

Mix & Match

Powerbar Black Line Kohlenhydrat-System

Die Summe der Kohlenhydrate pro Stunde soll optimal zu dem Bedürfnis der Athleten passen.

90+ Mit den Black Line Produkten & Nutrition Training ist die Aufnahme von bis zu 120 g/Stunde KH möglich.

Powerbar®

WISSENSCHAFTLICH
EMPFOHLENE KH-ZUFUHR

PRODUKT- UND KOMBINATIONS-BEISPIELE

BEFORE 1 DURING 2 AFTER 3

Während 1-2 Stunden intensiver Belastung:

30 g

Kohlenhydrate/Stunde



1 Portion ISO FUEL
ISOTONIC SPORTS DRINK
30 g KH

oder



1 FUEL GEL
30 g KH

oder



1 FUEL GEL + Koffein (100 mg)
30 g KH

Während 2-3 Stunden intensiver Belastung:

60 g

Kohlenhydrate/Stunde



1 Portion ISO FUEL
ISOTONIC SPORTS DRINK
60 g KH

+



1 FUEL GEL

oder



+



2 FUEL GEL (wahlweise mit oder ohne Koffein)
60 g KH

> 2,5 Stunden intensiver Belastung:

90 g

Kohlenhydrate/Stunde



1 Portion FUEL
SPORTS DRINK
90 g KH

oder



2 Portionen ISO FUEL
ISOTONIC SPORTS DRINK



1 FUEL GEL

90 g KH

oder



1 Portion ISO FUEL
ISOTONIC SPORTS DRINK



2 FUEL GEL

90 g KH

Mix & Match

Powerbar Black Line Carbohydrate System

The total amount of carbohydrates per hour should optimally match the athlete's needs.

90+ The Black Line products & nutrition training allow an intake of up to 120 grams of carbs per hours.



SCIENTIFICALLY ADVISED CARBOHYDRATE INTAKE

PRODUCT AND COMBINATION EXAMPLES

BEFORE 1 DURING 2 AFTER 3

During 1-2 hours of intensive endurance exercise :

30g

Carbohydrate/Hours



1 serving ISO FUEL ISOTONIC SPORTS DRINK

30 g CH

or



1 FUEL GEL

30 g CH

or



1 FUEL GEL + Caffeine (100 mg)

30 g CH

During 2-3 hours of intensive endurance exercise :

60g

Carbohydrate/Hours



1 serving ISO FUEL ISOTONIC SPORTS DRINK

60 g CH

+



1 FUEL GEL

or



+



2 FUEL GEL (either with or without caffeine)

60 g CH

>2.5-3 hours of intensive endurance exercise:

90g

Carbohydrate/Hours



1 serving FUEL SPORTS DRINK

90 g CH

or



2 servings ISO FUEL ISOTONIC SPORTS DRINK

90 g CH



1 FUEL GEL

or



1 serving ISO FUEL ISOTONIC SPORTS DRINK

90 g CH



2 FUEL GEL

90 g CH