

SPORT SPECIFIC FOOD AND SUPPLEMENT GUIDELINES

	Endurance Athletes e.g. cycling, marathon running	Swimming & Athletics*	Rugby	Cricket & Tennis	Hockey & Netball
<u>Carbohydrate loading</u>	Could be beneficial	No	No	No	No
<u>Balanced pre-event meal</u>	Yes	Yes	Yes	Yes	Yes
<u>Top-up meal</u>	Possibly	Possibly	Possibly	Possibly	Possibly
<u>Supplements 30-60 minutes before exercise</u>	Octane 4.0 OR Octane Gel + water OR PVM Energy bar + water	Octane XTR OR Octane Gel + water OR PVM Energy bar + water	Octane XTR OR Octane Gel + water OR PVM Energy bar + water	Octane 4.0 OR Octane Gel + water OR PVM Energy bar + water	Octane XTR OR Octane Gel + water OR PVM Energy bar + water
<u>During</u>	Octane 4.0 OR Octane Gel + water OR PVM Energy bar + water OR combination	-	Octane XTR OR Octane Gel + water OR PVM Energy bar + water	Octane 4.0 OR Octane Gel + water OR PVM Energy bar + water	Octane XTR OR Octane Gel + water OR PVM Energy bar + water
<u>Within 30 min after exercise</u>	Reignite OR PVM Energy bar + water	Reignite OR PVM Energy bar + water	Reignite OR PVM Energy bar + water	Reignite OR PVM Energy bar + water	Reignite OR PVM Energy bar + water
<u>If struggling to meet energy demands (± 1 h after exercise)</u>	Fusion Mass* OR Fusion	Fusion Mass* OR Fusion	Fusion Mass*	Fusion	Fusion
<u>Balanced meal</u>	Yes	Yes	Yes	Yes	Yes
<u>Bedtime**</u>	Protein XTR on competition or strenuous training days	Protein XTR on competition or strenuous training days	Protein XTR on competition or strenuous training days	Protein XTR on competition or strenuous training days	Protein XTR if struggling to meet protein requirements

* See guidelines when competing in more than 1 event/heat per day

* *Protein supplements and high protein meal replacements not recommended to children <18years.

Creatine supplementation may be used during strength training phases or short explosive training sessions. Refer to creatine supplementation. When used, substitute Octane XTR before and Reignite after exercise with Reactor.

Guidelines when competing in more than 1 event/heat per day:

It is recommended to stick to habitual food and supplement intake, but to adjust the timing, based on competition times.

EXAMPLE: 3 EVENTS DURING THE DAY

8:00	Balanced pre-event meal
9:00	± 500 ml OCTANE XTR – take a few sips every now and again (or refer to guidelines above)
10:00	<i>First event</i>
	After the event take a few sips OCTANE XTR every now and again. Max. intake is 500 ml/ hour May also opt for OCTANE GEL/ PVM ENERGY BAR + water
11:30	<i>Second event</i>
12:00	Balanced pre-event meal within 30min after event
14:00	Snack e.g. 1 PVM Energy Bar / Banana Muffin + water
15:00	Take a few sips OCTANE XTR every now and again. Max. intake is 500 ml/ hour OR 1 OCTANE GEL + water
16:00	<i>Third event (last event)</i>
	50 g REIGNITE directly after last event
18:30	Balanced meal