



## **The F2C Race Team - HydraDurance, GlycoDurance, ElectroDurance and Rehab 3:1 will provide your hydration, carb fuel, electrolyte, and recovery needs.**

**HydraDurance** It is a lightly flavoured hydration beverage with a scientifically developed electrolyte blend. With no artificial colours or preservatives this ultra-low osmolarity drink is quickly and easily absorbed. A 750ml water bottle filled with 2 scoops of HydraDurance is **80 calories**.

**Mixing Instructions:** Place 2 scoops of HydraDurance in a water bottle, give water bottle a quick shake, the HydraDurance mixes instantly.

**GlycoDurance** This all natural race fuel is carbohydrate based using the same scientifically developed electrolyte blend in the HydraDurance. A 750ml water bottle filled with 3 scoops of GlycoDurance will have **300 calories (75g of carbohydrates)**.

**Mixing Instructions:** Fill a water bottle **½ full of water**, add 3 scoops of GlycoDurance shake vigorously for 30 seconds to 1 minute or until all the clumps and powder is dissolved. Add remaining water, let sit for 5 minutes so that GlycoDurance can be fully absorbed. Shake water bottle again so it is well blended.

You can adjust the flavor strength of GlycoDurance by mixing flavoured and unflavoured together without changing your nutritional or your electrolyte panel. If you prefer a stronger flavor mix 3 scoops of Mango or Strawberry Kiwi in a water bottle, if you prefer a lighter flavor, mix 1-2 scoops of unflavoured with 1-2 scoops of Mango or Strawberry Kiwi GlycoDurance to dial the flavour back by 30-60%.

Need more calories? Add an extra scoop of unflavoured GlycoDurance for a **400 calorie** bottle  
Need less calories? Add 2 scoops of GlycoDurance to 750ml of water for a **200 calorie** bottle

**ElectroDurance** Are you a heavy sweater? Do you cramp easily? This stand alone electrolyte contains the same electrolyte panel in Hydra and Glyco and can be added to water, HydraDurance, GlycoDurance or Rehab 3:1 for additional electrolytes if needed. It can also be taken sublingually.

**Mixing Instructions:** Fill a water bottle with water, GlycoDurance, HydraDurance or Rehab 3:1, take 1-3 full servings per hour of exercise depending on the heat and intensity of your work out to maintain electrolyte balance.

For fastest results place ElectroDurance directly under your tongue and allow it to begin dissolving directly into your system via oral transmission. 1-3 licks every 5 miles on the bike and every mile on the run if needed.

**Rehab 3:1** will be waiting for you when you finish! The optimum three to one ratio of carbohydrates to protein, this recovery beverage uses the same carbohydrate that is in GlycoDurance plus a blend of 5 different proteins and an organic coconut oil. With the lactose removed from this drink and digestive enzymes added this beverage is great for post race recovery. Each 200ml (7oz )cup is **250 calories**.

**Mixing Instructions:** Fill a water bottle with 200-400 ml of water, mix 1-2 scoops of Rehab 3:1, shake for 30 seconds or until product is blended.