



**PEAK FUEL**

*INCREASE YOUR INTENSITY*

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[WWW.PEAKFUEL.CO.NZ](http://WWW.PEAKFUEL.CO.NZ)

# Nutrition is about **3** main elements

*Hydration (DRINK hydration formula), Energy (GELs, BARs and SNACKs), and Recovery (SHAKE recovery formula)*

**1. Hydration.** Use DRINK hydration formula at the correct rate (three level scoops from the bulk jar or one 33g SHOT hydration formula sachet per drink bottle). You should be drinking at least a bottle (500-800ml) per hour. Feel free to have straight water as well if you like but you definitely need the formula to replace salts, a critical element of hydration.

**2. Energy.** When exercising for more than 30 minutes you need to be replacing your muscle glycogen (basically sugars) on the go. GELs are ideal for this. You need to start taking them after 30 minutes and use at least one tube of GEL every 90 minutes. The flip-top lid means you can just snack away every 20 minutes or so using just one hand. Add in a BAR or SNACK for added fibre and energy if exercising for more than two hours.

**3. Recovery.** After a ride, run or general exercise it's essential that you recharge your muscles; it could be the difference between being able to train the next day or not! Use our SHAKE recovery product within 20-30 minutes of finishing exercise then follow up with a carb or protein rich meal within the next two hours. The longer the training the more you need.

If you want to treat your body right and gain a real edge then the PeakFuel range is the perfect partner to a healthy, balanced diet. It'll help you achieve your potential by training harder and making it count on race day.

These are the general rules; the actual amounts vary a bit with your weight, intensity of exercise and duration.

Check out the website for further information

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*Performance Hydration has been designed for optimal performance and endurance. There's no magic way to achieve excellence but there are steps you can take to rehydrate, re-power and protect your muscles to get that bit closer.*

*DRINK & SHOT are a clever combination of both long and short chain carbohydrates to refuel your body, plus a biologically active concentration of electrolytes to stave off cramp allowing you to push harder for longer.*

*Many drinks are too sweet to use in performance situations. When diluting the taste, you also dilute the electrolytes. DRINK & SHOT's special formula not only performs at the highest level but also tastes great when used at the recommended concentration.*

**PEAKFUEL**  
**DRINK**  
PERFORMANCE HYDRATION

**PEAKFUEL**  
**SHOT**  
HYDRATION FORMULA



*Contains no preservatives, artificial flavourings, colouring or sweeteners. Gluten Free*

Our GELS, BARS and SNACKs are jam packed with natural ingredients and real flavours. We've added in a bunch of essential minerals to get you over that finish line in great shape.

When exercising for more than 30 minutes you need to replace your muscle glycogen (sugars) on the go. PeakFuel GELS are ideal for this. Start taking them after 30 minutes of exercise and use at least one tube every 90 minutes. The flip-top lid allows you to do this with no mess. Add in a BAR or SNACK for added fibre and energy if exercising for more than two hours.

PEAKFUEL  
**BAR**  
PERFORMANCE ENERGY



PEAKFUEL  
**SNACK**  
NUTRITION BAR



PEAKFUEL  
**GEL**  
PERFORMANCE ENERGY





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*SHAKE Recovery Formula is a high protein shake that contains no artificial sweeteners, flavours or colouring. Its balance of protein and carbohydrate is specifically formulated to ensure the repair, recharging and rebuilding of your muscles after a tough workout.*

*SHAKE has three protein sources that are assimilated at different rates. This provides a more sustained uptake of amino acids into the body to speed up recovery before your next session.*

*Use SHAKE within 20-30 minutes of finishing intense exercise to achieve the best possible muscle repair and recovery. It's a hard-working supplement to be taken in tandem with other food and liquids.*







**PEAKFUEL**  
**SHAKE**  
RECOVERY FORMULA



*Contains no preservatives, artificial flavourings, colouring or sweeteners. Gluten Free*

# PEAKFUEL

## Suggested guide for PeakFuel sports nutrition

PRODUCT	TRAINING	PRE-EVENT	EVENT	RECOVERY
<b>DRINK</b> <i>Performance hydration</i>				
<b>GEL</b> <i>Performance energy</i>				
<b>BAR</b> <i>Performance energy</i>				
<b>SNACK</b> <i>Nutrition bar</i>				
<b>SHAKE</b> <i>Recovery formula</i>				

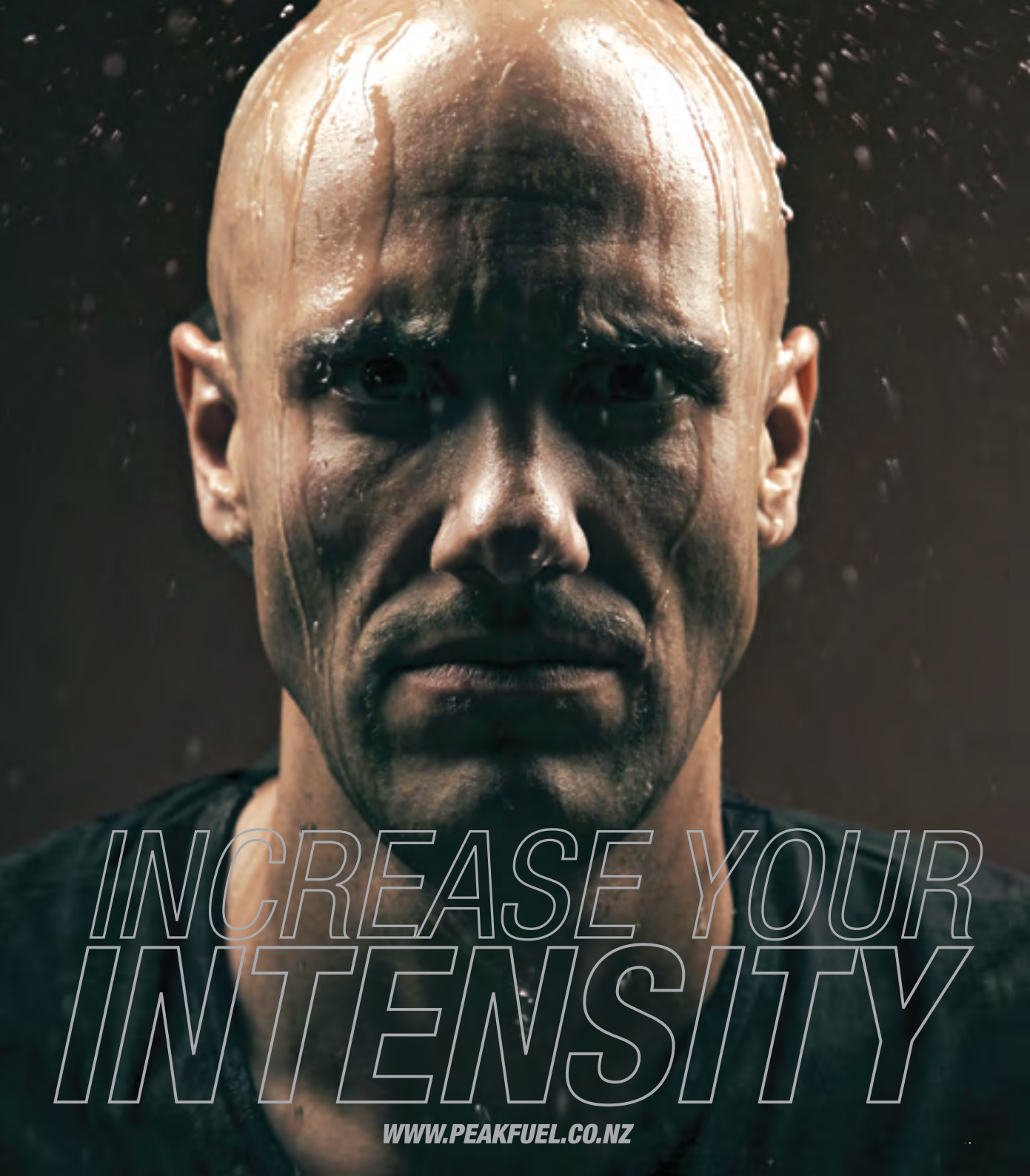
## Suggested guide for PeakFuel consumption

PRODUCT	PRE-ACTIVITY	EVENT ACTIVITY	RECOVERY
<b>DRINK</b> <i>Performance hydration</i>	500 - 800mls 1 hour prior	750 - 800mls per hour	250 - 500mls within 20 mins of finishing activity
<b>GEL</b> <i>Performance energy</i>		1x 64g GEL per 2 hours of activity	
<b>BAR</b> <i>Performance energy</i>	1x 65g BAR 1 hour prior*	1x 65g BAR per 2 hours of activity*	1x 65g BAR after finishing activity*
<b>SNACK</b> <i>Nutrition bar</i>	1x 65g BAR 1 hour prior*	1x 65g BAR per 2 hours of activity*	1x 65g BAR after finishing activity*
<b>SHAKE</b> <i>Recovery formula</i>			250 - 500mls within 20 mins of finishing activity

\* Consume either a BAR or SNACK or a mixture of both

**PEAKFUEL**  
**SNACK**  
NUTRITION BAR





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