

UPGRADE
YOURSELF

SQUEEZY®
SPORTS
NUTRITION

UPGRADE
YOURSELF

SQUEEZY®
SPORTS
NUTRITION

Your want more Information?
Visit our website!



You like SQUEEZY?
Join us on Facebook!



Squeezy Sports Nutrition GmbH
Steinweg 8, D-38100 Braunschweig
www.squeezy.de · info@squeezy.de



Recommended usage
for runners

Recommended usage for runners

**SQUEEZY®
SPORTS
NUTRITION**



Individual need:

Depending on your individual performance and factors like temperature, condition of the circuit the individual demand for energy vary from person to person.



Energy need:

The carbohydrate demands per hour after the 1st hour of exercise are 30 g to 40 g of carbohydrate for low intensity effort and 40 g to 80 g of carbohydrate for high intensity effort.



Additional intake of water:

In order to optimize the absorption of carbohydrates you should drink approx. 200 ml of water after each intake of gel, fruit gum or bar.



High intensity
40-80^g
carbohydrates
⌚ per hour

Low intensity
30-40^g
carbohydrates
⌚ per hour

Low intensity: Training with heart rate of 60 - 70 % of the maximum heart rate running.

High intensity: Training/ competition with heart rate of 70 - 80 % of the maximum heart rate running.

| | amount of carbohydrates | recommendation for use |
|---|---|------------------------|
|  | ENERGY GEL 33-g-bag 21 g of carbohydrates | 2 - 3 bags per hour ● |
|  | SUPER GEL 33-g-bag 21 g of carbohydrates | 2 - 3 bags per hour ● |
|  | DRINK GEL 60-ml-bag 20 g of carbohydrates | 2 - 3 bags per hour |
|  | FRUIT GUM 50-g-bag 36 g of carbohydrates | 1 - 2 bags per hour ● |
|  | ENERGY BAR 50-g-bar 36 g of carbohydrates | 1 - 2 bags per hour ● |