FUEL FOR THE WORK

"THE MORE WE DO, THE MORE WE EAT. THE LESS WE DO, THE LESS WE EAT"

HIGHER ACTIVITY DEMANDS REQUIRE HIGHER CARBOHYDRATE INTAKES.

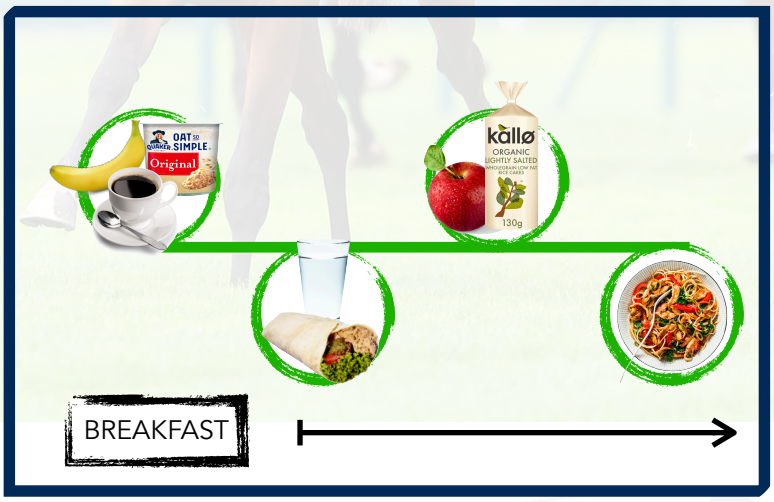
HAVE SOME CARBOHYDRATE WITH EVERY MEAL (BREAKFAST + LUNCH + DINNER)

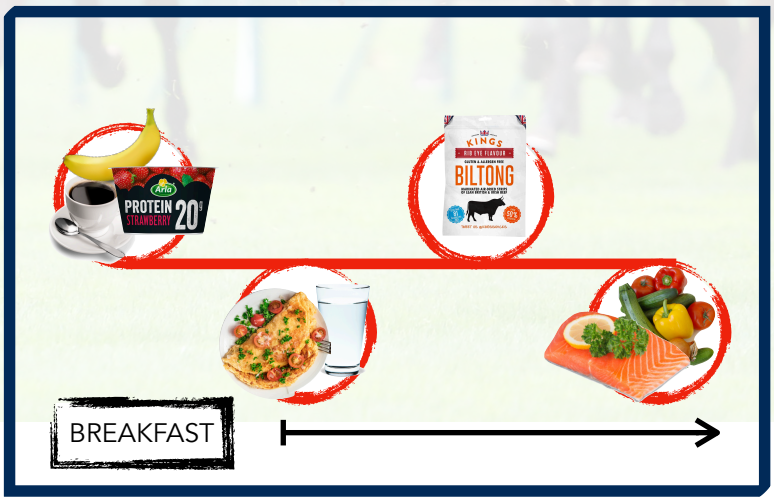
EG. DAYS WHEN YOU ARE TRAINING & RACING AS WELL AS RIDING OUT

LOWER ACTIVITY DEMANDS REQUIRE LOWER CARBOHYDRATE INTAKES.

REDUCE OR REMOVE YOUR CARBOHYDRATE FOR LUNCH & DINNER

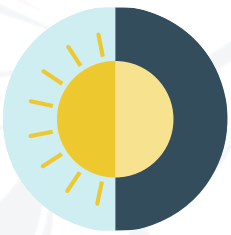
EG. DAYS WHEN YOU ARE RIDING OUT ONLY (MOST ACTIVE PART OF THE DAY IS THE MORNING)





NOT ALL CARBS ARE CREATED EQUAL

CARBOHYDRATES ARE ESSENTIAL FOR PERFORMANCE, THEY WILL NOT LEAD TO WEIGHT GAIN IF CONSUMED CORRECTLY



GREAT ENERGY SOURCE FOR RIDING AND TRAINING

GOOD SOURCE OF FIBRE, VITAMINS AND MINERALS

ESSENTIAL AS PART OF YOUR DAY-TO-DAY DIET

CAN SUPPORT PERFORMANCE & DECISION MAKING

PROVIDE SHORT ENERGY BURSTS

BEST CONSUMED AROUND RACING (30-60MINS BEFORE +AFTER)