

2009 TRIATHLON NUTRITION GUIDE

SportQuest Thermolyte \$15 (90 caps)

SODIUM: 300mg
POTASSIUM: 85mg
CHLORIDE: 0mg
MAGNESIUM: 12mg
PRICE per serving: \$0.34

EXTRAS: Each two-capsule serving also provides a hefty dose of antioxidants and calcium.
SPORTQUESTDIRECT.COM



MAGNESIUM: 3mg
PRICE per serving: \$0.17

EXTRAS: Each cap contains a small amount of dextrose (206mg) to facilitate sodium absorption.

MEDIONCORP.COM



Enduro Shark Salts \$19 (100 caps)

SODIUM: 460mg
POTASSIUM: 50mg
CHLORIDE: 0mg
MAGNESIUM: 10mg
PRICE per serving: \$0.19

EXTRAS: Each capsule also contains 20mg of calcium as a lactic acid buffer.

ENDUROSHARK.COM



Succeed S! Caps \$10.50 (100 caps)

SODIUM: 341mg
POTASSIUM: 21mg
CHLORIDE: 0mg
MAGNESIUM: 0mg
PRICE per serving: \$0.11

EXTRAS: This product boasts a higher sodium concentration than any other salt tab on the market.
SUCCEEDSCAPS.COM



Salt Stick Caps \$20 (100 caps, dispenser not included)

SODIUM: 215mg
POTASSIUM: 63mg
CHLORIDE: 0mg
MAGNESIUM: 22mg
PRICE per serving: \$0.20

EXTRAS: The capsules are designed to fit into Salt Stick's unique dispenser, which can be installed inside many aerobars or onto a bike's toptube.

SALTSTICK.COM



Lava Salts \$17 (100 caps)

SODIUM: 255mg
POTASSIUM: 30mg
CHLORIDE: 0mg
MAGNESIUM: 10mg
PRICE per serving: \$0.17

EXTRAS: Lava Salts also contain lactic acid buffers such as sodium bicarbonate.

LAVAGEL.COM



Recovery Solids

Clif Shot Roks \$2.49

PROTEIN: 20g per packet
CALORIES: 250-260
SUGARS: 23-26g
FLAVORS: chocolate, peanut butter, chocolate chip cookie dough.

EXTRAS: A new, highly unique recovery product in the Clif line, these small bites consist of a protective shell that prevents them being crushed or melting if they're in your jersey for post-ride munching.

CLIFBAR.COM



Hammer Endurolytes \$20 (120 caps)

SODIUM: 40mg
POTASSIUM: 25mg
CHLORIDE: 60mg
MAGNESIUM: 25mg
PRICE per serving: \$0.17

EXTRAS: Each cap contains more than 6mg of vitamin B-6 to support energy levels and 50mg of calcium to help buffer lactic acid.

HAMMERNUTRITION.COM



SUGARS: 23g
FLAVORS: peanut butter twister, chocolate thunder

THE Storm has a proprietary MR30 (muscle recovery 30) probiotic enzyme system that helps break down protein quickly for fast uptake into muscles after training.

PROMAXNUTRITION.COM



Promax Energy Bars \$1.99

PROTEIN: 20g
CALORIES: 270
SUGARS: 27g
FLAVORS: cookies 'n' cream, double fudge brownie, nutty butter crisp, black forest cake, chocolate chip cookie dough, chocolate mint, honey peanut, chocolate peanut crunch, lemon bar.

EXTRAS: With nine flavor options, you'll be hard-pressed to find a flavor of this big 75-gram bar that you don't like. It serves well as a breakfast or meal replacement bar, and ProMax has reformulated the product so that it doesn't contain high-fructose corn syrup.

PROMAXNUTRITION.COM



Muscle Milk Light Bar \$1.79

PROTEIN: 15g
CALORIES: 170
SUGARS: 9g
FLAVORS: vanilla toffee crunch, chocolate peanut caramel

EXTRAS: This low-fat, lactose-free bar not only serves as a great après workout recovery bar, but it serves double duty as a great hunger-control bar between meals.

CYTOSPORT.COM



Recovery Drinks

Kona Endurance Super Recovery \$50

PROTEIN: 24g
CALORIES: 376
CARBOHYDRATES: 70g
FLAVORS: Chocolate blast, vanilla shake, fruit punch, pineapple paradise

