



SPRINT GEN Gel is a simple in composition but highly effective if what we seek is a quick energy source, either at the end of an endurance test, or high-intensity short test (maximum 1 hour).

SPRINTGEN in the GEL format is a mix of carbohydrates: maltodextrin, glucose and caffeine.

MAIN COMPOSITION

Carbohydrates: Composed of maltodextrin and glucose in the ratio 2.1, is shown that multiple carbohydrates transport are much more efficient when providing energy, both have a high glycemic index, which is not a recommended gel for long duration, since by its high caffeine content is not advisable to take more than two gels per test.

Maltodextrin would be a medium assimilation carbohydrate and glucose is a sugar or single carbohydrate from which energy is obtained for the quick use by the body. With so apart that can help us out of the famous “hitting the wall”, can help us to give everything at the end of a important test.

Caffeine: Is a stimulant of the central nervous system, it increases the synapse or communication between nerve cells or neurons. Therefore, caffeine has the ability to cancel or reduce sleepiness. It also increases alertness and concentration. It produces an exciting effect of muscle contractions, which improves performance, especially in training or competitions of long duration. Cause a bigger fatigue resistance.

SPRINT GEN is recommended to take at the end of a test to make one last sprint, and take it as an emergency in case we have an important “hitting the wall” since the effect is in few minutes with this and similar gels it is advisable to take minerals during the test since caffeine has many advantages but we demineralised excessively and can lead us to have muscle cramps during the test, in these cases Mingen is a very good choice.



RECOMMENDED USE

In short, high-intensity tests (30 minutes to 1 hour) take 1 GEL just start the test, in tests of average distance (2 h approx), take a Gel from the middle of the proof. In distance events only take 1 GEL when we left 30 minutes to complete the test, before, you can take other sources of carbohydrates or EVO GEN as a very good solution.

In any case with this or any product that you consume, you should try it for a workout, to better understand how to use it because every individual is different and has a higher or lower sensitivity depending active ingredients.

Contains caffeine, if you are especially sensitive to caffeine use it is not recommended.

PRESENTATION AND SPECIFICATIONS

Format: 40 g Gel Sachet.

Flavour: Cola.

