

HYDRATION & SLOW RELEASE CARB DRINKS



All drinks are gluten free and vegan friendly

STEALTH HYDRATION TABLETS

BEFORE - DURING - AFTER

Purpose	General hydration, fasted
Energy	training No carbohydrates
Electrolytes	Full range of electrolytes
Flavours	Blackcurrant

1 tablet in 500/600 ml water.

Easy to use effervescent tablets make an electrolyte drink when you want to hydrate without any carbohydrates. Can easily be used at double strength as part of a hyper hydration strategy.

STEALTH SUPER HYDRATION MIX

BEFORE - DURING - AFTER

Purpose	General hydration and low carbohydrate training
Energy	10g of carbohydrates per 500/600ml made up bottle
Electrolytes	Full range of electrolytes
Flavours	Lemon & Lime / Blackcurrant & Elderflower / Mango & Passion

1 rounded scoop per 500/600ml water.

This is mainly a hydrating drink with just enough carbohydrates to facilitate easy absorption of fluids. Contains soluble fibers which help with hydration in the lower gastrointestinal track.

STEALTH TRAINING MIX - SLOW RELEASE CARBS

BEFORE - DURING - AFTER

Purpose	For medium to long steady cycle, or run, pre race drink, or pre swim avoiding insulin spikes and promotes fat burning
Energy	20g of the slow release carbohydrate Isomaltulose per 500/600ml made up bottle
Electrolytes	Full range of electrolytes
Flavours	Watermelon / Orange / Pineapple / Flavourless ORS

2 level scoops per 500/600ml bottle of water.

This slow release carbohydrate drink will give a steady flow of energy without insulin spikes, it allows your body to burn energy from your own body fat for longer.

ENERGY DRINKS WITH ELECTROLYTES

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These high energy drinks, although created with the best ingredients to be easily absorbed with moderate levels of fructose, need to be gradually included in your nutrition plan in the months leading up to races to make sure your digestive system is able to produce the enzymes that are needed.

You cannot go from a regime of mostly fasted training to suddenly a race with a high carb intake. Aim for 60-90g of carbs per hour, taken at frequent intervals for high performance. This can be from drinks, gels, bars, or a combination.

STEALTH RACE MIX

BEFORE - DURING - AFTER

Purpose	For races or high intensity training sessions where extra fuel is needed to perform
Energy	18g of fast acting carbs (sucrose and D-glucose) per 500/600ml bottle
Electrolytes	Full range of electrolytes
Flavours	Lemon & Lime / Pineapple / Orange

2 level scoops per 500/600ml water.

Extra scoops of STEALTH MAL TODEXTRIN PLUS is a way to increase the carb load of this drink.

STEALTH ENDURANCE MIX

BEFORE - DURING - AFTER

Purpose	High energy for races or high intensity training sessions where extra fuel is needed to perform
Energy	36g of carbohydrates (maltodextrin, fructose, sticky rice starch) per 500/600ml bottle
Electrolytes	Full range of electrolytes
Flavours	Watermelon / Citrus / Blackcurrant & Elderflower / Lemon & Lime

6 level scoops in 500/600ml water, shake vigorously to dissolve.

Extra scoops of STEALTH MAL TODEXTRIN PLUS is a way to increase the carb load of this drink.

STEALTH BIG ENDURANCE MIX

BEFORE - DURING - AFTER

Purpose	Extra high energy for races or high intensity training sessions where extra fuel is needed to perform
Energy	94g of carbohydrates (maltodextrin, fructose) per 500ml bottle
Electrolytes	Full range of electrolytes
Flavours	Pineapple/ Peppermint/ Watermelon

10 level scoops in 500ml water, shake vigorously to dissolve.

STEALTH MALTODEXTRIN PLUS

BEFORE - DURING - AFTER

Purpose	To add to your favorite drink mix to create a drink with a personalized amount of carbohydrates
Energy	4 scoops gives you 30g of carbohydrates (maltodextrin, sticky rice starch)
Electrolytes	None
Flavours	Flavourless

1 scoop gives you 7.5g of extra carbohydrates

Can be added to water if you don't want electrolytes, or added to other energy drink mixes, smoothies etc.