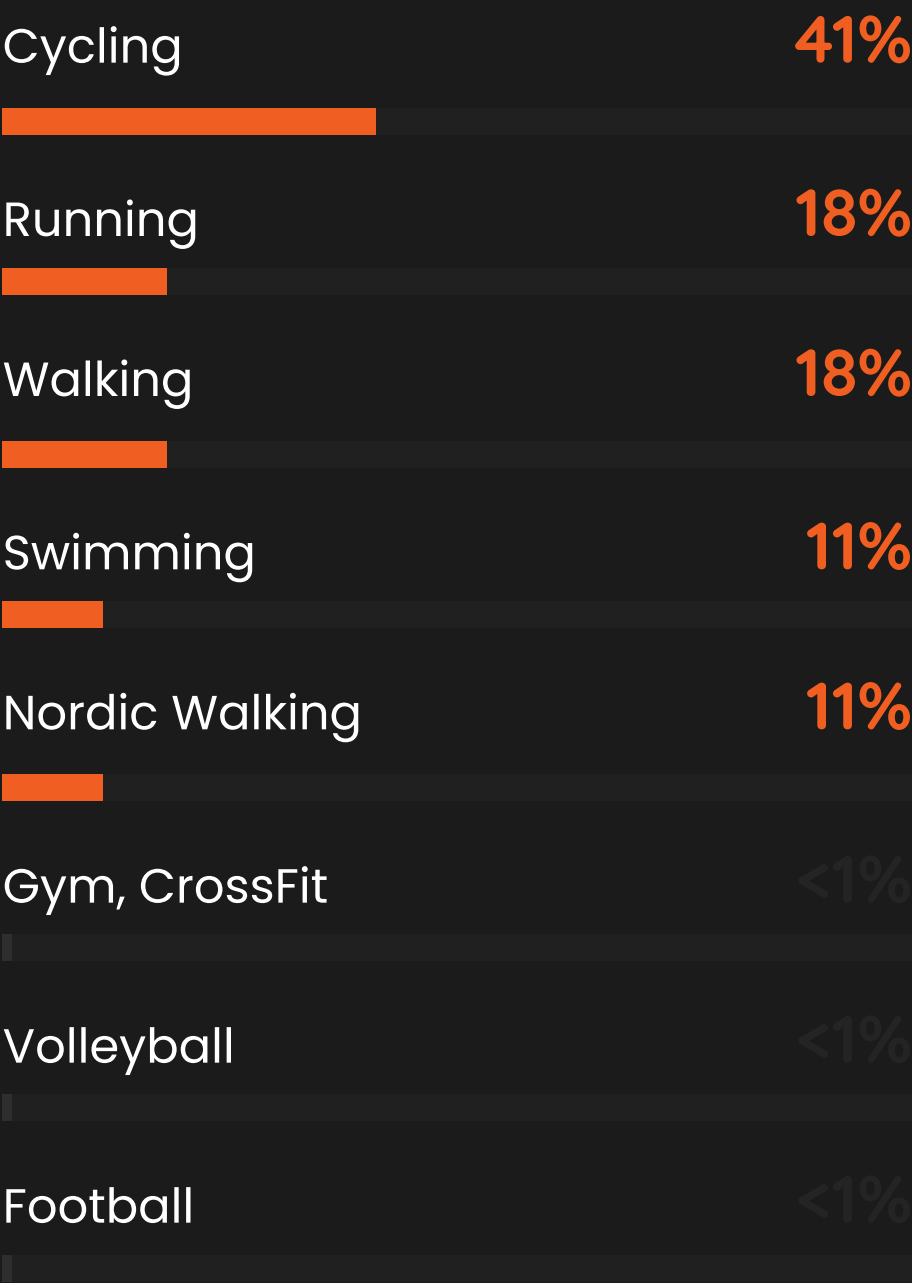
25–34 YEARS OLD



35–44 YEARS OLD



45+

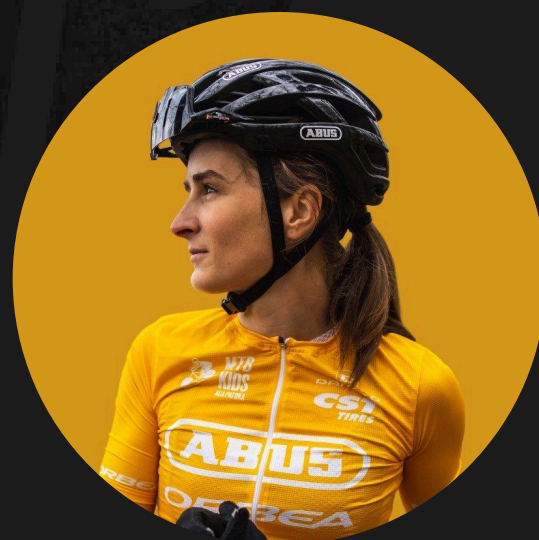


THE PEOPLE BEHIND TREC ENDURANCE



**BARTOSZ AND KASIA
OLSZEWSKY**

Leading running influencers and coaches



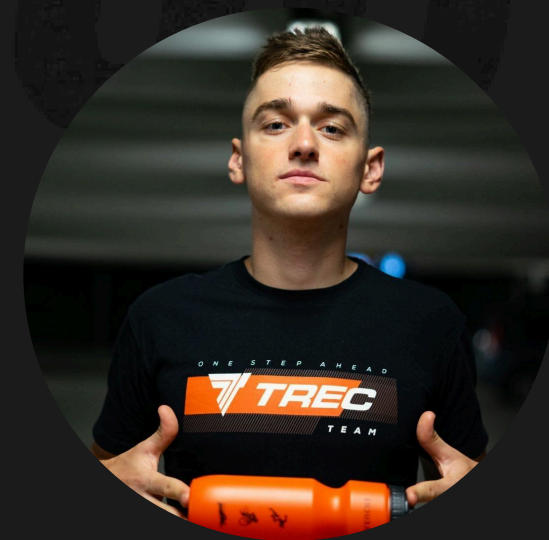
AGA PATOKA

Prominent cycling influencer.
Owner of an MTB riding school



PIOTR ŚLĘZAK

Running coach with an online coaching school



MICHAŁ OLIWA

Poland's top Olympic distance triathlete



MIŁOSZ SOWIŃSKI

Professional triathlete.
Polish IronMan champion



PIOTR KOMOROWICZ

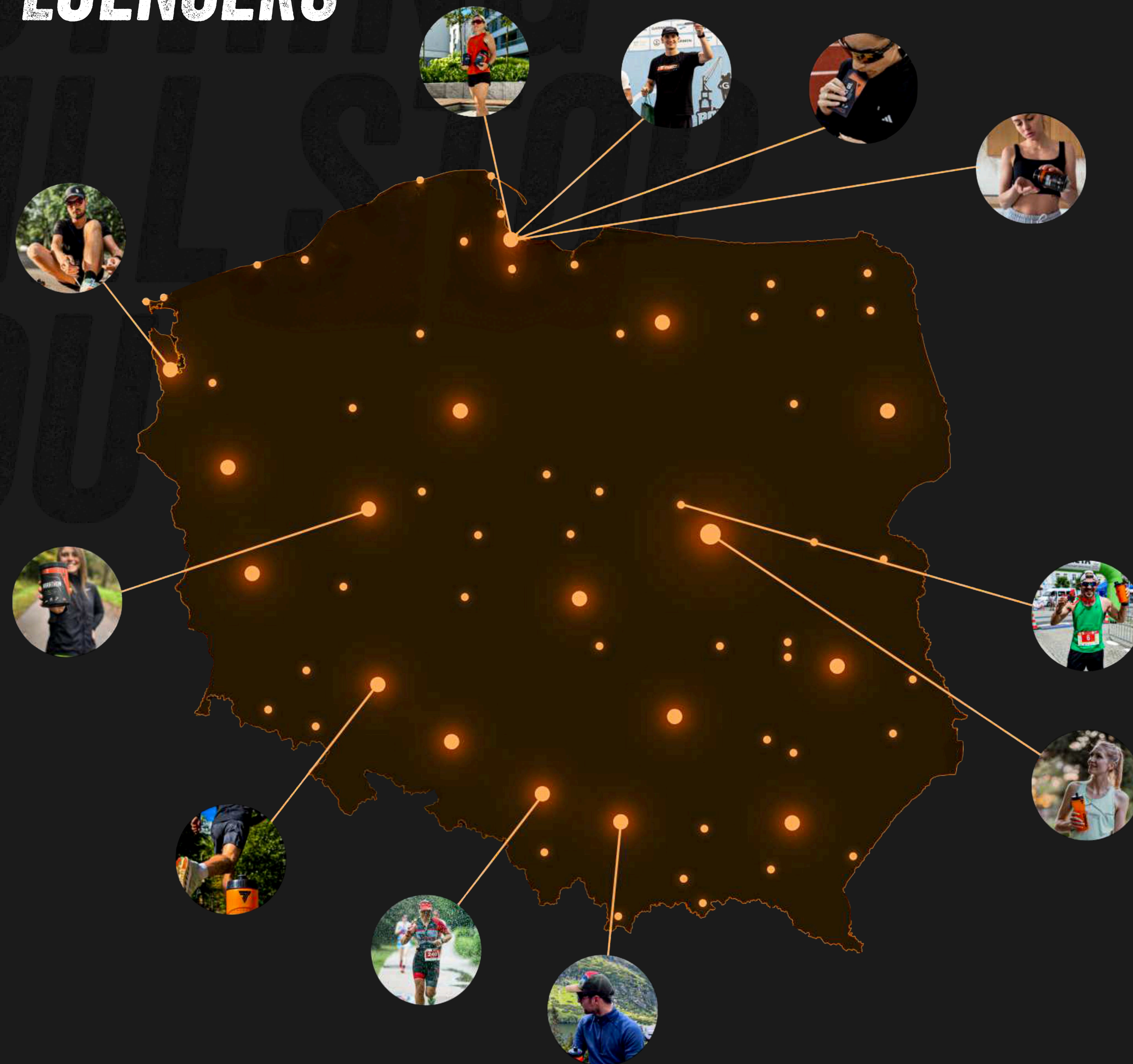
Motor skills development coach



DARIUSZ REWERS

Ultramarathoner and Polish foot orienteering champion.
Organiser of the Ultra Way Festival

INFLUENCERS



20

DEDICATED POLISH INFLUENCERS

Including several highly accomplished players

EVENTS

IN 2024, WE PARTNERED
WITH OVER 30 EVENTS

» WARSAW MARATHON

- » ENEA BYDGOSZCZ TRIATHLON
- » ENEA ŻNIN TRIATHLON
- » THE ULTRA WAY RUNNING FESTIVAL
- » GDAŃSK HALF MARATHON
- » 100TH ANNIV. OF THE MARATHON – TORUŃ
- » MALBORK CASTLE TRIATHLON
- » GARMIN ULTRA RACE: A 3-PART SERIES
- » GARMIN IRON TRIATHLON: A 11-PART SERIES

LOCAL COMPETITIONS:

- » STONEMAN TRIATHLON
- » WOLF RACE OCR
- » PROVIRUN ŁÓDŹ



46. NATIONALE-NEDERLANDEN
MARATON WARSZAWSKI



FESTIWAL BIEGOWY
ULTRA WAY



GARMIN
IRON TRIATHLON



BESTSELLERS



ISOTONIC SPORT

is a concentrated drink formulated for endurance sports, helping the body maintain optimal hydration.

BEFORE WORKOUT DURING WORKOUT AFTER WORKOUT



Serving: 40g
Packaging: 20g / 400g / 1000g
Flavours: lemon, orange, watermelon

NUTRITIONAL VALUE	in 100 g	in 80 g*	in 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
Carbohydrates	90 g	72 g	36 g
of which sugars	70 g	56 g	28 g
Proteins	0 g	0 g	0 g
Salt	1,51 g	1,21 g	0,61 g
Chloride	578,75 mg (72%**)	463,00 mg (58%**)	231,00 mg (29%**)
Calcium	305,00 mg (38%**)	244,00 mg (31%**)	122,00 mg (15%**)
Magnesium	150,00 mg (40%**)	120,00 mg (32%**)	60,00 mg (16%**)
Vitamin C	50,00 mg (63%**)	40,00 mg (50%**)	20,00 mg (25%**)
Niacin (mg NE)	10,00 mg (63%**)	8,00 mg (50%**)	4,00 mg (25%**)
Vitamin E (mg α-TE)	7,50 mg (63%**)	6,00 mg (50%**)	3,00 mg (25%**)
Pantothenic acid	3,75 mg (63%**)	3,00 mg (50%**)	1,50 mg (25%**)
Vitamin B6	0,88 mg (63%**)	0,70 mg (50%**)	0,35 mg (25%**)
Riboflavin (Vitamin B2)	0,88 mg (63%**)	0,70 mg (50%**)	0,35 mg (25%**)
Thiamine (Vitamin B1)	0,69 mg (63%**)	0,55 mg (50%**)	0,28 mg (25%**)
Folic acid	125,00 µg (63%**)	100,00 µg (50%**)	50,00 µg (25%**)
Biotin	31,25 µg (63%**)	25,00 µg (50%**)	12,50 µg (25%**)
Vitamin B12	1,56 µg (62%**)	1,25 µg (50%**)	0,63 µg (25%**)
ACTIVE INGREDIENTS			
Sucrose	44,9 g	35,9 g	17,8 g
Dextrose	22,5 g	18,0 g	9,0 g
Maltodextrin	22,3 g	17,8 g	8,9 g
Taurine	1250 mg	1000 mg	500 mg
L-Tyrosine	750 mg	600 mg	300 mg
Sodium	605 mg	484 mg	242 mg
L-Carnitine	510 mg	408 mg	204 mg

*Recommended daily serving
**Reference intake value

BESTSELLERS



ENERGY GEL

professional gel designed for demanding training sessions, delivering high-quality carbohydrates alongside MCT oil, beta-alanine, L-Carnitine, L-Arginine and L-Citrulline.

BEFORE WORKOUT DURING WORKOUT

Serving: 40g
Packaging: 40g
Flavours: multivitamin, orange, fruits of the forest



NUTRITIONAL VALUE	in 120 g	in 100 g*	in 40 g
Energy	1549 kJ/365 kcal	1291 kJ/305 kcal	516 kJ/122 kcal
Fat	3,0 g	2,5 g	1,0 g
of which saturates	2,9 g	2,4 g	1,0 g
Carbohydrates	78 g	65 g	26 g
of which sugars	60 g	50 g	20 g
Proteins	6,6 g	5,5 g	2,2 g
Salt	0,77 g	0,64 g	0,26 g
Magnesium	174 mg (46%*)	145 mg (39%*)	58 mg (15%*)
Vitamin B6	12 mg (857%*)	10 mg (714%*)	4,0 mg (286%*)
ACTIVE INGREDIENTS			
Dextrose	24,00 g	20,00 g	8,00 g
Fructose	24,00 g	20,00 g	8,00 g
Maltodextrin	18,00 g	15,00 g	6,00 g
Isomaltulose	12,00 g	10,00 g	4,00 g
MCT oil	4320 mg	3600 mg	1440 mg
Beta-alanine	2400 mg	2000 mg	800 mg
L-Carnitine	1200 mg	1000 mg	400 mg
L-Arginine	1200 mg	1000 mg	400 mg
L-Citrulline	1008 mg	840 mg	336 mg
Sodium	300 mg	250 mg	100 mg

*Reference intake value

BESTSELLERS



MARATHON

is a concentrated drink formulated for endurance sports, helping the body maintain optimal hydration.

BEFORE WORKOUT

DURING WORKOUT



Serving: 25g
Packaging: 25g / 400g
Flavours: fruits of the forest, pineapple

ACTIVE INGREDIENTS	in 50 g*	in 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
Anhydrous caffeine	120,00 mg	60,00 mg
Inositol	16,40 mg	8,20 mg
P-Aminobenzoic acid	16,40 mg	8,20 mg
Choline	6,72 mg	3,36 mg
VITAMIN FORMULA		
Vitamin C	160,00 mg (200%**)	80,00 mg (100%**)
Thiamine	16,40 mg (1491%**)	8,20 mg (745%**)
Riboflavin	16,40 mg (1171%**)	8,20 mg (586%**)
Niacin (mg NE)	16,40 mg (273%**)	8,20 mg (137%**)
Pantothenic acid	16,40 mg (103%**)	8,20 mg (51%**)
Vitamin B6	8,20 mg (586%**)	4,10 mg (293%**)
Folic acid	131,20 µg (66%**)	65,60 µg (33%**)
Vitamin B12	16,40 µg (656%**)	8,20 µg (328%**)
Biotin	16,40 µg (33%**)	8,20 µg (16%**)
MINERAL FORMULA		
Potassium	975,00 mg (49%**)	487,50 mg (24%**)
Chloride	856,00 mg (107%**)	428,00 mg (54%**)
Sodium	638,00 mg	319,00 mg
Magnesium	375,00 mg (100%**)	187,50 mg (50%**)
Calcium	244,00 mg (31%*)	122,00 mg (15%**)

*Recommended daily serving
**Reference intake value

BESTSELLERS



CARBO SPORT

this is a high-energy formula combining carbohydrates and minerals. It's easily soluble and provides a complex blend of carbohydrates, electrolytes, vitamins and taurine.

DURING WORKOUT AFTER WORKOUT



Serving: 75g
Packaging: 37,5g / 1000g
Flavours: lemon, orange

NUTRITIONAL VALUE	in 225 g*	in 100 g
Energy	3723 kJ / 876 kcal (44%**)	1649 kJ / 388 kcal (19%**)
Fat	0 g (0%**)	0 g (0%**)
of which saturates	0 g (0%**)	0 g (0%**)
Carbohydrates	219 g (84%**)	97 g (37%**)
of which sugars	87 g (97%**)	39 g (43%**)
Proteins	0 g (0%**)	0 g (0%**)
Salt	1,13 g (19%**)	0,50 g (8%**)
Potassium	900,00 mg (45%**)	400,00 mg (20%**)
Chloride	696,00 mg (87%**)	309,33 mg (39%**)
Calcium	361,00 mg (45%**)	160,00 mg (20%**)
Magnesium	170,00 mg (45%**)	76,00 mg (20%**)
Vitamin B6	0,63 mg (45%**)	0,28 mg (20%**)
Thiamine (Vitamin B1)	0,48 mg (44%**)	0,21 mg (19%**)
Vitamin D	2,25 µg (45%**)	1,00 µg (20%*)
ACTIVE INGREDIENTS		
Maltodextrin	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

*Recommended daily serving
**Reference intake value

BESTSELLERS



RUNNER'S
MULTIVITAMIN

This vitamin complex is ideal for both endurance and strength training.

Serving: 2 capsules
Packaging: 90 capsules



	in 2 capsules*
VITAMIN COMPLEX	
Vitamin C	100,00 mg (125%**)
Niacin (mg NE)	26,00 mg (163%**)
Pantothenic acid	16,00 mg (267%**)
Vitamin E (mg α-TE)	12,00 mg (100%**)
Riboflavin (Vitamin B2)	11,40 mg (814%**)
Thiamine (Vitamin B1)	11,10 mg (1009%**)
Vitamin B6	6,40 mg (457%**)
Folic acid	280,00 µg (140%**)
Biotin	60,00 µg (120%**)
Vitamin B12	12,50 µg (500%**)
MINERAL COMPLEX	
Magnesium	84,00 mg (22%**)
Iron	14,00 mg (100%**)
Zinc	10,00 mg (100%**)
Manganese	1,80 mg (90%**)
Copper	1,00 mg (100%**)
Iodine	150,00 µg (100%**)
Selenium	55,00 µg (100%**)
Molybdenum	50,00 µg (100%**)
Chromium	40,00 µg (100%**)
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

*Recommended daily serving
**Reference intake value

BESTSELLERS



COLLAGEN
4 RUNNERS

This capsule-based dietary supplement features collagen hydrolysate and hyaluronic acid, specifically formulated to support healthy tendons and joints.

Serving: 2 capsules
Packaging: 90 capsules



ACTIVE INGREDIENTS	in 4 capsules*	in 2 capsules
Collagen hydrolysate	2400,00 mg	1200,00 mg
Hyaluronic acid	100,00 mg	50,00 mg
Vitamin C	80,00 mg (100%**)	40,00 mg (50%**)

*Recommended daily serving
**Reference intake value

OFFER



Dietary supplement



ENERGY FUEL

Pre-workout powder with caffeine, creatine and beta-alanine.

BEFORE WORKOUT

Serving: 16g

Packaging: 16g / 240g

Flavours: lemon

Dietary supplement



CAFFEINE 200 PLUS

Capsules containing anhydrous caffeine and grapefruit extract.

BEFORE WORKOUT

Serving: 1 capsule

Packaging: 60 capsules

Dietary supplement



HERBAL ENERGY

Guarana and American and Korean ginseng extract complex

BEFORE WORKOUT

Serving: 2 capsules

Packaging: 90 capsules

Dietary supplement



100% VITAMINS & MINERALS

A 24-hour vitamin and mineral formula for endurance sports.

Serving: 2 capsules

Packaging: 60 capsules

OFFER



BETA-ALANINE SPORT

Recommended for all athletes, across all sports – aerobic and anaerobic.

Serving: 1,5g / 3 capsules

Packaging: 240g / 90 capsules

Flavours: watermelon



CREATINE SPORT

CREATINE SPORT, a creatine supplement with dextrose and taurine, provides high-quality creatine in a readily soluble powder form.

BEFORE WORKOUT

AFTER WORKOUT

Serving: 5g

Packaging: 5g / 300g

Flavours: watermelon, raspberry, kiwi, multifruit



GLUCOSAMINE SPORT COMPLEX

A dietary supplement with glucosamine sulphate, collagen hydrolysate and hyaluronic acid for cartilage, tendon and ligament health.

Serving: 3 capsules

Packaging: 90/180 capsules



VITARGO ELECTRO-ENERGY

This product utilises the patented VITARGO® formula, enhanced with electrolytes. It's a unique carbohydrate characterised by its high molecular weight and low osmolality.

BEFORE WORKOUT

DURING WORKOUT

AFTER WORKOUT

Serving: 35 g / 1000 g

Packaging: 60 capsules

Flavours: orange, lemon and grapefruit

OFFER



MAGNE-100 SPORT

This product provides a complex of four magnesium forms, enhanced with vitamin B6.

Serving: 2 capsules

Packaging: 60 capsules



ISOTONIC SPORT

Key electrolytes for rapid hydration during and after exercise.

Serving: 2 tablets

Opakowania: 20 tablets

Smaki: orange



BCAA SPORT

A dietary supplement for endurance sports, containing branched-chain amino acids, taurine, L-tyrosine and vitamin B6.

BEFORE WORKOUT

AFTER WORKOUT

Porcja: 9 capsules

Opakowania: 180 capsules



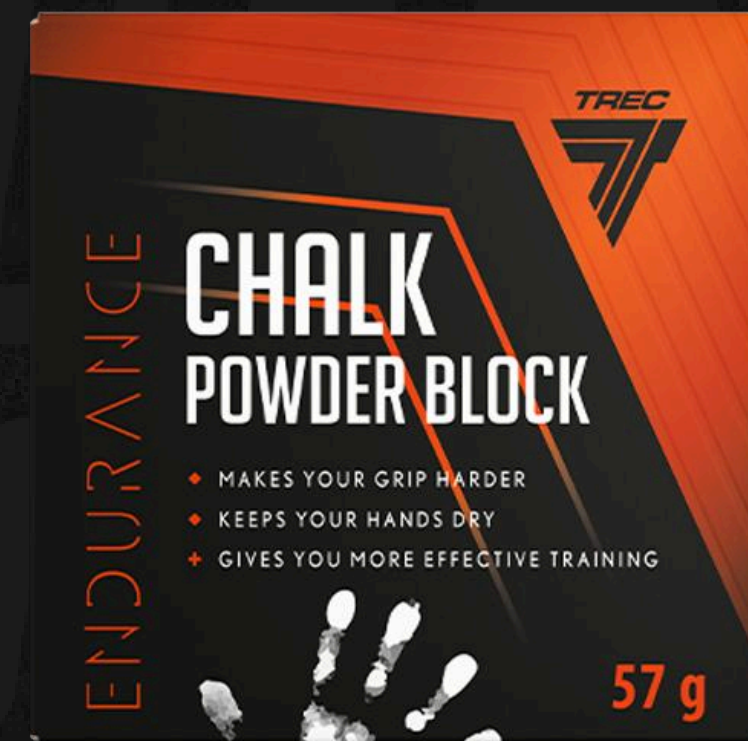
OMEGA 3 + D3 SPORT EDITION

Omega-3 fatty acids with vitamin D3

Porcja: 1 capsule

Opakowania: 120 capsules

OFFER



CHALK POWDER BLOCK

Magnesia in a block form, ideal for those requiring a secure grip during their training.

Packaging: 57 g



LIQUID CHALK

Liquid magnesia, ideal for those requiring a secure grip during their training.

Packaging: 100 ml / 250 ml



WHAT'S NEW



HYDRO ENERGY GEL

Professional-grade energy gels (no need to wash down with water).

BEFORE WORKOUT **DURING WORKOUT**

Serving: 40g

Packaging: 40g

Flavours: orange, green apple, raspberry

Instruction for use: before, during and after workout



RECOVERY SHAKE

This Recovery Shake is formulated for post-exercise use, dramatically speeding up your body's restoration. Its concentrated blend provides easily absorbed carbohydrates, protein, electrolytes and essential vitamins and minerals.

AFTER WORKOUT

Serving: 50g

Packaging: 50g / 1000g

Flavours: vanilla, chocolate



PASSIONATELY DEVELOPED PRODUCTS



**THE TREC TEAM COMPRISES TREC
NUTRITION EMPLOYEES WHO
REGULARLY COMPETE IN SPORTS.**

We test our ideas ourselves, first.





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WILL STOP**

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ENDURANCE