

2022 FERS[®]

2022V1



BE

GOOD

TO YOU

WE 
GLUTEN FREE



226 is the distance in kilometers of the worldwide hardest endurance challenge Ironman distance. Just like those who practice running are called runners, people who practice this category may be called **226ERS®**

226ERS® is a philosophy, a certain interpretation of life, characterized by a desire of improving at any time, improving oneself day after day, pursuing goals that seemed to be impossible at first. Maybe you have already run the 226km, and although more likely you haven't, its philosophy is applies to every aspect of daily life.



A correct nutrition is essential to keep our health condition in top form, physically and mentally. Remaining strong in these two pillars is crucial to be able to achieve our goals. It is for this reason that we took care to create a range of products that help you to maintain your body and mind in its optimal way. All our products are gluten free, almost entirely developed with natural ingredients and components. Low or free sugar and entirely without GMOs. Everything designed in order to secure there is no perturbation in your digestion and that your body and mind assimilate all the nutrients required.

**DO YOU FEEL
IDENTIFIED WITH IT?**

CEO & FOUNDER

Everything began just after my 13th birthday when I bought my first book on sports nutrition. I took the step from playing team sports to individual sports, in this case swimming, a sport that depends on the individual self. As well as this, one's improvements are subordinated to the tough training and an accumulation of details, among them nutrition, which I had to begin so as to understand that sport and nutrition must go together.

Although I continued competing in swimming along with other sports (e.g. MTB, windsurfing, skiing, volleyball and basketball), I always paid attention to the nutritional aspect. Finally, in 1994, I submerged myself into, a great passion of mine, the triathlon world where nutrition and supplements play an ever more important role for me.

In 1999, I trained and competed very hard and obtained the bronze EEG in the Olympic distance Cto. Spanish Triathlon. However, I was forced to retire from my objective of the year "El Home de Ferro de Ibiza", one of the first 226km long distance triathlons in Spain. It was there that I clearly became conscious of the nutritional importance in endurance sports. This challenge marked a before and an after in my sports and professional life.

In 2004, with my studies in Architecture completed and being pushed by my wife Pilar, who also wants to participate in a triathlon, I decided to return and compete with clearer and more ambitious goals... and that was it. I achieved positive results in both the Olympic and half distance races, however the half distance race continued to elude me due to the continuous digestive problems that occurred in the final hours of the competitions, a time when I needed my body the most.

In 2007, I realised that this problem was not only mine but also the largest obstacle for many athletes who have to overcome it to complete in a long-distance race. In conjunction with my doctor, coach, dietician, many sports-specific books, scientific studies and the testing of all of the available products on the market, I decided to begin a search for the cause of my digestive problems when competing and understand how to overcome it using the adequate ingredients and compounds.

In 2010, as a result of a through research, I began to conduct my own mixtures and decided to eliminate gluten, drastically reduce my sugar intake during exercise and use food sources of the purest and highest quality (natural elements). As a result, everything began to change. My performance improved and my body became familiar with the products.

During that summer, I set up 226ERS in an office, which was a little bigger than 12 square metres, in the basement of my home. 226ERS was born with the following three benchmarks.

The following year 2011, I gained my first classification in the Nice Ironman® for the World Ironman® Championships in Kona. A year later, 2012, I completed the Roth Challenge® in 8h 51' and the European ETU Long Distance Championship (M35). In 2013, I achieved the same time (8h 51') and a time of 2h 40' in the Seville Marathon. In 2014 and 2016, I classified again for the Ironman® World Championship in Kona, totaling a 3-time participation in the Triathlon Mecca.

At the rate with which we are growing as a brand, we are even more conscious that sport and nutrition, apart from being



basic elements to a healthy body and physical performance, are necessary for an optimal mental state. Nowadays, 226ERS has a range of over 100 products that are not only directly related with physical activity, but also products for other moments of the day, for sportsmen and sportswomen who seek to look after their health.

As we continually strive to follow the same pillars and excitement that marked our beginning, we always try to improve day-by-day, use the highest-quality ingredients, production and contributions, use natural products and pay special attention to the correct digestion of them. During this long road, our brand has not only

increased in available products but also in popularity on the global market.

Since our foundation, we have been a brand created for lovers of endurance sports. This dream is what motivates us to continuously improve and search for the best results from ourselves.

#FeedYourDreams

Jesús Sánchez
CEO & FOUNDER
226ERS SPORTS THINGS

BE

GOOD

TO YOU

NO PALM OIL

NO GMO

DOPING FREE

CONTENTS

14 CARBOHYDRATES

- ISOTONIC DRINK
- ENERGY DRINK
- SUB9 ENERGY DRINK
- SUB9 RACE DAY

18 PROTEINES

- WHEY PROTEIN
- ISOLATE PROTEIN DRINK
- VEGAN PROTEIN SHAKE
- KETO PROTEIN

22 RECOVERY

- RECOVERY DRINK
- VEGAN RECOVERY DRINK
- NIGHT RECOVERY CREAM
- K-WEEKS IMMUNE

26 SALTS

- CHEW SALTS
- HYDRAZERO
- SALTS ELECTROLYTES
- SUB9 SALTS ELECTROLYTES
- SUB9 PRO SALTS ELECTROLYTES

31 ENERGY GELS & GUMMIES

- BIO ENERGY GELS
- HIGH ENERGY GEL
- ISOTONIC GEL
- VEGAN GUMMY BAR
- SMART GEL MCT-C8

38 BARS

- ENDURANCE FUEL BAR
- RACE DAY
- NEO BAR
- VEGAN PROTEIN BAR
- VEGAN OAT BAR

43 SUPPLEMENTS

ENERGY SHOT
STAY IMMUNE
PREWORKOUT
BCAA
CREATINE
GLUTAMINE
6.4 AMINO
CAFFEINE EXPRESS
OMEGA 3 FISH OIL
OMEGA 3 VEGAN
COLL·EG
SYMBIOTIC COMPLEX
VEGAN BETA ALANINE
VEGAN FAT BURNER
VEGAN MAGNESIUM BISGLYCINATE
VEGAN VITAMIN +
VITAMIN D3

62 HEALTHY FOOD

VEGGIE ENERGY CAKE
VEGGIE PROTEIN PUDDING
VEGGIE PROTEIN BROWNIE
PEANUT BUTTER AND ALMOND
BUTTER
KETO BUTTERS
SOLO COFFEE

68 MERCHANDISING

90 SHOP & EVENTS

ISOTONIC DRINK

FORMAT

1 Kg
500g
Monodose 50g
(Lemon and Red
fruits flavours)

FLAVOURS



Mineral salts and water must be balanced for optimum performance:

- > A lack of water causes DEHYDRATION.
- > A lack of salt causes HYONATRAEMIA.
- > Both reduce performance and can be deadly

We must provide the body with liquid and mineral salts, not just water.

A lack of mineral salts causes:

- > Decrease in performance.
- > Cramps.
- > Hyponatremia in extreme cases.

ISOTONIC DRINK contains:

- > Low kcal contribution, under 80 kcal / 500 ml.
- > **Amylopectin** as a source of energy:
 - Absorbed by the stomach up to 80% faster
 - Restores muscle glycogen up to 70% faster
- > **Mineral salts:**
 - Guaranteeing suitable levels for practising intensive sports.
- > **Beta-alanine:**
 - Lactic Acid inhibitor that delays fatigue.



Filling up Salts deposits (500 ml one hour before exercise).



As a contribution of salts take (500-800 ml per hour).

CARBOHYDRATES

ENERGY DRINK

FORMAT

1 Kg
500g
Monodose 50g
(Lemon flavour)

FLAVOURS



Product primarily designed to provide energy, essential for extensive workouts, long competitions or for pre-competition hydration.

We use energy and minerals during exercise based on:

- > Environmental factors. Heat and humidity.
- > Physiological factors. Consumption of energy and minerals.
- > Nutritional factors. The diet we are following, or foods we consume.

ENERGY DRINK CONTAINS:

- > **Amylopectin** as a source of energy:
 - Absorbed by the stomach up to 80% faster
 - Restores muscle glycogen up to 70% faster
- > **Taurine** as a vasodilator:
 - Increases the transport of oxygen to the muscle.
 - Improves performance.
- > **L-Carnitine** activates fat metabolism:
 - Preserves glycogen deposits.
 - Improves energy efficiency
- > **Vitamin Complex:** extra contribution of the main vitamins.



Pre-competition hydration (refills glycogen deposits (before exercise).



Training sessions or competitions between 90' and 4 hours maximum (500 ml/hour).

CARBOHYDRATES

sub9

ENERGY DRINK



FORMAT

1 Kg
Monodose 50g
(Watermelon flavour)

FLAVOURS



SUB9 ENERGY DRINK. Energy product specially recommended for workouts and competitions lasting more than 4 hours, such as ultra trails, long-distance triathlons, bicycle race routes or mountain biking in stages, among others.

This original product provides sufficient carbohydrates to ensure the energy needed for sporting performance, as well as rapid-assimilation proteins and BCAA. 8:1:1 It also provides sodium, the mineral our body most consumes during exercise.

SUB9 - ENERGY DRINK contains:

- > **Amylopectin:** as a source of energy:
 - Absorbed by the stomach up to 80% faster
 - Restores muscle glycogen up to 70% faster.
- > **Whey protein isolate:** Numerous studies have shown that the intake of a mix of carbohydrates with high glycaemic indexes such as amylopectin, together with whey protein isolate, improves performance in long duration sports and prolongs time to exhaustion.
- > **BCAA (8.1.1) + Tyrosine:** If we increase the intake of branched-chain amino acids such as leucine (8:1:1) and we add tyrosine, we avoid the decrease of neurotransmitter precursors such as dopamine.
- > **Taurine + L-Carnitine:** Taurine has antioxidant and anti-inflammatory properties and increases fat oxidation as an energy substratum, which, together with the carnitine for improving their transport into the mitochondria, promotes the use of the fat maintaining glycogen reserves, which is essential in long-duration sports. They help improve overall health, acting in synergy with the other nutrients.



Filling carbohydrate tanks (500 ml during the hour before exercise).



Training or competitions of more than 4h (500-ml/hour).

CARBOHYDRATES

FORMAT

Monodose 87,5 g

FLAVOURS



Sub9 Race Day is currently the energy sports drink containing the most carbohydrates per serving. To enable its 82 g of carbohydrates and its 332 kcal to be absorbed, we have worked to obtain a low-osmolarity drink by using **Cyclodextrin** and **Palatinose** as its main ingredients. These latest-generation carbohydrates are more efficient at replenishing glycogen in the body.

Provides practically **1g of BCAA** in an 8:1:1 proportion with extra Leucine per serving. The combination of these essential amino acids is perfect for endurance sport given that.

Contains 230 mg of L-Carnitine, derived from L-carnitine L-tartrate, which is a stabilized form of L-carnitine. Its absorption speed is slightly higher than in other forms of L-carnitine.

> It helps to transport long-chain fatty acids to cellular mitochondria, increasing the supply of energy to the muscles and favouring increased blood flow in the area.

> Increases the production of ketones that prevent protein catabolism.

> Saves up glucose and muscle glycogen to improve performance and recovery while reducing damage to muscle tissue.

Provides 460 mg of Sodium derived from the use of sea salt. In hot temperatures and high humidity, it can be supplemented with extra sodium, preferably using capsules, at a rate of 1 g of Sodium per litre of water.

Prepare it by adding a little water to the can, dissolve the powder from the sachet in it, shake vigorously and top up with water.



Filling carbohydrate tanks (500 ml during the hour before exercise).



In training or competitions from 500 ml / hour.

WHEY PROTEIN

FORMAT

1 Kg

FLAVOURS



Whey Protein is high in biological value, since it provides all the necessary essential amino acids for growth and for the maintenance of bodily functions.

The greatest advantage of concentrated proteins over common proteins found in foods such as meat or fish is that they are more easily and far more quickly absorbed, providing all the nutrients needed by your muscles. This makes them ideal for sportspeople who are making considerable muscle effort. After finishing high-intensity training, muscles absorb a larger amount of protein for repairing themselves thanks to a phenomenon denominated metabolic window, facilitating muscle recovery as small muscle damage is repaired, preparing the muscles for training on subsequent days.

With approximately 115 kcal per serving and 23 g of protein, of which 25% are BCAA, we have succeeded in making Whey Protein a low-carbohydrate, low-sugar protein shake sweetened with stevia, that contributes to:

- > Increasing muscle mass.
- > Retaining muscle mass.
- > Maintaining bones in normal conditions.

Available in a 1kg doy pack format that comes in 3 flavours:

- > **Chocolate Blend:** flavoured with powdered cocoa.
- > **Vanilla Custard:** flavoured with a touch of cinnamon.
- > **Pineapple:** with "piña colada" flavour.



Right before or after an aerobic or strength training session.

As a complement to a weight-loss or high-protein diet.

PROTEINS

ISOLATE PROTEIN DRINK

FORMAT

1 Kg

FLAVOURS



19

ISOLATE is an ultrafiltered whey protein isolate, so it has the same biological characteristics as whey peptides. Thus we obtain an extraordinarily high-protein substance that is low in fat and very low in sugar, which makes it the perfect option for athletes.

This product allows us to achieve a suitable protein intake, prior to exercise, due to absorption of amino acids by muscles being proportional to their transport and the proportion of blood flow to the muscles increases during physical exercise.

We known:

- > The isolate is perfect for overload workouts.
- > Recommended for achieving minimum protein intake on weight-loss programmes.
- > Sweetened only with Stevia, it is completely natural and contains no calories.
- > This protein is assimilated rapidly, accelerates recovery and reduces fatigue.



Right before or after an aerobic or strength training session.

As a complement to a slimming or high-protein diet.

PROTEINS

VEGAN PROTEIN

FORMAT

700 Kg

FLAVOURS



Vegan Protein is designed for those who want a healthy, balanced and sustainable diet, benefiting from the properties of its ingredients.

The product is suitable for vegans, containing 70% protein and providing 21g of protein per dose. It has little more than 100 kcal, being low in fat and having no added sugar, as it is sweetened with stevia. The total sugar content per dose is less than 0.5 g, so it is ideal for drinking at any time of day and increasing your intake of vegetable proteins healthily.

Vegan protein contains 2 high quality vegetable proteins:

- > **Pea protein** has a high proportion of essential and non-essential amino acids and is the richest natural source of arginine, known for its great contribution in the repair and growth of muscle tissue. Pea protein is highly bioavailable and digestible, optimises tissue formation and tones muscles.
- > **Rice protein** has a lot of nutrients and is low in calories. It prevents fatty acids from being stored by activating lipase in the liver and the blood vessel walls.

We have also formulated Vegan Protein with superfoods to make it even more complete:

- > Moringa, also called the drumstick tree, has medicinal powers and is rich in antioxidants and chlorophyll, essential for the purification and oxygenation of cells, in addition to providing iron and calcium.
- > Lucuma is an Andean fruit notable for its richness in vitamins B1, B2, beta-carotene and phosphorus. It is ideal for fatigue and highly recommended for strengthening the immune system.
- > Flax seeds have a high content of omega 3 fatty acids, lignans (antioxidants), vitamins and fibre.
- > Chia seeds are a great source of vitamins, minerals, fiber and Omega 3 fatty acids that help fight fat and regulate body weight.

It is available in three flavours: **cocoa, red fruits** and **vanilla**.



It can be prepared with water or a vegetable drink, or combined with some fruits and nuts to adapt to individual consumption needs; thus incorporating more vitamins, minerals and carbohydrates.

PROTEINS

KETO PROTEIN

FORMAT

500 g

FLAVOURS



21

Keto Protein is a protein-rich shake suitable for ketogenic diets, formulated with 30% - 35% of fats, 35% of protein and only 2.4 grams of net carbohydrate per take, with less than 1 g of sugar.

The **Keto Protein** formula keep blood sugar and insulin levels low, and so the body easily turns to consuming stored fats to obtain energy, prolonging the state of ketosis.

Thanks to its nutritional profile, **Keto Protein** is a satiating shake that favours metabolic flexibility due to a high intake of fats and low carbohydrate content, improving mental clarity, digestive function and helping to move you away from carbohydrate dependency and the insulin peaks this generates.

Keto Protein is made up:

- > MCTs from coconut, with 10 g per take, providing superior-quality fatty acids so that there is no need to resort to glycogen reserves either during physical exercise or during the day. It supplies continuous energy during prolonged exercise and helps to reduce lactate build-up.
- > High-quality whey protein concentrate for perfect assimilation and digestion that also helps to retain muscle mass and to keep bones in normal condition.
- > Organic flax seeds with a high content of omega 3 fatty acids, lignans (antioxidants), vitamins and fibre.
- > Natural aromas that do not interfere in the assimilation of nutrients. Naturally flavoured.

Available in a 500-g doypack and in two flavours:

- > **Chocolate**
- > **Yogur Lemon**



It is perfect for breaking your fast, during training for Keto energy input or at any time of the day, either with your main meal or between meals as a healthy shake.

PROTEINS

RECOVERY DRINK

FORMAT

1 Kg
500 g
Monodose 500 g
(Strawberry, chocolate
and vanilla flavours)

FLAVOURS



After exercise, it is crucial to recover as soon as possible in order to assimilate the training and perform to your full potential on the following day.

Recovery Drink helps to:

- > Top up glycogen stores thanks to its formulation with easily absorbed quality carbohydrates.
- > Protect and rebuild the muscles after exercise thanks to the proteins and amino acids.

It provides an approximate proportion of 1:1 of proteins in relation to carbohydrate, a high quantity of protein for a recoverer, but it is formulated in this way because after training it is commonplace to ingest foods that are high in carbohydrates such as fruit, oats, energy bars, etc., neglecting the proteins that are essential for muscle recovery.

It also provides:

- > **L-Arginine AKG (250 mg per take).** This is the precursor amino acid of nitric oxide and contributes to improving the endothelial dilation of blood vessel walls, increasing blood flow and the amount of nitric oxide in the blood. It is also necessary for synthesizing proteins within body tissues, thus favouring tissue repair.
- > **Creatine (1500 mg per take).**
- > **Medium chain triglycerides (500 mg per take):** which provide superior-quality fatty acids so that there is no need to resort to glycogen reserves during physical exercise. It supplies continuous energy during prolonged exercise and helps to reduce lactate build-up.
- > **Golden linseed** with a high content in omega 3 fatty acids, lignans (antioxidants), vitamins and fibre.



0'-30'. Right after a highly demanding or extensive workout or competition (250-500ml).

RECOVERY

VEGAN RECOVERY DRINK

FORMAT

500g
1 Kg

FLAVOURS



After exercise, it is crucial to recover as soon as possible in order to assimilate the training and to perform at full capacity next day.

Vegan Recovery Drink helps to:

- > Top up glycogen stores thanks to its formulation with easily absorbed quality carbohydrates.
- > Protect and rebuild the muscles after exercise thanks to the proteins and amino acids.

It provides an approximate proportion of 1:1 of proteins in relation to carbohydrate, a high quantity of protein for a recoverer, but it is formulated in this way because after training it is commonplace to ingest foods that are high in carbohydrates such as fruit, oats, energy bars, etc., neglecting the proteins that are essential for muscle recovery.

It also provides:

- > **L-Arginine AKG (250 mg per take):** This is the precursor amino acid of nitric oxide and contributes to improving the endothelial dilation of blood vessel walls, increasing blood flow and the amount of nitric oxide in the blood. It is also necessary for synthesizing proteins within body tissues, thus favouring tissue repair.
- > **Creatine (1500 mg per take).**
- > **Medium chain triglycerides (500 mg per take):** Which provide superior-quality fatty acids so that there is no need to resort to glycogen reserves during physical exercise. It supplies continuous energy during prolonged exercise and helps to reduce lactate build-up.

Available in two flavours and two formats:

- > **Vanilla Custard:** with the authentic vanilla and cinnamon flavour characteristic of custard.
- > **Cocoa Caramel:** delicious chocolate flavour with a slight hint of caramel.



0'-30' Right after training or competition (250-500ml).

RECOVERY

NIGHT RECOVERY CREAM

GLUTEN
FREE



LOW
SUGAR



FORMAT

500g

1 Kg

FLAVOURS



It is a custard or yoghurt-textured cream for eating with a spoon.

It is ideal to **drink at night before going to sleep**:

- > Improving performance on the most demanding days.
- > Performing at 100% in competitions in stages.
- > Daily recovery during the loading phase.
- > Taking the night before a competition.

It provides, among others:

- > **Calcium caseinate**: Slows amino acid metabolism and thus prolongs the synthesis of proteins, promoting muscle growth and strengthening muscles.
- > **Colostrum**: Provides amino acids that contain vital albumins for cell metabolism and cell regeneration and immunoglobulins that are essential antibodies and providers of protection against and prevention of infections that can attack the body.
- > **L-Glutamine**: For repairing muscle fibres and enabling protein synthesis. It also acts as a buffer against lactic acid, inhibiting its effects.
- > **L-Tryptophan**: Essential for aiding the liberation of the serotonin neurotransmitter, involved in regulating sleep and pleasure. Regulates anxiety, insomnia and stress
- > **Amylopectin**: As a carbohydrate, it dissipates insulin and improves protein absorption.

Preparation:

- > Put 2 product dosages (2x12.5g) in a small bowl (standard take). Pour the water or milk little by little (about 100 ml).
- > Stir with a spoon until you get the texture you want.
- > The product will thicken gradually as you mix it.



At night, just before going to bed on days of strenuous workouts, loading phases, the night before or after a competition.

RECOVERY

K-WEEKS IMMUNE

FORMAT

1 Kg
500 g

FLAVOURS



25

megaflora⁹
evo

The immune system is the set of cells, tissues and organs acting as the body's natural defense against virus and bacterial infections. It protects our body from potential diseases by combating the germs that generate them.

Due to inappropriate nutrition, stressful and anxious situations, demanding training, etc., our defenses are weakened and do not perform their function properly.

There are many natural options that can help us reinforce our defenses, thus preventing the emergence of certain diseases or a diminished state.

With 23 g of premium-quality whey protein with a high biological value, it helps increase and retain muscle mass, as do the rest of the functional ingredients that make it up:

Among others:

- > **Megaflora 9 EVO:** Comprises a mixture of high-quality prebiotics (minerals and vegetable protein) and 9 perfectly characterized probiotic bacterial strains from different species in a concentration of 2 billion cfu/g. It contains living, viable and active bacteria with a high gastrointestinal survival rate.
- > **Hydrolyzed collagen:** Reduces joint pain and joint inflammation.
- > **Colostrum:** Acts on the cell metabolism and the metabolism of cartilages, tendons and joints as well as strengthening the immune system.
- > **Chamomile:** It is anti-inflammatory and favors digestion.
- > **Royal Jelly:** It is a natural energizer and stimulates our body's natural defenses.
- > **Echinacea:** Acts as an antimicrobial, antiviral, anti-inflammatory and antioxidant.

K-Weeks Immune is available in 3 flavors: **Chocolate, Capuccino, and Biscuit.**



AFTER
WAKE UP

Drink for taking with breakfast or first thing in the morning.

RECOVERY

CHEW SALTS

FORMAT

Tube 13 Tablets

FLAVOURS



Electrolytes are present in the blood as well as in other bodily fluids and their extra and intracellular balance is vitally important in maintaining our health and wellbeing, since they fulfil some important functions:

- > They regulate the amount of water present in the body.
- > They are indispensable for correct muscle function.
- > They regulate blood pH.
- > They regulate the body's nervous function.

When we practice sport, we lose electrolytes, which are associated with muscle function. Their deficit can cause muscle weakness and fatigue, cramp, muscle spasms and even nausea.

Chew Salts provide sodium, magnesium, potassium and calcium:

- > **Sodium:** this is the mineral we lose the most of during sports practice through perspiration, and so it is indispensable to replace it to prevent dehydration and its consequences.
- > **Magnésium:** Helps reduce tiredness and fatigue. Magnesium contributes to normal energy metabolism and to electrolyte balance, to the normal functioning of the nervous system and of the muscles.
- > **Potassium:** Contributes to the normal functioning of the muscles, of the nervous system and to maintaining normal blood pressure.
- > **Calcium:** Contributes to the normal functioning of the muscles. It is needed for maintaining bones in normal condition.

Because of all these functions, Chew Salt is indispensable for replacing electrolytes in sports practice. Its tube format makes it easy to carry with you. Being chewable makes them ideal and easy to take during training and competition.



Before the exercise as a form of hydration.



During the training session, as loading mineral salts.



After the exercise as a form of hydration.

SALTS

HYDRAZERO

FORMAT

Monodose 7,5g
Plastic container 225g
Case 14 monodose

FLAVOURS



Hydrazero is an essential mineral salt drink as the loss of electrolytes has to be replenished in order to perform efficiently not only in competitions but also in training.

Each dose of Hydrazero contains:

- > 500mg of sodium which improves hydration and provides a better, more proportioned balance of body fluids.

As it is a **Hypotonic drink**, its osmolality is less than that of blood plasma something that intracellular hydration favours. As well as this, using this type of drink reduces the risk of having an upset stomach.

Its formula contains **Stevia** which provides zero sugar, therefore allowing replenishment of lost electrolytes without adding calories.

Available in three refreshing flavours (lemon, tropical, and sour strawberry) that permit rehydration while enjoying a drink that has a pleasant taste.

Prepare the Hydrazero and consume during training sessions. It can also be consumed to hydrate before training and to replenish the electrolyte stores after training.

The intake is designed with 750 ml water bottle. If a 500ml or 1l water bottle is preferred, the taste in relation to the quantity of water may be strengthened or reduced. Nonetheless, the characteristics of the product will remain unchanged, and it will continue to be hypotonic and provide the same quantity of salts.



Before the exercise as a form of hydration.



During the training session, as loading mineral salts.



After the exercise as a form of hydration.

SALTS ELECTROLYTES

FORMAT

Plastic container 100
capsule

FLAVOURS



The body's salt level is critical for optimum performance:

- > Salts help rehydrate the body.
- > They regulate muscle contraction.

Sodium is the mineral salt our body most uses during exercise:

- > Sodium and potassium regulate muscle contraction.
- > A lack of either of these two minerals can produce muscle cramps.
- > It improves water absorption.

In addition, calcium:

- > Reduces acidity in the body.
- > Neutralises lactic acid.
- > Delays the appearance of fatigue.

This way, by using SALTS:

- > We ensure a good mineral salt level in the body.
- > For long training sessions:
 - We eliminate muscle cramp.
- > In high-intensity sessions:
 - We delay fatigue.

Also this product:

- > Contains no calories.
- > Helps reduce body weight.
- > Guarantees high performance with good mineral salt levels.



Take 1 capsule 30' before exercise.



Take 1 capsule 30 minutes before and after exercise and 1 capsule every 30 - 60 minutes during exercise with at least one glass of water (150ml).



1 capsule 30' after exercise.

SALTS

sub9

SALTS ELECTROLYTES

FORMAT

Plastic container 100
capsule
Monodose

FLAVOURS



VEGAN



Take 1 capsule 30' before exercise.



1 capsule every 30 -60 minutes during exercise
with at last one glass of water (150 ml).



1 capsule to accelerate recovery.

SUB9-SALTS are the evolution of SALTS ELECTROLYTES for
continuous intake during more extensive exercise.


As for the minerals, sodium has been increased to 250mg. Also
contains Magnesium, Potassium and Calcium.

SALTS

sub9

PRO SALTS ELECTROLYTES

FORMAT

Plastic container 100 
capsule
Monodose

FLAVOURS

They are formulated to replace lost electrolytes during exercise and physical exertion, with an extra supply of caffeine (40 mg/capsule) for those who want to perform at their best.

They help prevent dehydration and consequently cramp and injuries.

SUB9 PRO ELECTROLYTES SALTS provide an adequate proportion of salts and minerals that are lost through perspiration during exercise and competition, while re-hydrating the body so it functions properly.

Each capsule contains:

- > 250 mg sodium
- > 54 mg potassium
- > 2,5 mg calcium
- > 34,6 mg magnesium

It also contains vitamin D to help in the absorption and utilisation of calcium, and vitamin B6 which is essential for enzymes to work well to facilitate protein metabolism.

Caffeine mainly:

- > Increase alertness.
- > Reduces fatigue.
- > Stimulates the mobilisation of fats, thus increasing the availability of fuel for muscles to work; thus saving glycogen reserves.

They are very easy to take because of their capsule format and easy to digest due to their high-quality ingredients. Gluten-free and suitable for vegans.



30' minutes before exercise 1 capsule to get a good level of salts.



1 capsule every 30'- 60' (minutes) during exercise, with at least one glass of water during your intake (150ml).

SALTS

BIO ENERGY GELS

FORMAT

Tube 25g
Stick 40g
Stick 25g

FLAVOURS



Caramel:

No Vegan
No Paleo
No Lactose free

There are situations of maximum physical demand in which a gel product is fundamental due to its:

- > Ease of transport.
- > Ease of use.
- > Maximum highly-concentrated energy available.

With BIO ingredients:

- > Fruit, caffeine and complex and simple carbohydrate syrups come from eco agriculture, as well as flavors used. Since we eliminate chemical substances that slow down different metabolic processes, we get better flavor and better assimilation.
- > Different options: Caffeine free, with caffeine and Extra Sodium.

Depending on your needs, you may choose caffeine-free or different amounts of caffeine (from 25mg to 160mg):

- > Preserves glycogen deposits.
- > Mobilises fatty acids.
- > During aerobic workouts it delays time to exhaustion.
- > Causes an increase in muscle contraction strength.



Take 1 gel every 20'- 60 'minutes (depending on the gel you take) with water.

ENERGY GELS & GUMMIES

**IF YOU
KNOW
THE WAY
YOU
HAVEN'T
GONE FAR
ENOUGH**



HIGH ENERGY GEL

FORMAT

76 g

FLAVOURS



Energy gel with cyclodextrin, natural flavors and a high intake of carbohydrates, 200 Kcal per gel. In nine flavors and with different properties and characteristics.

High Energy Gel is an energy gel in which the main source of carbohydrates is cyclodextrin, a cutting-edge carbohydrate that provides improved and more efficient glycogen replenishment.

- > It provides prolonged energy release, which is ideal during and after exercise.
- > A lower insulin peak, favouring the use of glucose at cellular level over a shorter timespan while maintaining the blood sugar level for longer.
- > Rapid gastric emptying thanks to its high molecular weight and low osmolality, favouring digestion and reducing secondary gastrointestinal effects.
- > Does not inhibit fat burning.

In a 76-g, 200-kcal stick format containing 50 g of carbohydrates per gel unit in a 1:1 ratio for complex and simple carbohydrates.

The aromas used are natural and achieve really good flavours:

- > Pure formule: **Lemon, Banana and Neutro** (unflavoured).
- > BCAA: with 1 g of BCAA in an 8:1:1 ratio: **Blackcurrant** and **Orange**.
- > Caffeine: **Cherry (160mg de caffeine)** and **Espresso coffee (80mg de caffeine)**.
- > Salty, contain 250mg of sodium and a touch of salt: **Strawberry** and **Peanut&Honey**.



You can consume up to 2 sticks per hour during exercise with 500 ml of water as necessary. Always stay hydrated. Store in a cool dry place.

ENERGY GELS & GUMMIES

ISOTONIC GEL

FORMAT

68 g

FLAVOURS



This isotonic gel is an energy gel in which the main source of carbohydrates is cyclodextrin, a cutting-edge carbohydrate that provides improved and more efficient glycogen replenishment.

- > It provides prolonged energy release, which is ideal during and after exercise.
- > A lower insulin peak, favouring the use of glucose at cellular level over a shorter timespan while maintaining the blood sugar level for longer.
- > Rapid gastric emptying thanks to its high molecular weight and low osmolality, favouring digestion and reducing secondary gastrointestinal effects.
- > Does not inhibit fat burning.

Its main characteristic is that no water is required for its intake since the gel contains the necessary amount for its consumption.

In a 68g, 89-kcal stick format, it contains 22g of carbohydrates per unit, of which practically the entirety are complex hydrates and only 1.4 g is sugar.

Formulated with natural aromas for better assimilation and very natural flavors, Isotonic Gel is available in a wide range of varieties and flavors:

The aromas used are natural and achieve really good flavours:

- > Pure formule: **Lime** and **Watermelon**.
- > Caffeine: **Cola** with 100mg of caffeine.
- > ICE: Contain menthol, a precursor to sensation of cold: **Mint** and **Blueberry Mint**.

Oral administration of menthol stimulates the palatine and trigeminal nerves, improving thermal comfort as it reduces the sensation of suffocation and causes a feeling of well-being, as well as freshness while we breathe. All these adjustments in temperature perception improve performance.



Watermelon and Lime: Consume 3 sticks every 60 minutes during exercise. It does not need to be consumed with water.

Cola: Consume 1 stick every 60 minutos during exercise. It does not need to be consumed with water.

ENERGY GELS & GUMMIES

VEGAN GUMMY BAR

FORMAT

30 g

FLAVOURS



Vegan Gummy Bars are a source of carbohydrates. The consumption of carbohydrates helps maintain glucose in the blood, provides energy and maintains high physical performance. They are 30g bars with a jelly texture that make them ideal for both training and in competitions. They are equivalent to eating a bag of jelly beans, but their bar format makes them easier to eat all at once.

Advantages:

> Very pleasant to eat due to their texture; making them easier to chew and digest.

> Format in a single piece of 30 g that gives us approximately the same energy as a gel.

> Mix of carbohydrates that give us energy, with the main ingredients being organic, such as golden sugar and rice syrup, providing high quality energy, in addition to ensuring better assimilation of the carbohydrates.

Three formulations with different features:

sub9

BCAA - MANGO: A very pleasant fruity flavour with contribution of BCAA in the ratio 8:1:1, Tyrosine and Taurine and 60mg of sodium.

CAFFEINE

CHERRY-COLA: Cherry and cola flavour, with a contribution of Caffeine and Taurine for those who want bit of a boost.

ELECTROLYTES

ORANGE: Natural aroma and sea salt, but no colouring have been used.

LIME: Made with sea salt and natural colouring (chlorophyll).

STRAWBERRY

With a sodium intake of 125mg.



Take 1 unit every 30'-45' during the exercise with 200ml of water.

Ideal for those who need energy for both training and competitions and prefer not to use a jelly format.

ENERGY GELS & GUMMIES

SMART FUEL MCT-C8

FORMAT

25 g

FLAVOURS



37

SMART FUEL MCT C8 is an energy gel with a creamy texture formulated with nut creams, providing around 120 kcal per gel and characterized by its high fat content.

It is formulated mainly by Palatinose, MCT C8 and L-Carnitine:

> Provides **5g** of **Palatinose** per gel: It delivers prolonged energy release, which is ideal during and after exercise. It causes fewer insulin peaks, favouring the use of glucose at cell level over a shorter period of time and maintaining blood sugar level for longer. Rapid gastric emptying to favour digestion while reducing gastrointestinal discomfort.

> With **4g** of COCONUT-sourced **C8 MCT** per gel, it provides superior-quality fatty acids so that there is no need to resort to glycogen reserves during physical exercise. It supplies continuous energy during prolonged exercise and helps to reduce lactate build-up.

> And **300 mg of L- Carnitine** per gel: It helps to transport long-chain fatty acids to cellular mitochondria, increasing the supply of energy to the muscles and favouring increased blood flow in the area. Increases the production of ketones that prevent protein catabolism. Saves up muscle glucose and glycogen to improve performance and recovery while reducing damage to muscle tissue.

In two flavours, sweetened with rice syrup only, free of added sugars or sweeteners.

> **Hazelnut:** natural hazelnut flavour thanks to the roast hazelnut cream it contains.

> **Almond & Banana:** almond- and banana-flavoured, with roast almond cream and banana purée.



Take 1 to 2 units per hour during prolonged exercise.

ENERGY GELS & GUMMIES

ENDURANCE FUEL BAR

FORMAT

60 g

FLAVOURS



No Vegan
WHITE CHOCO
& STRAWBERRY

226ERS Endurance Fuel Bar are energy bars that are gluten-free, lactose-free and suitable for vegans. They do not contain added sugars, syrups or aromas, thus favoring the assimilation of carbohydrates.

They contain only natural ingredients such as figs, almonds and also organic ingredients such as dates and raisins. No sugars, syrups or aromas have been used, obtaining the flavors naturally using fruits, spices, cocoa, etc...

Each 60 g bar has more than 200 kcal and provides about 35 g of easily assimilated carbohydrates due to its natural formula.

They are perfect to take during training, competitions or between meals to provide the necessary energy prior to an effort.

Available in two references with three flavors each:

CHOCO BITS:

- > **White Choco Bits Strawberry:** with white chocolate chips and strawberry powder. (Due to the milk content of the white chocolate chips, this flavor is not suitable for vegans or lactose intolerant).
- > **Coffee & Cocoa:** with organic dark chocolate chips and coffee.
- > **Citric Lemon:** with lemon flakes and lemon powder.

Formulated with **BCAA** in a 8:1:1 ratio (L-Leucine, L-Valine, L-Isoleucine).

- > **Dark Chocolate:** with cocoa powder and raw cocoa nibs.
- > **Apple & Cinnamon:** With apple powder, chopped dehydrated apple and organic cinnamon.
- > **Banana & Ginger:** with banana powder and organic ginger.



Before exercise, as a snack between meals or extra energy food before physical activity.



When you need solid food or want to give yourself a break.



To restore energy and improve recovery.

BARS

RACE DAY BAR

FORMAT

40 g

FLAVOURS



VEGAN

No Vegan/No lactose free
WHITE CHOCO
& STRAWBERRY

Energy bar rich in carbohydrates based on dried fruit and pumpkin seeds. Suitable for vegans.

40g energy bar perfect to take during training and competitions as they have an easy-to-chew texture and very pleasant flavors.

The main characteristics of this bar are:

- > Smaller size and 40 g in weight.
- > The amount of figs has been increased and the dates have been reduced, thereby controlling the glycaemic index and providing energy but reducing insulin peaks.
- > One bar contains 124 kcal and between 21 and 25 g of carbohydrates depending on the flavour.
- > It has pumpkin seeds that give it a crunchy touch and provide healthy fats and proteins.
- > With organic ingredients like pumpkin seeds, sunflower oil and sultanas.
- > Contains BCAAs with a ratio of 8:1:1 (Leucine+)
- > A vitamin complex with 10 vitamins has been added providing 50% of the NRV.

Available in 3 varieties and 9 different flavors:

BCAA in ratio 8:1:1 (Leucine+):

- > **Dark chocolate**
- > **Apple & Cinnamon**
- > **Banana & Ginger**

CHOCO BITS:

- > **Citric Lemon**
- > **Coffee & Cocoa**
- > **Strawberry**

SALTY TRAIL:

- > **Italian taste**
- > **Peanuts**
- > **Almonds & Seeds**



Before exercise, as a snack between meals or extra energy food before physical activity.

When you need solid food or want to give yourself a break.

To restore energy and improve recovery.

BARS

NEO BAR

FORMAT

50 g

FLAVOURS



GLUTEN
FREE



SUGAR
FREE



NO
PALM OIL



LOW
SUGAR

NEO BARS are 50 g protein bars that provide about 23 g of protein per bar and less than 1 g of sugar.

- > The protein comes from ingredients such as milk protein isolate and hydrolysed collagen protein, thus increasing the uptake of amino acids.
- > They contain glycerin that has a moistening function when used in food. On a sports level it helps to achieve a state of hyperhydration, so it can help to maintain hydration levels in athletes so they can maintain their level of performance.
- > Soya nuggets give it a crunchy touch as well as adding vegetable protein from pulses.
- > Enriched with 57 mg of magnesium per bar, contributing to the normal functioning of muscles and their protein synthesis.
- > And a mix of added vitamins: Vitamin C, Vitamin E, Vitamins B3, B6 and B1.

In 4 Flavours:

- > **Dark chocolate Crunchy:** With cocoa powder and covered in dark chocolate..
- > **White Choco & Strawberry Crunchy:** Strawberry flavour and covered in white chocolate.
- > **Coconut & Chocolate Crunchy:** With grated coconut and covered in dark chocolate.
- > **Peanuts & Chocolate Crunchy:** With peanuts and covered in milk chocolate.



Before exercise, as a snack between meals or extra protein before performing a physical activity.



To improve recuperation.

BARS

VEGAN PROTEIN BAR

FORMAT

40 g

FLAVOURS



41

These are vegan protein bars that contain nearly 30% vegetable protein, which equates to more than 11 g of protein per bar, enriched with Superfoods.

Agave syrup, with a low glycemic index, of organic origin, has been used to sweeten them, following our sustainable trend, and the use of quality raw materials for a better assimilation of nutrients.

Palm oil-free and formulated with natural aromas and a high percentage of organic ingredients such as dates, agave syrup, sunflower oil and pumpkin seeds.

The proteins they contain are pea protein and rice protein:

- > **Pea protein** with a high proportion of essential and non-essential amino acids is the richest natural source of arginine known for its great power to help repair and grow muscle tissue. Pea protein is extremely bioavailable and digestible, and helps tissue formation and tones muscles.
- > **Rice protein** contains a large number of nutrients and is low in calories. It prevents fatty acids from being stored up as it activates lipase in the liver and in the walls of blood vessels.

Available in four flavours:

- > **Cocoa Nibs & Cashew**: made up of cocoa in natural powder, cashew nuts and organic ingredients such as small pieces of raw cocoa beans, cocoa butter, chia seeds and goji berries.
- > **Cherry**: with cherry flakes and organic pumpkin seeds.
- > **Chocolate & Orange**: chocolate flavour with pieces of candied orange zest and organic pumpkin seeds.
- > **Coconut**: with grated coconut and organic pumpkin seeds.



The bars can be eaten at any time of day, as a healthy snack, as an extra protein boost, between meals or after training mainly.

BARS

VEGAN OAT BAR

FORMAT

50 g

FLAVOURS



Vegan Oat Bars have an appealing texture as the main ingredient is oat flakes that also provide great properties as it one of the most complete cereals that contains carbohydrates, proteins, fat, fibre and minerals. It is rich in antioxidants and beta glucans, wich have a prebiotic effect on the gut and regulate blood sugar levels.

Rice syrup has been used to sweeten the bars, produced organically, in line with our sustainable practices, and using top quality raw materials for better nutrient assimilation.

Enriched with *Superfoods*:

- > **Extra virgin olive oil** provides healthy fats and gives the oat flakes a smooth texture.
- > **Chia Seeds** are a great source of vitamins, minerals, fibre and Omega 3 fatty acids that help to combat fats and regulate body weight.
- > **Nuts** that are rich in healthy fats and provide vegetable protein and fibre. Along with sesame seeds, which in addition to all this, provide vitamins and minerals.

Available in six flavours:

- > **Pistacho & Chia Seeds**, consisting mainly of oat flakes, dates, extra virgin olive oil, pistachio, chia and sesame seeds.
- > **Strawberry & Cashew**, consisting mainly of oat flakes, dates, extra virgin olive oil, strawberries, blueberries and cashew nuts.
- > **Banana Bread**: composed mainly of oat flakes, dates, extra virgin olive oil and banana.
- > **Ginger Bread**: composed mainly of oat flakes, dates, extra virgin olive oil and ginger.
- > **Coconut & Cocoa**: composed mainly of oat flakes, dates, extra virgin olive oil, coconut and drops of dark chocolate.
- > **Turrón Nougat**: composed mainly of oat flakes, toasted almonds, dates, lemon zest and cinnamon.



The bars can be eaten at any time of day, as a healthy snack, as an extra protein boost, between meals or after training mainly.

BARS

ENERGY SHOT

FORMAT

Phial 60 ml

FLAVOURS



Energy shot is a 60-ml liquid phial formulated with specific ingredients to improve sports performance and reduce fatigue during training and competitions.

Each phial contains:

> **2000 mg of Arginine AKG:** Arginine Alpha-Ketoglutarate is an evolved form of arginine that improves assimilation and absorption. This amino acid is the precursor of nitric oxide and contributes to improve the endothelial dilation of blood vessel walls, increasing blood flow and the amount of nitric oxide in the blood. It is also necessary for synthesizing proteins within body tissues, thus favouring tissue repair.

> **1500 mg of Beta-Alanine:** This is a non-essential amino acid that favours the synthesis of carnosine within muscle fibres, significantly raising the levels of this substance in the muscles. Its main functions are regulating pH, preventing acidity in the body produced by lactate, thus delaying the onset of fatigue. It maintains the reserves of ATP, which is the energy source for cell functions and enhances calcium sensitivity in muscle fibres, increasing strength while reducing fatigue during muscle activity.

> **1500 mg of Taurine:** This amino acid plays an important role in the immune system and helps to protect cells. It contributes to the body's overall antioxidant capacity and is important for energy metabolism. For all this, it improves sports performance thanks to its action on the central nervous system and on muscle response.

> **500 mg of Tyrosine:** This amino acid is essential for dopamine formation, which is required for normal muscle function and contraction. It is needed to maintain physical and mental activity in high-demand conditions.

> **250 mg of Caffeine:** We have used caffeine anhydrous, which keeps the properties of caffeine intact. Caffeine is a stimulant that boosts the central nervous system by raising energy levels while reducing fatigue and tiredness and increasing mental focus and concentration. In addition, it stimulates the mobilization and oxidation of fats, thus increasing the availability of fuel for muscle activity, optimizing the availability of glycogen reserves.



Take 1 vial 15 minutes before exercise or in those moments when we are tired and need to activate.

STAY IMMUNE

FORMAT

Tube 13 tablets

FLAVOURS



Stay Immune has been formulated with ingredients that contribute to the normal functioning of the immune system during and after intense exercise. Thanks to magnesium, it helps to reduce tiredness and fatigue, to maintain a normal energy metabolism and to protect cells against oxidative damage due to its Zinc content.

- > **Dried thyme extract:** Has a calming and pleasant effect on the mouth, throat, larynx and vocals chords, providing relief from irritation.
- > **Essential tea tree oil:** Helps to maintain mobility and joint flexibility and increases the body's physiological resilience in severe environmental conditions.
- > **Aloe Vera:** Helps maintain a normal blood glucose level as part of a healthy lifestyle.
- > **Dried fennel extract:** Fennel seeds contain an essential oil rich in anethole, estragole and alpha-Pinene.
- > **Magnesium:** Helps reduce tiredness and fatigue.
- > **Vitamin C:** Contributes to the normal functioning of the immune system during and after intense physical exercise and helps to reduce tiredness and fatigue while contributing to the protection of cells from oxidative damage.
- > **Vitamin D:** Contributes to the normal functioning of the immune system and to maintaining muscles, bones and teeth in normal condition.
- > **Zinc:** Contributes to the normal functioning of the immune system and to protecting cells from oxidative damage, contributes to normal acid-base balance, contributes to the normal metabolism of carbohydrates and fatty acids, to normal protein synthesis and to maintaining bones, hair, nails, skin in normal condition.
- > **Potassium:** Contributes to the normal functioning of the muscles, of the nervous system and to maintaining normal blood pressure.



Thanks to all the functions of the ingredients present in chewable Stay Immune tablets, they are perfect for taking before or after training, even before the start of the working day in order to approach it with safety and protection. Take 1 tablet per day.

SUPPLEMENTS

PRE WORKOUT

FORMAT

300 gr

FLAVOURS



Its main functions are to increase nitric oxide in the blood, increase muscle strength, acting as an anti-catabolic, thus helping to reduce muscle destruction, promoting recovery and delaying the onset of fatigue.

Each serving contains:

> **500 mg of Arginine AKG:** Arginine Alpha-Ketoglutarate is an evolved form of arginine that improves assimilation and absorption. This amino acid is the precursor of nitric oxide and contributes to improving the endothelial dilation of blood vessel walls, increasing blood flow and the amount of nitric oxide in the blood. It is also necessary for synthesizing proteins within body tissues, this favoring tissue repair.

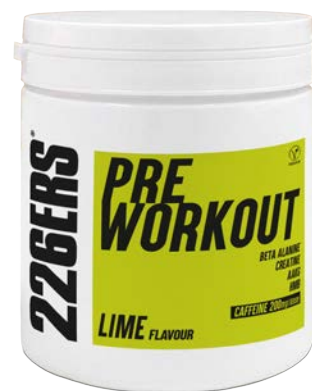
> **2000 mg of Beta-Alanine:** This is a non-essential amino acid that favors the synthesis of carnosine within muscle fibers, significantly raising the levels of this substance in the muscles. Its main functions are regulating pH, preventing acidity in the body produced by lactate, thus delaying the onset of fatigue. It maintains the reserves of ATP, which is the energy source for cell functions and enhances calcium sensitivity in muscle fibers, increasing strength while reducing fatigue during muscle activity.

> **3000 mg of Creatine:** Its function is to increase the phosphocreatine stores of the muscles so that ATP is still produced, providing the energy necessary for the muscles to continue working during high intensity exercise.

> **3000 mg of HMB:** HMB, also known as beta-hydroxy-beta-methylbutyrate, is a metabolite of Leucine. It increases protein synthesis while reducing its degradation (anti-catabolic). It increases muscle strength, prevents and reduces muscle damage, helping recovery. It increases the maximum amount of oxygen that we can absorb during physical activity, having a positive impact on our anaerobic power.

Available in two flavors:

- > **Watermelon:** with the 4 main ingredients and without caffeine.
- > **Lime:** with the same 4 ingredients plus 250 mg of anhydrous caffeine, which maintains the properties of caffeine intact.



Take a maximum of 15g / day in 200 ml of water. Dissolve 3 scoops (15g) of product in 200-300ml of water.

BCAA 8:1:1

FORMAT

300 gr

FLAVOURS



BCAA are three essential amino acids, specifically Leucine, Isoleucine and Valine. They are metabolized in the muscle, unlike the rest of amino acids, which (in a general way), do so in the liver. The combination of these essential amino acids makes up almost a third of skeletal muscles in the human body and plays a very important role in the synthesis of proteins.

> **L-TYROSINE:** This amino acid is essential for natural dopamine formation, which is needed for normal muscle function and contraction. It participates in the production of energy and is needed for maintaining physical and mental activity.

> **L-ARGININE:** This is a conditionally essential amino acid, since the body also produces it.

It is the precursor of nitric oxide, which our body uses as a vasodilator so that more blood flows through our blood vessels, thus contributing to maintaining optimal performance.

> **TAURINE:** This amino acid plays an important role in the immune system and helps to protect cells. It contributes to the body's overall antioxidant capacity and is important for energy metabolism. For all this, it improves sports performance thanks to its action on the central nervous system and on muscle response.

Thanks to all these functions, it is a perfect supplement for taking before and after training to help muscle recovery and to reduce the fatigue training generates.

Available in 3 flavours: **Neutral, Cola, Lemon.**



Take máx 15g/ day in 500ml of water.
(Recommendation: 1 dispenser before and 2 after training).

SUPPLEMENTS

CREATINE

FORMAT

300 gr

FLAVOURS



The largest amount of creatine is found in skeletal muscle, primarily in the form of phosphocreatine, which serves to generate energy quickly, but creatine also reduces lactate acidosis, thus delaying fatigue, and it has a restorative effect.

The function of creatine monohydrate is to increase phosphocreatine reserves in the muscles so that ATP continues to be produced, providing the energy muscles need to continue working during high-intensity training.

It is the perfect supplement in strength training and in long-term activities alike:

- > It contributes to greater production of muscle torque, to increasing training intensity and to greater working capacity.
- > This ingredient is clinically proven to help increase muscle strength and boost lean body mass.
- > It helps energy reserves and supports muscle building, improving physical performance and working capacity on the fatigue threshold.
- > It reduces fatigue after physical activity, leading to quicker recovery.
- > In addition it stretches the attention span and mental performance, improving concentration and the ability to absorb information.



- > **Fast load:** Take a dose of 20-30g (3-5 scoops) for 7 days, divided into 4 daily doses.
- > **Slow charge:** Take 6g/day (1 scoop) for 4 weeks.
- > **Maintenance:** Take 3g/day (½ scoop) for 8-10 weeks.

GLUTAMINE

FORMAT

300 gr

FLAVOURS



Glutamine is a conditionally essential amino acid, but is widely present in the body. In fact, it is the most abundant amino acid in the muscle system, by as much as 60%. 20% of the full set of amino acids in the human body is glutamine.

Significant among its functions:

- > It helps to replace muscle glycogen after exhaustive exercise.
- > Improves the body's resistance and helps the body's defense system.
- > Keeps the digestive tract and the immune functions healthy under stressful conditions, contributing to the strengthening of natural defenses.

For all these reasons it is ideal for taking in different situations:

- > Intense or resistance training.
- > Maintaining intestinal integrity.
- > Maintaining the immune system and strengthening the natural defenses in situations of bodily stress, whether due to exercise, metabolic stress, intestinal permeability, fatigue or other causes.



Take 0.3g / Kg / day (distributed just before and after exercise). (Recommendation: 2 scoops before and 2 scoops after training).

SUPPLEMENTS

6.4 AMINO⁺

FORMAT

Plastic container
120 capsules

FLAVOURS



The **GLUTAMINE** is a non-essential amino acid but with a big presence in our body. In fact, it is the most abundant amino acid in the musculature, reaching the 60% and 20% of the total set of amino acids in the human body.

Its most important functions include:

- > Helping to replenish muscle glycogen after high-intensity exercise.
- > Improving the body's resistance and helping the body's defence system.
- > Maintaining a healthy gastrointestinal tract and immune functions under stressful conditions.

BCAA are three essential amino acids, namely Leucine, Isoleucine and Valine.

L-TYROSINE

- > Essential for the natural formation of dopamine, necessary for normal muscle function and contraction.
- > Involved in the production of energy
- > Tyrosine is necessary to maintain physical and mental activity.

L-ARGININE is a non-essential amino acid because the body also produces it.

It is the precursor of nitric oxide, which our body uses as a vasodilator to circulate more blood through our blood vessels thereby helping to maintain optimal performance.

This product is recommended for the following situations:

- > Weeks of intensified training.
- > Prior to high-intensity training.
- > In periods of fatigue or overload.
- > Weeks of competition.
- > Before and after strength training.
- > Including during long term training.



Take 3 capsules just before exercise.



3 capsules immediately after exercise.

**INSPIRATION
DOESN'T
JUST
APPEAR,
YOU HAVE
TO
FIND IT**



CAFFEINE EXPRESS

FORMAT

Plastic container
100 capsule

FLAVOURS



Capsules with 100mg of caffeine with instant effect, not delayed for the most demanding moments of the day.

The main ingredient is anhydrous caffeine, it is caffeine with its properties intact, simply dehydrated, achieving the same effects as the caffeine found in coffee, tea, etc... and prepared to consume in a solid state.

They are very easy to ingest due to their capsule format and easily digestible due to their high-quality ingredients, gluten-free, lactose-free, sugar-free and suitable for vegans.



Take between 1 and 4 capsules 45 mins before or during training - competition (every 45-60 mins) with at least 1 glass of water (150 ml).

SUPPLEMENTS

FISH OIL OMEGA 3



FORMAT

Plastic container
120 pearls

FLAVOURS



Omega-3 EPA (Eicosapentaenoic Acid) and **Omega-3 DHA** (Docosahexaenoic Acid) are long-chain, polyunsaturated essential fatty acids that are indispensable for the proper functioning of our body since they contribute to normal heart function, with all the benefits this entails for any individual who consumes them, regardless of whether or not they practice sport.

However, our body is limited in its ability to synthesize them on its own. This is why an external input of these types of essential nutrients is required in order to supplement our natural deficiency.

Numerous studies demonstrate the positive effects that continued consumption of essential acids **Omega-3 EPA** and **DHA** has on Cardiovascular, Ocular, Cognitive, Gynaecological and Dermatological Health as well as other benefits such as their antioxidant and anti-inflammatory effect.

We have used sustainably-sourced fish oil as well as the technologies of the Solutex® brand.

The raw materials employed are exclusively sourced from regulated farming and fishing activities.

It uses FLUTEX concentration and purification technology in which the entire amount of Omega-3 is absorbed and is bioavailable, with the benefits being experienced in the short term:

- > Maximum purity of **Omega-3** and minimal concentration of saturated fats.
- > It uses the SFT (Supercritical Fluid Technology) technique, which does not employ organic solvents that could mix with the end product and contaminate it. Furthermore, it does not generate environmental waste in the process.
- > **Cleantex** is a patented purification process using nitrogen for removing contaminant residue, including heavy metals, PCBs, dioxins and others. This means no residue, this ensuring a pure and safe product.
- > The oil also undergoes a **deodorizing process** to remove residual odour and flavour.



Take 2 softgel during meals.

OMEGA 3 VEGAN

FORMAT

Plastic container 60 pearls

FLAVOURS



Omega-3 EPA (Eicosapentaenoic Acid) and **Omega-3 DHA** (Docosahexaenoic Acid) are long-chain, polyunsaturated essential fatty acids that are indispensable for the proper functioning of our body since they contribute to normal heart function, with all the benefits this entails for any individual who consumes them, regardless of whether or not they practice sport.

However, our body is limited in its ability to synthesize them on its own. This is why an external input of these types of essential nutrients is required in order to supplement our natural deficiency.

Numerous studies demonstrate the positive effects that continued consumption of essential acids **Omega-3 EPA** and **DHA** has on Cardiovascular, Ocular, Cognitive, Gynaecological and Dermatological Health as well as other benefits such as their antioxidant and anti-inflammatory effect.

Most people know that fish is a rich source of Omega-3, but what they do not know is that fish obtain DHA and EPA from algae, which form part of their food chain.

Our softgel pearls contain **Life's OMEGA** algae oil only, which goes directly to the source to produce DHA and EPA from the same microalgae that feed the fish.

Cultivated in a controlled environment, it is a vegetable-based, sustainable source of Omega-3.

The process begins with the initial cultivation of algae cells. These microalgae grow in fermenters. Once grown, the algae are picked and processed to extract a very pure transparent oil, amber in colour and rich in Omega-3.



Take 1 softgel during meals.

SUPPLEMENTS

COLL·EGG

FORMAT

Plastic container 60 capsules.

FLAVOURS



COLL EGG are avian egg collagen capsules with a unique natural composition. Among its main ingredients we can find:

> **Eggshell membrane:** OVOMET® is a natural product and a rich source of proteins and essential nutrients obtained from eggshell membrane. It is highly efficient in treatment of joint pain and stiffness of joints. Main benefits:

- Reduces pain.
- Reduces inflammation.
- Maintains and regenerates cartilage.
- 100% natural product without side effects.
- Very low daily dosage, 300 mg.
- Improves joint flexibility and functionality.
- Strengthens joints.
- Treatment for osteoarthritis, arthritis and arthrosis (rheumatoid disease).
- Prevents joint injury.
- Aids activation and modulation of the immune system.
- Proven positive effects from day.

> **Calcium:** OVOCET® is a more assimilable and natural source of calcium. It combines calcium carbonate with transport proteins for maximum absorption compared to other sources of calcium.

> **Turmelic:** Has many health benefits, one of the most important being that it helps relieve arthritis pain.

> **Black Pepper:** This is a highly antioxidant seasoning that prevents cell oxidation and helps with their correct functioning.

> **Boswellia serrata:** Herb commonly used in Ayurvedic medicine to treat arthritis and osteoarthritis. Effective against the pain and inflammation caused by the disease. The active ingredient, boswellia acid, is an anti-inflammatory. It alleviates pain in arthritic joints.



Recommended does is one capsule per day or 2 capsules for intensive training.

SYMBIOTIC COMPLEX

FORMAT

Plastic container 60 capsules

FLAVOURS



Butyrate is a short-chain fatty acid (SCFA). These fatty acids are used by the cells of the intestine (enterocytes) as an energy substrate to retain their integrity and functionality.

Different events such as:

- > An imbalanced diet poor in fibre
- > Taking antibiotics
- > Emotional or physical stress

PROBIOTIC

Our probiotic formula delivers 5 strains of lactic acid-producing bacteria as well as the *Saccharomyces Boulardii* yeast and vitamins D and C.

- > **Saccharomyces Boulardii:** improves the intestinal barrier function, increases the expression of intestinal digestive enzymes and resulting increase in nutrient absorption.
- > **L. Plantarum:** improves barrier function and inhibits the adherence of pathogenic bacteria to the intestinal epithelium.
- > **L. Rhamnosus:** improves the intestinal immune system by increasing the number of cytokine-producing cells.
- > **L. Acidophilus:** increases lactic acid by inhibiting the growth of pathogenic bacteria in the intestine. And increases the production of butyrate.
- > **Bifidobacterium animalis lactis and Bifidobacterium bifidum:** improves digestive function. Helps to digest disaccharides such as lactose and fibres that generate intestinal symptoms.
- > **Vitamin C:** helps immune system function during and after exercise. As well as Ascorbic Acid, it acts as a powerful antioxidant, helping the body in high-stress situations such as training.
- > **Vitamin D:** contributes to proper calcium metabolism and to strengthening the immune system.



It is recommended to take 2 capsules with breakfast.

SUPPLEMENTS

VEGAN BETA- ALANINE

FORMAT

Plastic container 90 capsules.

FLAVOURS



VEGAN

Beta Alanine is a non essential amino acid synthesized in the liver that can be ingested with food, particularly through animal-based sources or through supplements.

Several studies have demonstrated that Beta Alanine favours the synthesis of carnosine within muscle fibres, significantly raising the levels of this substance in muscles.

Its main functions are:

- > **Regulating the pH:** preventing acidity in the body produced by lactat. This delays the appearance of fatigue.
- > **Maintaining stores of ATP:** which is the source of energy for cell functions.
- > **Boosting sensitivity to calcium in muscle fibres:** increasing strength while reducing fatigue during muscle activity.



Take 2 or 4 capsules a day.

VEGAN FAT BURNER

FORMAT

Plastic container 90 capsules.

FLAVOURS



Food supplement with coffee and green tea, chromium picolinate, cayenne and L-carnitine.

Vegan Fat Burner, as its name indicates, is a vegan fat burner made solely of ingredients that help this functions like Green Tea, Green Coffee, L-carnitine, Bitter Orange, Ceylon Cinnamon, Cayenne and Chromium Picolinate.

Three capsules contain 38 mg of caffeine provided by the natural ingredients.

Vegan Fat Burner capsules have been formulated to help optimize body mass in order to achieve sports goals or improve our health and well-being.

Ingredients:

- > **Green Tea and Green Coffee:** They help to mobilise fat reserves and oxidate stored fats. Helps to maintain a state of alertness and provides a greater feeling of energy, improving physical performance.
- > **L-Carnitine:** plays an important role in the metabolism of lipids by turning fatty acids into energy in the places where it is used and metabolised. It also maintains optimal recovery of the muscle tissue.
- > **Bitter Orange:** helps to control weight by increasing the degradation of lipids.
- > **Ceylon Cinnamon:** helps to maintain active digestion.
- > **Chromium Picolinate:** chromium enhances the effect of insulin and, therefore, increases the metabolism of carbohydrates, lipids and proteins.
- > **Cayenne:** Promotes the secretion of gastric acids and thus contributes to better digestion.



Take 1 or 2 capsules in breakfast.



1 capsule in lunch.

VEGAN MAGNESIUM BISGLYCINATE

FORMAT

Plastic container 90 capsules.

FLAVOURS



Nowadays most minerals used in the food supplements market are in inorganic form (oxides, carbonates, sulphates, etc.), of which the body absorbs little.

The chelates produced by **Albion®** used in nutritional supplements provide complete organic mineral nutrition:

- > Better absorption, since magnesium is carried to the cells bound with an amino acid. It is absorbed 5 times more than magnesium oxide.

- > It does not break down in the digestive process and so does not cause irritation in the gastrointestinal tract and increases bioavailability.

- > They do not need ionization and do not depend on the pH, resulting in improved absorption and greater bioavailability.

A supply of highly bioavailable magnesium such as **Magnesium Bisglycinate** by Albion® contributes to:

- > Reducing tiredness and fatigue.
- > Electrolyte balance.
- > Normal energy metabolism.
- > Normal nervous system function.
- > Normal muscle function.
- > Normal protein synthesis.
- > Maintaining bones in normal conditions.

In addition, it contains extra **Vitamin B6**, which, as well as helping to reduce tiredness and fatigue, also contributes to:

- >The normal formation of red blood cells.
- >The normal function of the nervous system.

Plus the input of **Zinc**, which contributes to:

- >The normal metabolism of macronutrients and fatty acids.
- > Maintaining bones in normal condition.
- >The normal function of the nervous system.
- >The protection of cells from oxidative damage.



Take 3 or 4 capsules a day.

VEGAN VITAMIN⁺

FORMAT

Plastic container 60 capsules.

FLAVOURS



Capsule specially formulated to meet the needs of sportspeople of all levels. With 24 vitamins and minerals, the added bonus of Organic Silicon from Bamboo and Coenzyme Q10.

Vitamins and mineral are essential for the proper functioning of the body, especially at some times when we subject the body to training loads, stress or lack of rest.

Vegan Vitamin + contains all the necessary vitamins and minerals, including the following:

- > **Vitamin C** (500mg - 625% of the NRV): it is a powerful antioxidant with multiple anti-inflammatory, immunological and antihistamine functions.
- > **Vitamin E** (40 mg - 333,33% of the NRV): With antioxidant properties, it is beneficial for the circulatory system.
- > **Vitamin B12** (1,4 mg - 400% of the NRV): helps to develop the nervous system. and is involved in the protein metabolism of carbohydrates and fats.
- > **Iron** (14 mg - 100% NRV): it is essential as its main function is to produce haemoglobin, which is fundamental for cellular oxygenations.
- > **Magnesium** (200 mg): prevents muscle damage and joint injuries. It reduces the feeling of fatigue and improves the assimilation of other vitamins and minerals.
- > **Organic silicon** (25 mg) extracted from the bamboo dry extract: it is an essential mineral for the body. Its main function is to help produce collagen, which is essential for bones, cartilage, tendons and muscles to form, providing elasticity to all tissues. It is an antioxidant and is involved in the processes of joint pain and inflammation.
- > **Coenzyme Q10**: it is a molecule that our body produces naturally until we reach the age of about 40. It helps to transform nutrients into energy and it has a multitude of benefits such as strengthening the immune system, reducing tiredness and slowing down the aging process as it reduces oxidative stress in cells.



Intake 2 capsules between meals.

SUPPLEMENTS

VITAMIN D3

FORMAT

Plastic container
120 perls

FLAVOURS



Vitamin D3 is commonly known as Vitamin D or the “sunshine vitamin”, since the main source from which we obtain it is direct sunlight on our skin.

Vitamin D is essential for the proper functioning of the immune system, bones, muscles, while protecting our cells from oxidative stress.

Limited exposure to sunlight causes Vitamin D deficiency. Even as we age, we lose our ability to synthesize it, thus requiring greater amounts. This has a negative impact on our physical and mental health, causing stress, anxiety, mood changes and even depression. To prevent Vitamin D levels from falling below optimal limits, we should take a supplement for the proper functioning of our body.

Vitamin D3 4000 UI by 226ERS:

- > It contributes to maintaining bones and muscles in normal condition.
- > It contributes to the normal functioning of the immune system.
- > It contributes to the process of cell division.
- > It contributes to the absorption and normal use of calcium and phosphorus.
- > It contributes to maintaining normal calcium levels in the blood.



It is recommended to take 1 capsule a day or every other day with food.

VEGGIE ENERGY CAKE

FORMAT

480g

FLAVOURS



Our Veggie Energy Cake is a lactose free energy cake made of gluten free flours making it apt for people with lactose intolerant, celiacs and vegans.

Teff flour is the main ingredient used and it contains many highly nutritional properties:

- > Teff is rich in slow-burning carbohydrates and is ideal for sportsmen and sportswomen who seek high performances as it provides fast-burning, long-lasting carbohydrates.
- > Teff contains 8 essential amino acids, especially lysine, an amino acid not commonly found in other cereals particularly in the quantity contained in teff. Lysine is very important as it permits the body to effectively absorb calcium and take advantage of its properties.
- > Teff is a digestive cereal, antioxidant and contains a higher nutritional value when compared to other more common cereals.
- > Its glycemic index is low and has a high fibre content.
- > It contains protective phytochemicals and antioxidants such as ferulic acid, protocatechuic acid, gentisic acid, vanillic acid, coumaric acid and cinnamic acid.
- > Teff contains 17 times more calcium than other cereals (165,2mg/100g).
- > Along with amaranth, it is a cereal with the highest amount of iron present (some 10,5g/100g).
- > It is rich in other minerals such as zinc, magnesium, manganese, copper and phosphorus.

It is ideal to use before a competition as it provides the necessary energy and a required amount of **protein (12%)**. As the nutrients are easy to absorb, this eliminates the risk of any digestive problems occurring before competing or training.

The Veggie Energy Cake contains cocoa and pieces of dark chocolate giving it an irresistibly intense chocolate flavour.



These can be used as part of a balanced breakfast, as a mid-morning snack or a bite to eat before working out.

Can be prepared using:

- > Milk, vegetable-based drink or water.
- > If a smoother mixture is desired, add a tablespoon of olive or coconut oil.
- > Fruit, dry fruit and nuts can also be added to the cake before microwaving or added as a topping after microwaving.

Best served cold if removed from the mould. Can also be eaten directly from the mould.

HEALTHY FOOD

VEGGIE PROTEIN PUDDING

FORMAT

350g

FLAVOURS



The new and exquisite Veggie Protein Pudding is a creamy dessert that satisfies your protein needs without sacrificing flavour.

Ideal for the sportsman or sportswoman who needs increased protein ingestion or one who simply wishes to look after themselves by eating a healthy dessert.

A proper dessert with a high nutritional level thanks to its ingredients.

- > **Peas** are a good source of protein thanks to their variety in amino acids with 55% of their protein apt for vegans. They not only help to tone muscle and improve enzymatic functionality by optimising the formation and use of cells but also recover damaged muscle fibres and their functions.
- > **Flax seeds** increase fibre content and help with digestion. They are rich in healthy fats (above all omega 3), help with tissue regeneration, inhibit inflammation and protect the skin against external attacks.
- > A healthy dessert very low in sugars with **STEVIA** sweetener.
- > **Maca extract** provides stimulant and energetic functions, has a high nutritional value containing vitamins and minerals that are ideal in a sportsman's and sportswoman's diet. It contains numerous benefits for the organism thanks to its properties that help:
 - Regulate the endocrine system
 - Boost the immune system
 - boost libid
 - Reduce ageing and fatigue
 - It also contains an analgesic effect and is a great source of energy.
 - Consumption of one portion of Powdered Maca is very good because it acts as an adaptogen that helps to maintain calmness during stressful moments, maintain resistance during sports performance and maintain an increased sense of general well-being.



VEGAN



It is the ideal product to consume at any time of the day, such as breakfast, snack, dessert or before a competition.

It can be prepared with water, milk or vegetable drink.

To facilitate dissolution, it is recommended to add the liquid little by little while stirring well.

You can add sweetener to taste such as honey, coconut sugar, stevia or your favorite sweetener.

Different toppings can be added such as natural fruit, nuts, dried fruit or any other to taste of the consumer.

VEGGIE PROTEIN BROWNIE

FORMAT

420g

FLAVOURS



Our Veggie Protein Brownie is a high-protein bun made of pea protein and gluten-free flours, therefore it is suitable for coeliacs and vegans.

Ideal for sportspeople who need a high amount of protein as well as those who want to look after themselves with a healthy dessert.

Its main ingredients are pea protein and teff flour with great nutritional benefits:

- > **Peas** are a good source of high quality vegetable protein rich in essential and non-essential amino acids, which are slowly absorbed thereby aiding digestion, providing 41% of protein suitable for vegans. Pea protein helps to tone muscles and improves enzymatic functionality optimising the formation and use of cells, helping damaged tissue to recover and regain its functions.
- > **Teff** flour is a slow-release carbohydrate that contains 8 essential amino acids, high in lysine which is very important for the body to be able to absorb calcium.
- > It is very digestive and is an antioxidant. With a low glycaemic index and rich in fibre.

Veggie Protein Brownie contains cacao and dark chocolate chips giving it an intense and irresistible chocolate flavour.



Very easy to make, it is the ideal bun for any time of day, as a healthy dessert, full of nutrients and very low in sugar, it means you can satisfy your longing to eat something sweet and delicious without feeling guilty, and with a good protein boost.

You can take it with you when you travel and when you compete to make sure you have enough protein and easy digestion.

It is an ideal product to consume at any time of the day whether for breakfast, as an evening snack, a dessert or prior to a competition.

HEALTHY FOOD

PEANUT BUTTER AND ALMOND BUTTER

FORMAT

Peanut 350g/1kg
Almond 320g

FLAVOURS



Our Almond Butter and Peanut butter, have a smooth and creamy texture, since the almonds and peanuts have been ground with traditional top-quality methods using roasted almonds and roasted peanuts.

Both are very nutritious and their consumption provides lasting energy during the day, they have a contribution of 25% peanut butter and 26% almond cream, vegetable protein, this is complete in terms of its content in essential amino acids, contributes to the maintenance and increase of muscle mass.

> **Peanut Butter:** The **peanut** It is a legume with high concentration of albumin and fat, almost as much as meat. This is why they are highly recommended for anyone following a vegetarian or vegan diet, for sportspeople and for growing children. Almost 50% of their fat is monounsaturated and 30% polyunsaturated, the latter being mostly Omega 6.

It is an excellent source of fiber (8.4%) and contains high amounts of B vitamins, Vitamin E, in addition to Minerals such as Potassium, Calcium, Magnesium, Phosphorus and Zinc.

> **Almond Butter:** The Almonds have a high content of mostly unsaturated fats, the kind, which benefits cardiovascular health.

> The **almonds** are an excellent source of fiber (11%) and contain high amounts of Vitamins from the B group Vitamin E as well as Minerals such as Potassium, Magnesium, Phosphorus, Iron and Zinc as well as Calcium, almonds being one of the richest vegetable sources of this mineral.



You can eat them for breakfast, afternoon snacks, nibbles between meals or desserts, added to cereals, pancakes, toast, vegetables or homemade desserts.

HEALTHY FOOD

KETO BUTTERS

FORMAT

Nuts & Seeds 350g

Keto Cocoa 370g

Keto Turrón 350g

FLAVOURS



Keto Creams are formulated with a high percentage of fats of between 38 and 51%, high values in protein, very low values in carbohydrates and 0.5 g of sugar per take.

The formula of these Keto creams keep blood sugar and insulin levels low, and so the body easily turns to consuming stored fats to obtain energy, prolonging the state of ketosis.

Thanks to their nutritional profile, Keto Creams produce a satiating effect that favours metabolic flexibility due to a high intake of fats and low carbohydrate content, improving mental clarity, digestive function and helping to move you away from carbohydrate dependency and the insulin peaks this generates.

Available in 3 flavours and presented in a glass jar for optimal preservation.

- > **KETO CACAO:** Made of toasted peanuts, cocoa powder, erythritol and stevia. With 27% protein and only 1.5 g of net carbohydrates.
- > **KETO NUT & SEEDS:** Formulated from roasted peanuts and flax and chia seeds that give it a bit of crunch and provide the formula with the antioxidant benefits and fatty acids of Omega 3. Net carbohydrates amount to only 2.1 g.
- > **KETO TURRÓN:** This almond nougat-flavoured cream has the same ingredients as the original nougat so typical of Christmas, with roasted almonds, lemon zest and cinnamon but without added sugars. We used erythritol to obtain only 0.1 g of net carbohydrates.



These creams are perfect for breaking your fast thanks to their nutritional values. Also ideal at any time of the day either on their own or added to desserts, yoghurt, cereals, toast and more.

HEALTHY FOOD

SOLO COFFEE

FORMAT

250 gr

FLAVOURS



At 226ERS, we have opted for coffees sourced from cooperatives that promote sustainable development, focusing on four main linchpins: economic, social, environmental and institutional.

SOLO COFFEE is a blend or mixture characterized by:

- > Containing two organic coffees grown at **high altitude (1600 - 1800)**, processed according to the washing and sundrying method on raised beds.
- > Two high-altitude **arabica** coffees with organic certification sourced in **Honduras and Peru**, which yield a cup profile of creaminess with cocoa notes thanks to the Peru beans and the floral subtlety and citrus acidity provided by the complexity of the Honduras beans, creating a combination that rewards you with a coffee distinguished by its cocoa notes, a smooth yet prolonged aftertaste and a sweet aroma with dry fruit and white flower notes.

Caffeine mainly:

- Increases alertness, thus helping to enhance performance.
- Reduces fatigue.
- Stimulates fat mobilization, which boosts fuel availability for muscle work.
- Optimizes the availability of glycogen reserves.



MERCHA

NDISING



BOTTLE

Intelligent quick valve plug, to ensure perfect tightness during transport.

This bottle is easy to clean and certified for optimum food quality, no smell and no taste.



1000 ml



550 / 750 ml



550 / 750 ml



White or Black
550 / 750 ml



800 ml

SOFT FLASK

Collapsible bottle that reduces in volume as you drink to minimise spillage or shaking of the liquid inside. In different sizes.



500 ml



Wide
500 ml



Wide
300 ml



250 ml



200 ml

CAP

TRUCKER CAP American style Trucker cap. With foam front or American patch. Mesh back and adjustable with snapback. With curved visor to make it more comfortable and can protect you from the sun.



RUNNING CAP

The 226ERS running cap is characterized by its 5-panel construction, its lightness and its ability to dry quickly. It is 100% polyester. It presents a closure with a nylon strap so that you can adjust it perfectly to your head.



CYCLING CAP

The Hydrazero cycling cap is the perfect accessory for your long bike rides. Classic cut but with the touch of our characteristic colored lines. Made with MESH fabric, breathable and antibacterial.



HEADBAND

Headband made of 96% microfiber and 4% Lycra, very elastic and comfortable. 95% UV protection.



HEADBAND CURLY

100% cotton headband. It absorbs sweat during sports and sits comfortably soft on your head.



NECK WARMER

Multifunctional tubular perfect for outdoor activities and protecting you from the cold and wind. You can use it as a hat, balaclava, headband ...



ARM WARMER

Technical garment that allows us to protect ourselves from the cold and wind. It stands out for its lightness, perfect for training and competitions. Ideal for all seasons of the year.



BEANIE HAT

Truly versatile item that can be combined with a variety of looks. The slightly elastic dense fabric adapts perfectly to the head. Composition: 100% acrylic.



BELT TRAIL PRO

The object holder belt is made of ultra-light lycra. It is reversible, so you have different color per side and side.

It has 6 pockets to store your items at the time of running.

It has two gums to take trekking poles properly designed with a silicone in the middle so that the poles do not move horizontally, or ricochet.





226ERS

T-SHIRT CORPORATE

Black / white

Grey / white

Grey / Grey

Black/Black

CORPORATE SMALL LOGO T-SHIRT: Classic unisex t-shirt with logo in white / black. Fresh garment, light and very comfortable to wear.



CORPORATE BIG LOGO T-SHIRT: Classic unisex t-shirt, with black / gray logo. Fresh, light and very comfortable garment.





226ERS

CASUAL WEAR - SWEATSHIRT

 Nordic Blue

 Off white

 Grey

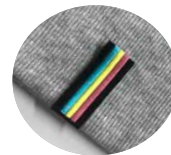
 Grey / Grey

CORPORATE PATCH LOGO JERSEY: Elegant, luxurious and comfortable sweatshirt with a round neckline. The style of side seams ensures the best fit. Textile label on the chest with the logo.



CORPORATE BIG LOGO JERSEY: Stylish, luxurious and comfortable crew neck sweatshirt. Side seam styling ensures the best fit. With the grey serigraphed logo.

CORPORATE HOODED JERSEY: Unisex gray sweatshirt with pockets on the side seams, carded interior and gray logo.





HYDRAZERO FLAG - RUN



RUNNING TANK TOP, RUNNING T-SHIRT & RUNNING JERSEY: Athletics clothing ideal for running and trail running. Made with a bidirectional fabric that ensures a total expulsion of moisture. It presents a relaxed pattern, with a side cut and a longer rear skirt for greater comfort. In three different models, a short-sleeved t-shirt, a tank top and a long-sleeved jersey.

MERCHANDISING

HYDRAZERO FLAG - BIKE



MAILLOT REGULAR AND MAILLOT LONG SLEEVE: Short or long sleeve jersey designed for those cyclists looking for a versatile and warm garment for autumn or winter. Made with Thermo dry material that protects from the cold while being breathable and light. The front fabric is made with 3-layer Fox fabric for extra protection from the cold while acting as a windbreaker. It has 300 g anatomical lycra raw cut cuffs. Reinforcing bartacks and double stitching on pockets.

CULOTTES- ESSENTIAL



CULOTTE CARGO (1): Culotte finished with 35 gauge lycra. Ergonomic pattern entirely made with anti-chafing flat seams. Garment specially designed for gravel and bikepacking, and very suitable for long MTB routes. With 2 side pockets and 2 back pockets.

CULOTTE BASIC (2): Culotte finished with 35 gauge lycra. Ergonomic pattern entirely made with anti-chafing flat seams. Coolmax extra dry comfort braces. Leg finished in 7 cm silicone grip. Badana Dolomiti Pads, strong and durable zigzag stitching. Side logo with stretch vinyl.

MERCHANDISING



HYDRAZERO STRIPES



RUNNING T-SHIRT, RUNNING JERSEY & MAILLOT LONG SLEEVED: Long-sleeved shirt and T-shirt perfect for running and trail running. Made with a bidirectional fabric that ensures a total expulsion of moisture, leaving the skin dry and fresh. It features a relaxed pattern, with a side slit and a longer back skirt for added comfort.

Long-sleeved jersey designed for cyclists looking for a versatile and warm garment for autumn or winter.

MERCHANDISING

ESSENTIALS



ESSENTIAL-XC JERSEY: 3/4 sleeve sweater. Made with very resistant, very comfortable, quick-drying and breathable anti-dust fabric. Designed for gravel, bikepacking, enduro bike, city bike, e-bike and trailrunning. It has an invisible pocket on the side to carry your bars and gels with you.

XC WIND JACKET: Long-sleeved ultra-light windbreaker jacket. Very light, versatile and comfortable garment, ideal for running, trail running, also suitable for gravel, bikepacking, enduro bike, city bike and e-bike.



RUN SHORTS 3”: Made with split side seams to improve mobility. With lining and adjustable drawstring. Microfiber fabric with a cashmere touch.

HYDRAZERO BATH



TOWEL: Micro-cotton towel perfect for both indoor and outdoor workouts. You can take it comfortably to the gym or to your training on the track as it is the perfect size to carry in your sports bag. It is made of microfiber on the front side and cotton on the back, so it is soft to the touch, highly absorbent and fast drying.



FLIP FLOPS: Made of recycled PVC. Made with a wide strap for greater support and that prevents it from deforming over time. Perfect for hot post-workout days.



SWIM CAP: Silicone cap designed for swimming with total comfort and support. It is very extensible and resistant, which makes it perfect for training and competitions.

SOCKS



**Hydrazero black
Sport socks**



**Hydrazero white
Sport socks**



**Hydrazero Stripes
Comfort socks**

SPORT SOCKS: Polyamide sock, highly comfortable and highly breathable. Reinforcing band on the instep and terry cloth reinforcement on the toes.

COMFORT SOCKS: Polyamide sock. With reinforcement band on the instep. It offers greater comfort due to its greater terry surface in the support areas and better ventilation.





FACE MASK



FACE MASK-RACE EAR



FACE MASK-RACE



FACE MASK RACE - MOVISTAR EAR



FACE MASK RACE - MOVISTAR

FACE MASK: High quality approved mask specially designed to promote breathing in sports. It offers protection and resistance suitable for daily and sports use. They present an ergonomic pattern with two options, with elastic straps to adjust comfortably to the ears or with adjustment behind the head.

Manufactured entirely in Spain under the strictest prevention and care controls for its use. They comply with what is determined by the new European regulation CWA 17553 and the specification of UNE 0065/2020. They have an aerosol filtration efficiency of >92% and a particle filtration efficiency of >91% according to the UNE-EN 13274 standard.

SHOP &

EVENTS





FINISH LINE ARCH

Finish line ARCH
Outdoor inflatable arch 4x7mts.



FLYBANNERS

2 sizes to choose:
560 cm, 280 cm.



226ERS

FEED YOUR DREAMS

226ERS

226ERS

FEED YOUR DREAMS

226ERS

226ERS
FEED YOUR DREAMS

226ERS
FEED YOUR DREAMS

226ERS
FEED YOUR DREAMS

226ERS
FEED YOUR DREAMS

226ERS
FEED YOUR DREAMS

Protein Meal Replacement
www.226ers.com

226ERS
FEED YOUR DREAMS

Protein Meal Replacement
www.226ers.com

TENT

3x3 vinyl tent
Possibility of laterals to close it.



TABLECLOTH

Plain 180 tablecloth, printed.
100% polyester / 200gr
Size: 182 x 75,2 x 29,2 cm.



COVERS FENCES

Support that promotes security in
your event.

226ERS

FEEDYOUR
DREAMS

226ERS

FEEDYOUR
DREAMS

CARDBOARD DISPLAY

TWO PLV SIZES: Floor display: Made of cardboard and with 6 shelves. Tabletop display. Both have trays with honeycomb reinforcements. With anti-humidity base.



TABLETOP DISPLAY



FLOOR DISPLAY

CARDBOARD DISPLAY

Made with 5 shelves. Trays with double bee panel reinforcements. With anti-humidity base. Honeycomb cardboard is an innovative material with a hexagonal cellular structure similar to a honeycomb, it provides great resistance, is very light, rigid and sustainable.





VINYL

Adhesive vinyl on the back, to place on doors and windows.



STICKERS

Adhesive stickers in 2 sizes and 2 colours, 8x3cm and a smaller one 5.5x2 cm.



FLYERS

Accordion format, with the full range of products.





Garmin TITAN DESERT



IRON MAN EUROPE



The Goods NON STOP MADRID-LISBOA



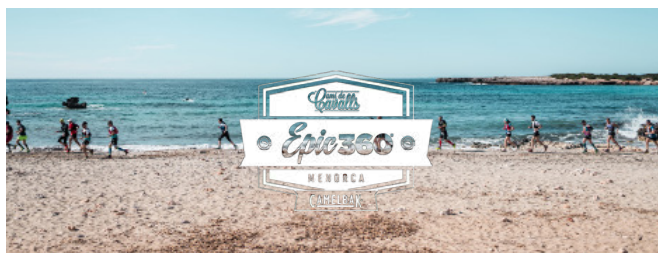
TRANSGRANCANARIA



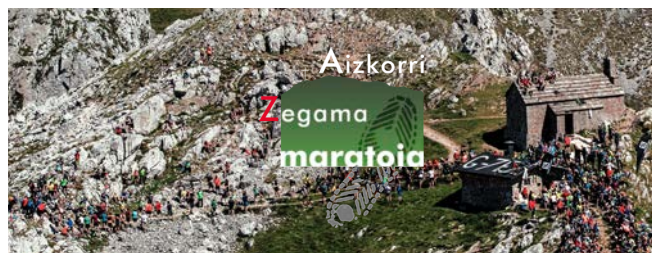
CHALLENGE SPAIN



ZURICH MARATÓN DE SEVILLA



CAMÍ DE CAVALLS EPIC 360



ZEGAMA-AIZKORRI MARATOIA



MOVISTAR TEAM
UCI Pro team



Wild Trail Project
Trail Running team



DESAM TEAM
Triathlon team



DRIVEX TEAM
Formula 4ship



CD LUGO
Football team



ANB
Triathlon team



MANRESA BÀSQUET
Basketball team



SCOTT
MTB bike



ALEJANDRO KIM



CLEMENTE IGNON



DANI MATEO



DANIEL OSANZ



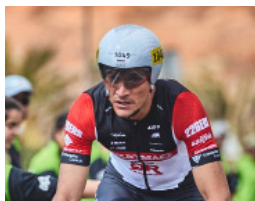
EMILIO AGUAYO



ENEKO LLANOS



ELENA LOYO



IVÁN ALVÁREZ



IVÁN RAÑA



JAVIER GÓMEZ NOYA



JAVIER GUERRA



JOSEP BETALÚ



JORGE MARTÍN



JUDITH CORACHÁN



JUTTA LEERDMAN



MARTA GALIMANY



MONICA PLAZA



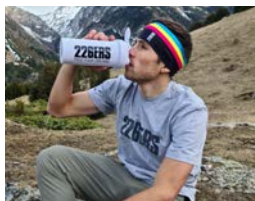
PABLO VILLA



PAOLA ZAHONERO



PATRICK LANGE



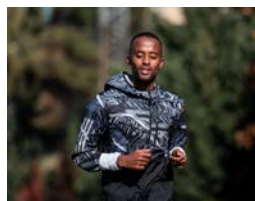
RAÚL CRIADO



SALETA CASTRO



SARA PÉREZ



TARIKU NOVALES



YAGO ROJO

226ERS® | FEED YOUR
DREAMS

@226ERS

