WE ❤ GLUTEN FREE



PATRICK LANGE

226 is the distance, in kilometres, of one of the world's toughest endurance events: the Ironman. Just as people who run are called runners, those who take part in this discipline can be called 226ERS®.

226ERS® is a philosophy, a particular way of looking at life, driven by a desire to improve at every moment, to surpass yourself every day, to pursue your dreams using every resource available, and to achieve goals that once seemed impossible. Perhaps you have already covered the full 226 km, and most likely you have not; either way, this philosophy can be applied to every aspect of life.



JAVIER GUERRA

Good nutrition is essential for maintaining our physical and mental health. Being strong in both areas is crucial to achieving our goals. That is why we have worked, and continue to work, to develop a range of products that help keep your body and mind in optimal condition. All are gluten-free; nearly all are developed using natural ingredients and components; they are low in sugar or sugar-free, and contain no genetically modified organisms (GMOs). Everything is designed so that nothing interferes with digestion and the proper absorption of the nutrients your body and mind need.

DO YOU IDENTIFY WITH THIS PHILOSOPHY?

CEO & FOUNDER

It all began just after my thirteenth birthday, when I bought my first sports nutrition book. As I moved from team sports to an individual sport, swimming, I realised that my performance depended on my own hard training and on many details that I had to start looking after, including nutrition. Sport and nutrition must go hand in hand.

I continued competing in swimming alongside mountain biking, windsurfing, skiing, volleyball and basketball, always paying close attention to nutrition. In 1994 I discovered triathlon, my great passion, where nutrition and supplementation became increasingly important.

In 1999 I trained and competed hard and won a bronze medal in my age group at the Spanish Olympic-distance Triathlon Championship. But I had to retire from my main goal, El Home de Ferro in Ibiza, one of Spain's earliest 226 km triathlons. That experience showed me just how important nutrition is in endurance sport. It marked a turning point in my sporting and professional life.

In 2004, after completing my architecture studies, and encouraged by my wife Pilar, who wanted to begin triathlon, I decided to race again with clear, ambitious objectives. I achieved good Olympic- and middle-distance results, but long-distance events still defeated me because of digestive issues late in the race, precisely when the body needs fuel most.

In 2007 I understood this was not only my problem, but one of the biggest challenges facing endurance athletes. Together with my doctor, coach and dietitian, and through books, scientific studies and testing market products, I began investigating the causes of digestive problems in competition and how suitable foods and compounds could overcome them.

In 2010 I began making my own blends. I removed gluten, drastically reduced sugar intake during exercise, chose the cleanest and highest-quality natural sources available, and used low-osmolarity formulations to reduce the risk of digestive shutdown from dehydration. Everything began to change: my performance improved and the products agreed with me.

That summer I founded 226ERS in a little office of just over 12 square metres in the basement of my home, with our first three products.

In 2011 at Ironman Nice I qualified for the Ironman World Championship in Kona for the first time. In 2012 I finished Challenge Roth in 8:51 and won the ETU European Long Distance Championship (M35). In 2013 I repeated the 8:51 mark and ran the Seville Marathon in 2:40. I qualified again for Kona in 2014 and 2016, making three appearances at triathlon's most iconic event.

As our brand grows, we increasingly realise that sport and nutrition are fundamental not only to physical health and performance but also to mental wellbeing.



Today, our more than 100 product references are not only for physical activity. We also offer products for other times of the day for athletes who care about their health.

We remain guided by the same principles and enthusiasm that marked our beginnings: improving every day, choosing the highest-quality ingredients, production methods and nutritional contributions, with a special focus on natural products and good digestion.

Throughout this journey, our brand has grown in its range, popularity and international reach.

From the beginning, this has been a brand created by and for endurance-sport enthusiasts. This dream inspires us to keep improving and searching for the best version of ourselves.

#FeedYourDreams

Jesús Sánchez
CEO & FOUNDER
226ERS SPORTS THINGS

BE
GOOD
TO YOU

ENERGY DRINK

GLUTEN FREE · SUGAR FREE · PALEO · LACTOSE FREE · V-LABEL INTERNATIONAL V-LABEL.COM · VEGAN

FORMAT

1 Kg
500g Lemon
Monodose 50g
flavor Lemon

FLAVORS

- Red Fruits
- Mandarin
- Lemon

Energy Drink is the ideal drink to use during training sessions when carbohydrate intake is needed, while also helping to reduce fatigue and improve performance through the functional ingredients in its formulation.
Its main advantage is providing energy without sugars.
Each serving contains approximately 45 g of carbohydrates from potato starch (amylopectin), which offers important advantages compared with other ingredients commonly used in energy drinks:

- Up to 80% faster gastric emptying.
- Up to 70% faster glycogen replenishment due to its high availability.

ENERGY DRINK contains:

- 250 mg L-carnitine, from L-carnitine L-tartrate, a stabilized form with a slightly higher absorption rate than other forms of L-carnitine.
- Taurine, an amino acid that plays an important role in the immune system, contributes to the body's antioxidant capacity and is important for optimal energy metabolism, helping convert food into energy.



B Before · D During · A After

Helps replenish glycogen stores before exercise.

B Before · D During · A After

During training or competitions lasting 90 minutes to four hours: 500 ml/hour.

POWDERED CARBS

HIGH FRUCTOSE ENERGY DRINK

GLUTEN FREE

LACTOSE FREE

V-LABEL INTERNATIONAL V-LABEL.COM

VEGAN

PRODUCT OF COMMITMENT TO A CLEAN SPORT

FORMAT

1kg

Monodose 90g

FLAVORS

- Soft Lemon
- Soft Watermelon
- Neutral

High Fructose Energy Drink aporta 87g de aporte de hidrato de carbono y 500 mg de sodio por toma que provienen de la maltodextrina y de la fructosa, con una proporción 10:8.

High Fructose Energy Drink provides 87 g of carbohydrates and 500 mg of sodium per serving, from maltodextrin and fructose in a 10:8 ratio.

This multi-transportable-carbohydrate formulation is based on studies indicating that, during prolonged exercise, carbohydrates absorbed in the intestine through different transporters allow exogenous carbohydrate uptake and oxidation to exceed 60 g per hour.

Research therefore supports combining carbohydrate sources. We selected maltodextrin to control molecular weight and osmolality, combined with fructose.

MALTODEXTRIN:

• Absorbed in the intestine through the SGLT1 transporter and converted into glucose, which travels to cells to supply rapid energy.

• Has a high glycemic index, increasing blood glucose rapidly and releasing energy quickly.

• Its high molecular weight and low osmolality promote rapid gastric emptying and digestion, reducing gastrointestinal side effects.

FRUCTOSE:

• Absorbed through GLUT5 transporters, distinct from those that absorb other carbohydrates. Absorbed fructose travels from the intestine to the liver through GLUT2 transporters and helps refill liver glycogen stores depleted during intense exercise.

• Provides gradual absorption with a steady, progressive release of energy.

For these reasons, the combination of maltodextrin and fructose enables high hourly carbohydrate intake and assimilation while minimizing the risk of gastric discomfort.

*The source catalog cites Jeukendrup reviews based on Jentjens (2004), Pfeiffer (2010), Currell (2008), and Jeukendrup (2011, 2014).



*Estudios de recopilación de Jeukendrup, basado en referencias bibliográficas de Jentjens, R.L (2004), Pfeiffer, B. (2010), Currell, K (2008) y Jeukendrup, A.E (2011,2014).

B Before D During A After

To fill carbohydrate stores: 500 ml in the hour before exercise.

B Before **D During** A After

During training or competition: from 500 ml/hour.

HYDRAZERO CHEW SALTS

GLUTEN FREE

V-LABEL INTERNATIONAL V-LABEL.COM VEGAN

FORMAT
13 Comprimidos

FLAVORS
- Lemon
- Tropical
- Strawberry

HYDRAZERO CHEW SALTS son comprimidos masticables formulados con sales minerales, ideales para consumir durante entrenamientos y competiciones.

HYDRAZERO CHEW SALTS are chewable tablets formulated with mineral salts, ideal for consumption during training and competition.

The tube of 13 chewable tablets makes them practical during physical activity. Their pleasant flavors improve the experience and offer a convenient option for demanding workouts.

They are especially recommended for sports, helping maintain a normal balance of mineral salts associated with correct muscle function.

Each tablet supplies 200 mg sodium, 12 mg magnesium, 60 mg potassium and 20 mg calcium. They are gluten-free and suitable for vegans and vegetarians.

Hydrazero Chew Salts provide essential electrolytes including sodium, potassium and calcium. These electrolytes circulate throughout the body's fluids. Maintaining their balance inside and outside cells is important for health and wellbeing. They have several functions:

• Contribute to normal muscle function.
• Help maintain normal blood pressure.
• Participate in the normal functioning of the nervous system.
• Participate in normal energy metabolism.

Hydrazero Chew Salts offer a practical way to replace electrolytes. The tube is easy to carry, and the chewable format makes them quick and easy to consume during training and competitions.



B Before **D** During **A** After

Source of hydration-related electrolytes before exercise.

B Before **D** During **A** After

Replenish mineral salts during training.

B Before **D** During **A** After

Support post-exercise rehydration.

SALTS ELECTROLYTES

HYDRAZERO

GLUTEN FREE · SUGAR FREE · PALEO · LACTOSE FREE · VEGAN

FORMAT
Monodosis 7,5g
Doypack 225g
BOX 20ud

FLAVORS
- Lemon
- Tropical
- Strawberry

Hydrazero is a mineral-salt drink designed for exercise, when electrolytes lost through sweating must be replenished to perform well in both training and competition.
Each serving of Hydrazero provides:
• 500 mg sodium, which improves hydration and promotes better fluid balance in the body.
Because it is a hypotonic drink, its osmolality is lower than that of blood plasma, which favors intracellular hydration.
The source catalog also states that this type of drink carries a lower risk of digestive disturbances.
Hydrazero is formulated with stevia and provides zero sugars, replacing lost electrolytes without adding calories.
It comes in three refreshing flavors—Lemon, Tropical and Sour Strawberry—offering pleasant-tasting options to make hydration easier.



B Before · D During · A After

Source of hydration before exercise.

B Before · D During · A After

Replenishment of mineral salts during training.

B Before · D During · A After

Support hydration after exercise.

SALTS ELECTROLYTES

HYDRAZERO CREATINE

GLUTEN FREE · SUGAR FREE · PALEO · LACTOSE FREE · V-LABEL INTERNATIONAL V-LABEL.COM · VEGAN

FORMAT
Monodosis 9g
Doypack 225g
BOX 14ud

FLAVORS
Lemon
Blueberry

Hydrazero Creatine is a hypotonic drink formulated with mineral salts and creatine, designed for people who want electrolytes together with an additional 3 g of creatine per serving.
Creatine improves physical performance in successive short bursts of high-intensity exercise. The beneficial effect is obtained with a daily intake of 3 g of creatine.
During physical exercise and excessive sweating, fluids and electrolytes are lost. Hydrazero Creatine helps replace minerals through its sodium, magnesium and potassium content.
As a hypotonic drink, its osmolality is lower than that of blood plasma, helping fluid absorption.
Each serving of Hydrazero Creatine provides:

- 3 g creatine.
- 500 mg sodium.
- 9.33 mg magnesium.
- 130 mg potassium.



B Before · **D** During · **A** After

Hydration-related electrolyte source before exercise.

B Before · **D** During · **A** After

Replenishment of mineral salts during training.

B Before · **D** During · **A** After

Support post-exercise hydration.

SALTS ELECTROLYTES

HYDRAZERO XTREME

GLUTEN FREE · SUGAR FREE · PALEO · LACTOSE FREE · V-LABEL INTERNATIONAL V-LABEL.COM · VEGAN

FORMAT
Monodosis 7,5g
Doypack 225g
BOX 20ud

FLAVORS
- Red Fruits
- Tropical

Sweating during high-intensity sport, particularly in high temperatures and/or humidity, can lead to loss of fluids and electrolytes. Hydrazero XTREME is a hypotonic drink formulated with mineral salts and specifically designed to provide electrolytes during training and competitions.
As a hypotonic drink, its osmolality is lower than that of blood plasma, supporting fluid absorption.
Each serving of Hydrazero XTREME provides:
- 1,000 mg sodium.
- 9.4 mg magnesium.
- 130 mg potassium.



B Before · D During · A After

Hydration-related electrolyte source before exercise.

B Before · D During · A After

Replenishment of mineral salts during training.

B Before · D During · A After

Support post-exercise hydration.

SALTS ELECTROLYTES

HYDRAZERO EFFERVESCENT

GLUTEN FREE · SUGAR FREE · PALEO · LACTOSE FREE · VEGAN

FORMAT
20 tabletas efervescentes = 90g

FLAVORS
- Lemon
- Strawberry
- Tropical

A food supplement with sodium, potassium and magnesium, sweetened and available in Lemon, Strawberry and Tropical flavors.
Hydrazero Effervescent comes as effervescent tablets that dissolve fully in a water bottle, helping replace mineral salts during exercise. Its portable and practical format offers a constant supply of essential nutrients during physical activity.
Hydrazero Effervescent expands the product family designed to supplement mineral-salt intake, alongside Hydrazero Chew and Hydrazero.
Losing fluids together with electrolytes is a major concern for athletes. Proper hydration is essential for normal vital functions and for enjoying training and competition.
The format provides 20 tablets in one container. Each tablet supplies 500 mg sodium, 130 mg potassium and 9.25 mg magnesium, in pleasant flavors and without calories.
Available as tubes of 20 tablets in Lemon, Strawberry and Tropical.



B Before · D During · A After

Hydration-related electrolyte source before exercise.

B Before · D During · A After

Replenishment of mineral salts during training.

B Before · D During · A After

Support post-exercise hydration.

SALTS ELECTROLYTES

SALTS ELECTROLYTES

GLUTEN FREE · LACTOSE FREE · PALEO · VEGAN

FORMAT
Bote 100 cápsulas

FLAVORS
Neutral

Maintaining the body's salt levels is critical for optimal performance:
• Salts help rehydrate the body.
• They regulate muscle contractions.
Sodium is the salt the body uses most during exercise:
• Sodium and potassium regulate muscle contractions.
• A lack of either mineral can cause muscle cramps.
• Sodium improves water absorption.
Calcium also:
• Reduces acidity in the body.
• Neutralizes lactic acid.
• Delays the onset of fatigue.
According to the manufacturer, SALTS help ensure appropriate salt levels. During prolonged exercise they are presented as helping to eliminate muscle cramps; during high-intensity exercise they are described as delaying fatigue.
This product supplies no calories and is designed to support performance through mineral-salt replenishment.



B Before · D During · A After

The original catalog recommends one capsule 30 minutes

B Before · D During · A After

One capsule every 30–60 minutes during exercise, with at least 150 ml water.

B Before · D During · A After

One capsule 30 minutes after exercise.

sub9 SALTS ELECTROLYTES

GLUTEN FREE · LACTOSE FREE · PALEO · VEGAN

FORMAT
Bote 100 cápsulas
Monodose

FLAVORS
Neutral

SUB9 SALTS are an evolution of SALTS ELECTROLYTES, developed for repeated intake during longer-duration exercise.
The mineral composition has been adjusted: sodium increased to 250 mg and magnesium to 18.15 mg, while potassium is reduced to 54.01 mg, to achieve a different balance from the original electrolyte capsules.
Ginger extract is included to improve digestion, which the catalog identifies as a major concern in endurance disciplines.
The original catalog presents single-serving capsule packaging as well as 100-capsule containers.



B Before · **D** During · **A** After

One capsule 30 minutes before exercise.

B Before · **D** During · **A** After

One capsule every 30–60 minutes with at least 150 ml water.

B Before · **D** During · **A** After

One capsule to accelerate recovery, according to the

sub9

PRO SALTS ELECTROLYTES

FORMAT

FLAVORS

GLUTEN FREE

LACTOSE FREE

PALEO

VEGAN

FORMATO

Jar ɔ cápsulas

Monodose

SABORES

Neutral

Los Pro Salts electrolytes están formulados para reponer las

SUB9 Pro Salts Electrolytes are formulated to replace electrolytes lost during exercise and physical effort, adding caffeine (40 mg per capsule) for athletes seeking maximum performance.

The catalog describes them as helping avoid dehydration and associated cramps and injuries. They supply salts and minerals lost through sweating during training and competition, supporting rehydration and normal function.

Each capsule contains:

- 250 mg sodium.
- 54 mg potassium.
- 2.5 mg calcium.
- 34.6 mg magnesium.

Vitamin D supports calcium absorption and use; vitamin B6 is important for enzyme function and protein metabolism.

The catalog attributes the following principal roles to caffeine:

- Increasing alertness.
- Reducing fatigue.
- Stimulating fat mobilization, making fuel available for muscular activity and conserving glycogen reserves.

The capsule format makes the product easy to take; the source describes its high-quality ingredients as readily digested. It is gluten-free and suitable for vegans.



B Before D During A After

One capsule 30 minutes before exercise.

B Before D During A After

One capsule every 30–60 minutes with at least 150 ml water.

HIGH ENERGY GEL

GLUTEN FREE

PALEO

LACTOSE FREE

PRODUCT OF COMMITMENT TO A CLEAN SPORT

VEGETARIAN

FORMAT

76 g
BOX 6ud
BOX 24ud

45 g
BOX 8ud
BOX 32ud

FLAVORS

- Lemon (76g y 45g)
- Strawberry (76g y 45g)
- Cherry (76g y 45g)
- Blackcurrant (76g)
- E. Coffee (76g)
- Banana (76g)
- Neutral (76g)
- Peanuts & Honey (76g)
- Speculoos (76g y 45g)
- Lime (76g)

High Energy Gel is an energy gel based on carbohydrates, cyclodextrin and natural flavors, with a high carbohydrate content: 30 g per 45 g gel and 50 g per 76 g gel.
High Energy Gel carries the Cologne List® seal, from a major anti-doping prevention platform for nutritional supplements.
This is the manufacturer's advanced energy-gel range, using cyclodextrin as the principal carbohydrate source.
Cyclodextrin is a modern high-molecular-weight, low-osmolality carbohydrate.
The formulation aims to avoid potential gastric issues while maintaining a favorable glycemic response, allowing higher energy density without compromising gastric emptying—a limiting factor in endurance sports.

- Rapid gastric emptying due to its high molecular weight and low osmolality, favoring digestion and reducing gastrointestinal problems.
- Prolonged energy release, suited to endurance sports.
- Sustained and favorable glycemic response.

Each 76 g gel contains 50 g carbohydrate; the XS 45 g gel contains 30 g carbohydrate.
High Energy Gel comes in a broad selection of flavors, with different active ingredients and natural flavors to improve palatability.



B Before · D During · A After

During training and competitions: 2–3 gels per hour, according to format; drink water as needed.

ISOTONIC GEL

FORMAT
68 g

FLAVORS
- Cola
- Lime
- Watermelon

GLUTEN FREE · PALEO · LACTOSE FREE · PRODUCT OF COMMITMENT TO A CLEAN SPORT · VEGETARIAN

El isotonic gel es un gel isotónico en el que la fuente principal

Isotonic Gel is an isotonic energy gel whose principal carbohydrate source is cyclodextrin, a modern carbohydrate presented as improving glycogen replenishment efficiency.

• Provides prolonged energy release, ideal during and after exercise.

• Produces a smaller insulin peak, promoting cellular glucose use while maintaining blood sugar levels for longer.

• Promotes rapid gastric emptying through high molecular weight and low osmolality, improving digestion and reducing gastrointestinal effects.

• Does not inhibit fat oxidation, according to the source catalog.

Its principal characteristic is that it does not need to be taken with water because the gel contains the required amount.

Each 68 g stick provides 89 kcal and 22 g carbohydrate, almost all of which are complex carbohydrates; only 1.4 g is sugar.

The original line includes base flavors Lime and Watermelon and a Cola version containing 100 mg caffeine.

The catalog says oral menthol stimulates the palatine and trigeminal nerves, improving perceived thermal comfort, reducing feelings of overheating and giving a refreshing sensation while breathing; it associates these temperature-perception changes with improved performance.



B Before · D During · A After

During activity: regular flavors, 3 units/hour without water; caffeinated Cola, 1 unit/hour.

HIGH FRUCTOSE GEL

GLUTEN FREE

PALEO

LACTOSE FREE

PRODUCT OF COMMITMENT TO A CLEAN SPORT

V-LABEL INTERNATIONAL V-LABEL.COM VEGAN

FORMAT

80 g
BOX 6ud
BOX 24ud

44 g
BOX 8ud
BOX 32ud

FLAVORS

- Cola (80g y 44g)
- Cherry (80g y 44g)
- Speculoos (80g y 44g)
- Neutral (80g y 44g)
- Chocolate Dubai (80g y 44g)
- Banana (80g)
- Lemon (80g)
- Strawberry (80g)

High Fructose Gel is an energy gel formulated with maltodextrin and fructose in a 10:8 ratio. It supplies 30 g or 55 g carbohydrate per gel in 44 g and 80 g formats respectively. This multi-transportable-carbohydrate formulation is based on research indicating that, in prolonged exercise, carbohydrates absorbed by different intestinal transporters permit exogenous carbohydrate uptake and oxidation above 60 g per hour. Research suggests that combining carbohydrate sources is preferable. The manufacturer selected maltodextrin to control molecular weight and osmolality, with fructose as the second source.

MALTODEXTRIN:

• Unlike glucose, it must be broken down, providing a more gradual, sustained energy source.

• Its high glycemic index rapidly raises blood glucose without necessarily causing an excessively sweet taste that may become unpleasant during exercise.

• As a carbohydrate chain it has high molecular weight, resulting in more moderate solution osmolality, favoring digestion and reducing gastrointestinal side effects.

FRUCTOSE:

• Fructose is a monosaccharide—the simplest carbohydrate form. The 10:8 ratio is based on studies aiming to maximize exogenous carbohydrate oxidation compared with other ratios.

• This precise fructose proportion is particularly recommended for athletes consuming over 60 g carbohydrate per hour.

*The source cites studies compiled by Jeukendrup, drawing on Jentjens (2004), Pfeiffer (2010), Currell (2008) and Jeukendrup (2011, 2014).



*Estudios recopilados por Jeukendrup, basados en referencias bibliográficas de Jentjens, R.L (2004), Pfeiffer, B. (2010), Currell, K (2008) y Jeukendrup, A.E (2011,2014).

B Before D During A After

During activity: non-caffeinated 2–3 units/hour with about 300 ml water; caffeinated 1–2 units/hour with water.

LACT8 GEL

GLUTEN FREE

VEGAN

FORMAT
80 g

FLAVOURS
- Lollipop (100mg cafeína)
- Lemon (100mg cafeína)
- Berries
- Peach

LACT8 GEL. A new dimension in energy. An advanced energy gel combining 45 g of carbohydrates (glucose:fructose ratio 10:8), 5 g of lactate, 2 g of L-arginine and 300 mg of sodium. An innovative formulation incorporating lactate, a molecule naturally used as fuel during exercise. Available with and without caffeine.

LACT8 GEL. Carbohydrates and lactate for an advanced energy strategy.



MAIN INGREDIENTS AND FUNCTION

Lactate Complex (5 g): Provides 5 g of active lactate through a combination of lactic acid and sodium, calcium and magnesium lactates.

Lactate is not simply a metabolic waste product: it is an energy intermediate that can be used as fuel by the muscles, heart and brain. Through the so-called 'lactate shuttle', the body transports it via metabolic pathways that differ from those used for conventional carbohydrates and reuses it across different tissues, particularly during intense exercise.

45 g of carbohydrates (glucose:fructose ratio 10:8): A combination of carbohydrates that utilises different intestinal absorption pathways and promotes high energy availability. The ratio is designed to facilitate high-carbohydrate intake strategies during exercise.

L-Arginine (2g): An amino acid involved in the synthesis of nitric oxide (NO), a molecule that plays a role in regulating vascular tone and blood flow. Its inclusion complements the energy formulation of LACT8 GEL.

Sodium (300 mg): An essential electrolyte that helps to replenish some of the losses caused by sweating and helps to maintain fluid balance during exercise.

WHAT IS IT FOR?

LACT8 GEL has been developed to provide a high energy intake during endurance training sessions and competitions. It combines 45 g of carbohydrates with 5 g of lactate, electrolytes and L-arginine in a single serving, incorporating an energy substrate that is naturally utilised by the body.

DIRECTIONS FOR USE / WHEN TO TAKE IT

Consume during endurance training sessions and competitions, particularly during prolonged, high-intensity or energy-demanding activities.

- Incorporate into a personalised nutritional strategy, taking into account the 45 g of carbohydrates and 300 mg of sodium per unit.
- It is recommended that you test your digestive tolerance beforehand during training sessions.

WHO IS IT AIMED AT?

Road and trail runners, road, MTB and gravel cyclists, triathletes, ultra-endurance athletes and athletes who take part in long-duration training sessions or competitions.

Particularly suitable for those looking to incorporate new nutritional strategies that go beyond traditional gels based solely on carbohydrates.

KEY DIFFERENCES AND BENEFITS: How does lactate act during exercise?

For years, lactate was associated with muscle fatigue. We now know that the body continuously produces and utilises it as an energy intermediate during exercise. When the intensity increases, the lactate produced by the muscles can be transported and reused in other tissues. This exchange is known as the lactate shuttle.

LACT8 GEL incorporates exogenous lactate alongside carbohydrates as a strategy to provide energy that complements traditional formulations.

Innovation based on exercise physiology: the role of lactate as an energy source is well documented, and research is continuing into the performance benefits of oral lactate supplementation.

HIGH FRUCTOSE GUMMY BAR

GLUTEN FREE

PRODUCT OF COMMITMENT TO A CLEAN SPORT

V-LABEL INTERNATIONAL V-LABEL.COM

VEGAN

FORMAT

60 g
BOX 6ud

FLAVORS

- Banana (100mg sodio)
- Cherry (100mg sodio - 100mg cafeína)
- Lime (100mg sodio)
- Salty Caramel (250mg sodio)

High Fructose Gummy Bar is a gummy energy bar made from a blend of carbohydrates in a 10:8 glucose-to-fructose ratio.
Combining carbohydrates that use different intestinal transport mechanisms increases the rate of exogenous carbohydrate absorption and oxidation during prolonged exercise. The convenient gummy format is easy to carry during sport and has a texture that is easy to chew while exercising.
According to the research cited in the manufacturer catalog, using carbohydrates absorbed through different intestinal transporters is the way to increase exogenous carbohydrate intake and oxidation above 60 g per hour in prolonged exercise.
Each 60 g gummy contains 46 g carbohydrate. Available varieties described in the original literature are:

- Lime: 100 mg sodium.
- Banana: 100 mg sodium.
- Salted Caramel: 250 mg sodium.
- Cherry: 100 mg caffeine and 100 mg sodium.



B Before · D During · A After

Take during training and competition when a convenient carbohydrate source is needed.

RACE DAY BAR

GLUTEN FREE

LACTOSE FREE

NO PALM OIL

V-LABEL INTERNATIONAL V-LABEL.COM

VEGAN

No Vegan/No lactose free
WHITE CHOCO
& STRAWBERRY

FORMAT
40 g

FLAVORS
- Apple & cinnamon
- Banana & Ginger
- Dark Choco
- Strawberry
- Peanuts
- Almonds & Seeds

A carbohydrate-rich energy bar made from dried fruits and pumpkin seeds. The catalog describes the basic bars as suitable for vegans (check the individual flavor label).
This 40 g bar is designed for training and competition, with an easy-to-chew texture and pleasant flavors.
Main features:
• Compact dimensions and 40 g weight.
• Increased fig content and reduced date content to manage the glycemic index, supply energy and reduce insulin peaks.
• Each bar provides approximately 124 kcal and 15–25 g carbohydrate, depending on flavor.
• Pumpkin seeds give the bar texture and contribute healthy fats and proteins.
• Organic ingredients include dates, pumpkin seeds, sunflower oil and sultana raisins.
• Added vitamin complex with 10 vitamins at 50% of nutrient reference values.
The authorized varieties are grouped into:
• BCAA (8:1:1, leucine+): Dark Chocolate, Apple & Cinnamon, and Banana & Ginger.
• CHOCO BITS: Strawberry.
• SALTY TRAIL: Peanuts and Almonds & Seeds.



B Before
D During
A After

Before exercise, as a between-meal snack or extra energy. During training, to provide energy. After exercise, to replenish glycogen and improve recovery.

VEGAN OAT BAR

FORMAT
50 g

FLAVORS
- Banana Bread
- Coconut & Chocolate
- Nougat-Turrón
- Pistacho & Chia
- Strawberry & cashew

GLUTEN FREE · NO PALM OIL · V-LABEL INTERNATIONAL V-LABEL.COM · VEGAN

Las Vegan Oat Bar son barritas de textura muy agradable
Vegan Oat Bars have a pleasant texture because their principal ingredient is rolled oats, one of the most complete cereals in terms of carbohydrates, proteins, fats, fiber and minerals. Oats are rich in antioxidants and beta-glucans, which have a prebiotic effect in the intestine and contribute to the regulation of blood glucose.
Organic rice syrup is used for sweetening, reflecting the manufacturer's sustainable approach and preference for quality raw materials that support nutrient absorption.
Enriched with superfoods:
• Extra virgin olive oil contributes healthy fats and gives rolled oats a soft texture.
• Chia seeds provide vitamins, minerals, fiber and omega-3 fatty acids; the catalog associates them with weight regulation and fat metabolism.
• Nuts supply healthy fats, plant proteins and fiber; sesame also provides vitamins and minerals.
The original product literature describes these varieties:
• Pistachio & Chia Seeds: rolled oats, dates, extra virgin olive oil, pistachios, chia and sesame.
• Strawberry & Cashew: rolled oats, dates, extra virgin olive oil, strawberries, blueberries and cashews.
• Banana Bread: rolled oats, dates, extra virgin olive oil and banana.
• Coconut & Cocoa: rolled oats, dates, extra virgin olive oil, coconut and dark chocolate chips.
• Turrón Nougat: rolled oats, toasted almonds, dates, lemon zest and cinnamon.











B Before · D During · A After

Can be eaten throughout the day as a healthy snack, to supplement protein intake between meals, or after training.

ENERGY SHOT

FORMAT
Vial 60 ml

FLAVORS
Banana
Blue Energy

GLUTEN FREE
NO ADDED SUGAR
LACTOSE FREE
VEGAN

Energy shot es un producto con textura líquida de 60 ml, formulado con ingredientes específicos para mejorar el rendimiento del deportista y reducir la fatiga durante los entrenos y las competiciones.

Energy Shot is a 60 ml liquid product formulated with specific ingredients intended to improve athletic performance and reduce fatigue during training and competition.

Each shot contains:

• 2,000 mg Arginine AKG: Arginine alpha-ketoglutarate (AAKG) is a form of arginine presented as improving assimilation and absorption. As a precursor of nitric oxide it contributes to dilation of blood-vessel walls and increases blood flow.

• 1,500 mg Beta-Alanine: A non-essential amino acid that promotes carnosine synthesis in muscle fibers. Carnosine participates in pH regulation and buffering acidity related to intense effort, delaying fatigue according to the catalog.

• 1,500 mg Taurine: An amino acid with a role in immune function and cell protection. It contributes to antioxidant capacity and energy metabolism; the catalog associates it with effects on the central nervous system and muscle response.

• 500 mg Tyrosine: An amino acid involved in normal dopamine formation, needed for normal muscle function and contraction, and for maintaining physical and mental activity under high demands.

• Caffeine (125 or 250 mg according to flavor): Anhydrous caffeine is used to preserve the properties of caffeine. It stimulates the central nervous system, increasing alertness and energy while reducing tiredness and helping mental concentration.



B Before
D During
A After

Take one vial 15 minutes before exercise, or when you feel tired and need to reactivate.