

Live the IRONMAN LANZAROTE experience with 226ERS.

IRONMAN LANZAROTE and 226ERS continue to work together to provide all triathletes with the energy they need. 226ERS is present at the IRONMAN LANZAROTE with the aim of providing products that are as healthy as possible, without gluten, GMO's or unnecessary additives. We are committed to using the best ingredients of the highest quality so as not to interfere with perfect digestion or the assimilation of all the nutrients necessary to enjoy sport or long distance competitions. **#FeedYourDreams**

THESE ARE THE PRODUCTS YOU WILL FIND IN THE RUNNER'S BAG:



ISOTONIC DRINK

Isotonic energy drink in 20g sachets.

It is recommended for hydration and replenishment of mineral salt deposits before competition and for replenishment of mineral salt levels after exercise.

It provides 17g of carbohydrates per serving, is suitable for vegans, gluten-free, lactose-free and sugar-free, and promotes total assimilation of nutrients.

Instructions for use: dissolve 1 sachet (20g) in 500ml of water and shake. Regularly consume small doses 150 ml of 15/20 min, during and after exercise.

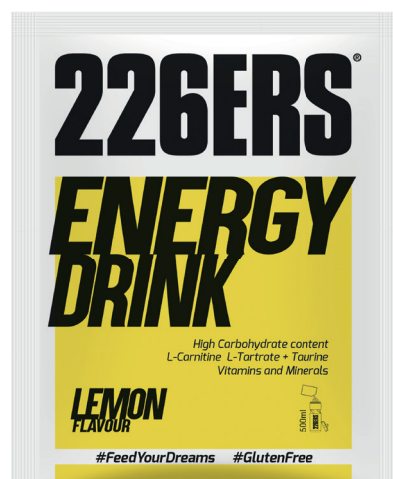
ENERGY DRINK

Energy drink in 50g sachets.

Its main advantage lies in its **rapid supply of energy to the body without the need for sugars** and in its low mineral salt content, which guarantees that the intake of other products containing minerals (gels, snack bars, capsules...) is not prejudicial.

Each serving contains about 45g of carbohydrates. Its use is particularly recommended for competitions lasting 90' or more and for carbohydrate loading before long competitions.

Instructions for use: Dissolve 50g of product (1 satche) in 500ml of water and shake. Regularly consume small doses of 150-200ml every 15/20 minutes, before and during exercise.



ALSO CHECK OUT THE PRODUCTS AVAILABLE IN THE AIDS STATION AREA:



HYDRAZERO

Hypotonic drink.

We recommend you try our mineral salt drink during the event, it will help you replenish lost electrolytes and replenish your mineral salt stores.

Each serving of Hydrazero provides 500mg of sodium, which improves hydration and provides a better balance of body fluids. It is formulated with stevia to replenish electrolyte loss without adding calories.

It's available in 2 flavours: lemon and tropical.

RACE DAY

40g. bar

They provide energy during training and competition. They are easy to chew and **do not cause insulin spikes**. Rich in carbohydrates, gluten free and suitable for vegans.

Available in different varieties and flavours:

- BCAA: in 8:1:1 ratio (Leucine+).
- CHOCO BITS: with delicious chocolate chips.



HIGH ENERGY GEL 76g

Its main source of **carbohydrates (50g)** is cyclodextrin. **They are designed to provide a prolonged release of energy.** They promote the use of glucose at the cellular level in a shorter time, maintaining blood sugar levels for longer.

You'll find them in 3 different formulations and the following variety of flavours:

- Formula base - lemon and banana
- Formula with caffeine - espresso coffee
- Formula salty, containing 250mg of sodium and a touch of salt - salty strawberry

ISOTONIC GEL 68g

Isotonic energy gel based on **carbohydrates (22g)**, cyclodextrin, natural flavours and natural sweetener stevia. Helps to improve glycogen replenishment more efficiently.

You do not need water to take it, the gel itself contains the necessary amount. At IRONMAN LANZAROTE you can try it in different flavours: Watermelon, Lime, Mint & Blueberry and Cola with 100mg of caffeine.

HIGH FRUCTOSE GEL 80g

Formulated with maltodextrin and fructose in a 10:8 ratio, with a **carbohydrate intake of 55g per gel. Also contains 250mg of sodium.**

The combination of maltodextrin and fructose allows a high amount of carbohydrate to be digested and absorbed per hour, minimising the risk of stomach upset.

Suitable for vegans, gluten free and available in 3 flavours: banana, strawberry and cola with 100mg of caffeine.

