

SR®

2020V6



**BE
GOOD
TO YOU**

WE 
GLUTEN FREE



226 is the distance in kilometers of the worldwide hardest endurance challenge Ironman distance. Just like those who practice running are called runners, people who practice this category may be called **226ERS®**

226ERS® is a philosophy, a certain interpretation of life, characterized by a desire of improving at any time, improving oneself day after day, pursuing goals that seemed to be impossible at first. Maybe you have already run the 226km, and although more likely you haven't, its philosophy is applies to every aspect of daily life.



A correct nutrition is essential to keep our health condition in top form, physically and mentally. Remaining strong in these two pillars is crucial to be able to achieve our goals. It is for this reason that we took care to create a range of products that help you to maintain your body and mind in its optimal way. All our products are gluten free, almost entirely developed with natural ingredients and components. Low or free sugar and entirely without GMOs. Everything designed in order to secure there is no perturbation in your digestion and that your body and mind assimilate all the nutrients required.

**DO YOU FEEL
IDENTIFIED WITH IT?**

CEO & FOUNDER

Everything began just after my 13th birthday when I bought my first book on sports nutrition. I took the step from playing team sports to individual sports, in this case swimming, a sport that depends on the individual self. As well as this, one's improvements are subordinated to the tough training and an accumulation of details, among them nutrition, which I had to begin so as to understand that sport and nutrition must go together.

Although I continued competing in swimming along with other sports (e.g. MTB, windsurfing, skiing, volleyball and basketball), I always paid attention to the nutritional aspect. Finally, in 1994, I submerged myself into, a great passion of mine, the triathlon world where nutrition and supplements play an ever more important role for me.

In 1999, I trained and competed very hard and obtained the bronze EEG in the Olympic distance Cto. Spanish Triathlon. However, I was forced to retire from my objective of the year "El Home de Ferro de Ibiza", one of the first 226km long distance triathlons in Spain. It was there that I clearly became conscious of the nutritional importance in endurance sports. This challenge marked a before and an after in my sports and professional life.

In 2004, with my studies in Architecture completed and being pushed by my wife Pilar, who also wants to participate in a triathlon, I decided to return and compete with clearer and more ambitious goals... and that was it. I achieved positive results in both the Olympic and half distance races, however the half distance race continued to elude me due to the continuous digestive problems that occurred in the final hours of the competitions, a time when I needed my body the most.

In 2007, I realised that this problem was not only mine but also the largest obstacle for many athletes who have to overcome it to complete in a long-distance race. In conjunction with my doctor, coach, dietician, many sports-specific books, scientific studies and the testing of all of the available products on the market, I decided to begin a search for the cause of my digestive problems when competing and understand how to overcome it using the adequate ingredients and compounds.

In 2010, as a result of a through research, I began to conduct my own mixtures and decided to eliminate gluten, drastically reduce my sugar intake during exercise and use food sources of the purest and highest quality (natural elements). As a result, everything began to change. My performance improved and my body became familiar with the products.

During that summer, I set up 226ERS in an office, which was a little bigger than 12 square metres, in the basement of my home. 226ERS was born with the following three benchmarks.

The following year 2011, I gained my first classification in the Nice Ironman® for the World Ironman® Championships in Kona. A year later, 2012, I completed the Roth Challenge® in 8h 51' and the European ETU Long Distance Championship (M35). In 2013, I achieved the same time (8h 51') and a time of 2h 40' in the Seville Marathon. In 2014 and 2016, I classified again for the Ironman® World Championship in Kona, totaling a 3-time participation in the Triathlon Mecca.

At the rate with which we are growing as a brand, we are even more conscious that sport and nutrition, apart from being



**BE
GOOD
TO YOU**

NO PALM OIL

NO GMO

DOPPING FREE

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ISOTONIC DRINK

Isotonic drink

Mineral salts and water must be balanced for optimum performance:

- > A lack of water causes DEHYDRATION.
- > A lack of salt causes HYONATRAEMIA.
- > Both reduce performance and can be deadly

We must provide the body with liquid and mineral salts, not just water.

A lack of mineral salts causes:

- > Decrease in performance.
- > Cramps.
- > Hyponatremia in extreme cases.

ISOTONIC DRINK contains:

- > Low kcal contribution, under 80 kcal / 500 ml.
- > **Amylopectin** as a source of energy:
 - Absorbed by the stomach up to 80% faster
 - Restores muscle glycogen up to 70% faster
- > **Mineral salts:**
 - Guaranteeing suitable levels for practising intensive sports.
- > **Beta-alanine:**
 - Lactic Acid inhibitor that delays fatigue.



FORMAT

1 Kg
500g
Monodoe 50g
(Lemon
and Red Fruits
flavours)

FLAVOURS

- Red Fruits
- Mango
- Lemon
- Cola

Specially recommended for intensive physical exercise or competitions lasting less than 90' and as a form of hydration and replenishment of mineral salt deposits prior to competing and recovering mineral salt levels after physical exercise.



Filling up Salts deposits (500 ml one hour before exercise).



As a contribution of salts take (500-800 ml per hour).



CARBOHYDRATES

ENERGY DRINK

Energy drink

Product primarily designed to provide energy, essential for extensive workouts, long competitions or for pre-competition hydration.

We use energy and minerals during exercise based on:

- > Environmental factors. Heat and humidity.
- > Physiological factors. Consumption of energy and minerals.
- > Nutritional factors. The diet we are following, or foods we consume.

ENERGY DRINK CONTAINS:

- > **Amylopectin** as a source of energy:
 - Absorbed by the stomach up to 80% faster
 - Restores muscle glycogen up to 70% faster
- > **Taurina** as a vasodilator:
 - Increases the transport of oxygen to the muscle.
 - Improves performance.
- > **L-Carnitine** activates fat metabolism:
 - Preserves glycogen deposits.
 - Improves energy efficiency
- > **Vitamin Complex:** extra contribution of the main vitamins.



FORMAT

1 Kg
500g
Monodose 50g
(Lemon flavour)

FLAVOURS

- Red Fruits
- Mandarin
- Lemon

Its main advantage lies in its rapid supply of energy to the body without the need for sugars and in its low mineral salt content, which guarantees that the intake of other products containing minerals (gels, snack bars, capsules...) is not prejudicial.

It is specially recommended for use in physical exercise and competitions lasting 90' or more and for carb-loading prior to long lasting competitions.



Pre-competition hydration (refills glycogen deposits (before exercise).



Workouts or competitions lasting 90' to 4h maximum. (500ml/hour).



CARBOHYDRATES



ENERGY DRINK

Long distance energy drink

SUB9 ENERGY DRINK. Energy product specially recommended for workouts and competitions lasting more than 4 hours, such as ultra trails, long-distance triathlons, bicycle race routes or mountain biking in stages, among others.

This original product provides sufficient carbohydrates to ensure the energy needed for sporting performance, as well as rapid-assimilation proteins and BCAAs. 8:1:1 It also provides sodium, the mineral our body most consumes during exercise.

SUB9 - ENERGY DRINK contains:

- > **Amylopectin:** as a source of energy:
 - Absorbed by the stomach up to 80% faster
 - Restores muscle glycogen up to 70% faster.
- > **Whey protein isolate:** Numerous studies have shown that the intake of a mix of carbohydrates with high glycaemic indexes such as amylopectin, together with whey protein isolate, improves performance in long duration sports and prolongs time to exhaustion.
- > **BCAA's (8.1.1) + TYROSINE.** If we increase the intake of branched-chain amino acids such as leucine (8:1:1) and we add tyrosine, we avoid the decrease of neurotransmitter precursors such as dopamine.
- > **TAURINE + L-CARNITINE.** Taurine has antioxidant and anti-inflammatory properties and increases fat oxidation as an energy substratum, which, together with the carnitine for improving their transport into the mitochondria, promotes the use of the fat maintaining glycogen reserves, which is essential in long-duration sports. They help improve overall health, acting in synergy with the other nutrients.



FORMAT

1 Kg
Monodose 50g
(Watermelon
flavour)

FLAVOURS

- Watermelon
- Mango

This original product provides sufficient carbohydrates to ensure the energy needed for sporting performance, as well as rapid-assimilation proteins and BCAA's 8:1:1 It also provides sodium, the mineral our body most consumes during exercise.



Pre-competition hydration (refills glycogen deposits (before exercise)).



Training or competitions of more than 4h (500-ml/hour).



The logo for sub9, featuring the word "sub9" in a white, italicized, sans-serif font on a dark grey rectangular background.

RACE DAY

Energy drink with Cyclodextrin and Palatinose.

Sub9 Race Day is currently the energy sports drink containing the most carbohydrates per serving. To enable its 82 g of carbohydrates and its 332 kcal to be absorbed, we have worked to obtain a low-osmolarity drink by using **Cyclodextrin** and **Palatinose** as its main ingredients. These latest-generation carbohydrates are more efficient at replenishing glycogen in the body:

- > They provide a prolonged, perfect release of energy during and after exercise.
- > Fewer insulin peaks, favouring the use of glucose at cell level over a shorter period of time and maintaining blood sugar level for longer.
- > Rapid gastric emptying thanks to its high molecular weight and low osmolarity, favouring digestion and reducing secondary gastrointestinal effects.
- > Does not inhibit fat combustion.

Provides practically **1g of BCAAs** in an 8:1:1 proportion with extra Leucine per serving. The combination of these essential amino acids is perfect for endurance sport given that:

- > They provide metabolic energy for the muscles.
- > They preserve glycogen levels.
- > They have an anabolic effect (mainly thanks to leucine), actively participating in the process of muscle recovery.

Contains 230 mg of L-Carnitine, derived from L-carnitine L-tartrate, which is a stabilized form of L-carnitine. Its absorption speed is slightly higher than in other forms of L-carnitine.

It helps to transport long-chain fatty acids to cellular mitochondria, increasing the supply of energy to the muscles and favouring increased blood flow in the area.

Increases the production of ketones that prevent protein catabolism.

Saves up glucose and muscle glycogen to improve performance and recovery while reducing damage to muscle tissue.


Provides 460 mg of Sodium derived from the use of sea salt. In hot temperatures and high humidity, it can be supplemented with extra sodium, preferably using capsules, at a rate of 1 g of Sodium per litre of water.

Sub 9 Race Day is suitable for vegans. It comes in a single-dose format with a mild lemon flavour.

Prepare it by adding a little water to the can, dissolve the powder from the sachet in it, shake vigorously and top up with water.

**FORMAT**

Monodose 87,5g

FLAVOURS
 Soft Lemon

Energy drink with a high carbohydrate content derived from Cyclodextrin and Palatinose, its main characteristic being low osmolality for good absorption. Contains almost 1 g of BCAAs per serving, in an 8:1:1 proportion, as well as 460 mg of sodium derived from the use of sea salt and 230 mg of L-Carnitine.



Filling carbohydrate tanks (500 ml during the hour before exercise).



In training or competitions from 500 ml / hour.



CARBOHYDRATES

WHEY PROTEIN

High protein drink with STEVIA

Whey Protein is high in biological value, since it provides all the necessary essential amino acids for growth and for the maintenance of bodily functions.

The greatest advantage of concentrated proteins over common proteins found in foods such as meat or fish is that they are more easily and far more quickly absorbed, providing all the nutrients needed by your muscles. This makes them ideal for sportspeople who are making considerable muscle effort. After finishing high-intensity training, muscles absorb a larger amount of protein for repairing themselves thanks to a phenomenon denominated metabolic window, facilitating muscle recovery as small muscle damage is repaired, preparing the muscles for training on subsequent days.

With approximately 115 kcal per serving and 23 g of protein, of which 25% are BCAA, we have succeeded in making Whey Protein a low-carbohydrate, low-sugar protein shake sweetened with stevia, that contributes to:

- > Increasing muscle mass.
- > Retaining muscle mass.
- > Maintaining bones in normal conditions.

Available in a 1kg doy pack format that comes in 3 flavours:

- > **Chocolate Blend:** flavoured with powdered cocoa.
- > **Vanilla Custard:** flavoured with a touch of cinnamon.
- > **Pineapple:** with “piña colada” flavour.



FORMAT
1 Kg

- FLAVOURS**
- Blend Chocolate
 - Vanilla Custard
 - Pineapple



Just after or before a workout.

As a complement to a weight-loss or high-protein diet.



ISOLATE PROTEIN DRINK

High protein drink with STEVIA

ISOLATE is an ultrafiltered whey protein isolate, so it has the same biological characteristics as whey peptides. Thus we obtain an extraordinarily high-protein substance that is low in fat and very low in sugar, which makes it the perfect option for athletes.

This product allows us to achieve a suitable protein intake, prior to exercise, due to absorption of amino acids by muscles being proportional to their transport and the proportion of blood flow to the muscles increases during physical exercise.

We known:

- > The isolate is perfect for overload workouts.
- > Recommended for achieving minimum protein intake on weight-loss programmes.
- > Sweetened only with Stevia, it is completely natural and contains no calories.
- > This protein is assimilated rapidly, accelerates recovery and reduces fatigue.



FORMAT
1 Kg

FLAVOURS
■ Watermelon
■ Chocolate



Just after or before a workout.

As a complement to a weight-loss or high-protein diet.



PROTEINES

VEGAN PROTEIN

Vegan Protein is designed for those who want a healthy, balanced and sustainable diet, benefiting from the properties of its ingredients.

The product is suitable for vegans, containing 70% protein and providing 21g of protein per dose. It has little more than 100 kcal, being low in fat and having no added sugar, as it is sweetened with stevia. The total sugar content per dose is less than 0.5 g, so it is ideal for drinking at any time of day and increasing your intake of vegetable proteins healthily.

Vegan protein contains 3 high quality vegetable proteins:

- > **Pea protein** has a high proportion of essential and non-essential amino acids and is the richest natural source of arginine, known for its great contribution in the repair and growth of muscle tissue. Pea protein is highly bioavailable and digestible, optimises tissue formation and tones muscles.
- > **Rice protein** has a lot of nutrients and is low in calories. It prevents fatty acids from being stored by activating lipase in the liver and the blood vessel walls.

We have also formulated Vegan Protein with superfoods to make it even more complete:

- > Moringa, also called the drumstick tree, has medicinal powers and is rich in antioxidants and chlorophyll, essential for the purification and oxygenation of cells, in addition to providing iron and calcium.
- > Lucuma is an Andean fruit notable for its richness in vitamins B1, B2, beta-carotene and phosphorus. It is ideal for fatigue and highly recommended for strengthening the immune system.
- > Flax seeds have a high content of omega 3 fatty acids, lignans (antioxidants), vitamins and fibre.
- > Chia seeds are a great source of vitamins, minerals, fiber and Omega 3 fatty acids that help fight fat and regulate body weight.

It is available in three flavours: cocoa, red fruits and vanilla.

**FORMAT**

700g

FLAVOURS

- Cocoa Powder
- Red Fruits
- Vanilla

Protein shake suitable for vegans, formulated with isolated pea protein, rice protein and hemp protein. Enriched with superfoods such as moringa, lucuma and flax. Available in red fruits and cocoa flavour.

It can be prepared with water or a vegetable drink, or combined with some fruits and nuts to adapt to individual consumption needs; thus incorporating more vitamins, minerals and carbohydrates.



PROTEINES

RECOVERY DRINK

Recovery drink

After working out it is essential to recover as quickly as possible in order to:

- > Assimilate the training session.
- > Be able to perform at 100% the next day.

We must:

- > Protect and rebuild the muscle tissue “damaged” during the workout through the use of proteins and amino acids.
- > Replenish glycogen deposits as quickly as possible with quality carbohydrates.
- > Provide 15-25% proteins to carbohydrates.

We know:

- > How you behave after a strenuous workout.
- > That in addition to a specific product for recovery, you consume fruit, juices, sugary drinks, energy bars...
- > That all this carbohydrate intake reduces the proportion of proteins consumed, which hinders recovery.

RECOVERY DRINK:

- > 100% recovery because it contains around 50% of the best protein to carbohydrates.
- > It also provides:
- > L-Arginine (250mg per serving). Aids recovery.
- > Creatine (3 g per serving). Reduces recovery time and loss of muscle mass.



FORMAT

1 Kg
500g
Monodose 50g
(flavours Strawberry,
chocolate and
vanilla)

FLAVOURS

- Vanilla Coffee
- Yogurt Lemon
- Watermelon
- Vanilla
- Strawberry
- Chocolate

Outstanding provision of efficient recovery with high proportion proteins. If RECOVERY DRINK were designed with 15-20% protein, like other products, upon ingesting other products its recovery capacity would be reduced because the protein proportion would also be reduced.



0'-30'. Right after a highly demanding or extensive workout or competition (250-500ml)



NIGHT RECOVERY CREAM

Creamy texture night recuperator

We introduce the ultimate recovery cream for making your recovery COMPLETE, QUICK AND DELICIOUS!

It is a custard or yoghurt-textured cream for eating with a spoon.

It is ideal to **drink at night before going to sleep**:

- > Improving performance on the most demanding days.
- > Performing at 100% in competitions in stages.
- > Daily recovery during the loading phase.
- > Taking the night before a competition.

It provides, among others:

- > **Calcium caseinate.** Slows amino acid metabolism and thus prolongs the synthesis of proteins, promoting muscle growth and strengthening muscles.
- > **Colostrum.** Provides amino acids that contain vital albumins for cell metabolism and cell regeneration and immunoglobulins that are essential antibodies and providers of protection against and prevention of infections that can attack the body.
- > **L-Glutamine.** For repairing muscle fibres and enabling protein synthesis. It also acts as a buffer against lactic acid, inhibiting its effects.
- > **L-Tryptophan,** Essential for aiding the liberation of the serotonin neurotransmitter, involved in regulating sleep and pleasure. Regulates anxiety, insomnia and stress
- > **Amylopectin,** As a carbohydrate, it dissipates insulin and improves protein absorption.

Preparation:

- > Put 2 product dosages (2x12.5g) in a small bowl (standard take). Pour the water or milk little by little (about 100 ml).
- > Stir with a spoon until you get the texture you want.
- > The product will thicken gradually as you mix it.



VEGAN

FORMAT

500g

1 Kg

FLAVOURS

Vanilla

Chocolate

Calcium caseinate causes deep muscle tissue recovery aiding muscle regeneration. Possible problems caused as a result of organic weakness due to peaks of training are reduced by the protective action of Colostrum. At the same time, L-Glutamine, in addition to repairing muscle tissue, replaces the necessary levels to prevent lactic acid if we are competing the next day. It is a very complete product that is also enjoyable to eat and will undoubtedly become one of your essentials.



At night, just before going to bed on days of strenuous workouts, loading phases, the night before or after a competition.



RECOVERY

K·WEEKS IMMUNE

Drink to accompany breakfast with **megaflora⁹**
evo

What is important to have a good immunity's own appropriate number and types of immunocompetent cells. great part of our immunity forging in the gastrointestinal tract, where appropriate micro biota (bacteria that live with us) favours our immunity.

Incorporation of the new **Megaflora 9 EVO** enhances the properties that characterise this product. It is a powerful mixture of high quality prebiotics (minerals and vegetable protein) and 9 different probiotic strains that will help us maintain good gut health and a healthy immune system, having a positive effect on our general health.

K-WEEKS IMMUNE is a drink for consuming at breakfast. It is designed for taking during periods of:

- > Maximum demand, whether due to volume or intensity.
- > Pre-competition phases.
- > Change of seasons.

Its composition provides 28g of protein per dose, which comes from whey protein isolate and collagen hydrolyzed protein:

- > Help maintain body tissues
- > Improve aches caused by effort
- > Help the elasticity and demands of cartilages, ligaments and tendons.

Among other:

- > **Megaflora 9 EVO** - probiotics: strengthens your gut flora and your immune system.
- > **Whey protein:** 70%.
- > **Collagen:** helps your joints and bones.
- > **Vitamin B6:** encourages the correct metabolism of glycogen and protein.
- > **Chamomile:** anti-inflammatory and antioxidant.
- > **Amino acids:** help in the formation of proteins.
- > **Royal Jelly:** strengthens the immune system.
- > **Beta - D Glucans:** reduces the glycaemic index.
- > **Inulin:** provides soluble fibre.
- > **Echinacea:** provides greater resistance.



megaflora⁹
evo

FORMAT

1 Kg
(flavours Chocolate
and Cappuccino)
500gr

FLAVOURS

- Cookie
- Chocolate
- Cappuccino

This product, brings together a large number of compatible substances among them is the **Megaflora 9 EVO**, which improve your immune system in times of strong physical stress and exhaustion. This mixture facilitates decision and control each and every one of these favourable substances, leaving numerous capsules, vials and replacing the tablets getting sideways economy intake, incorporating daily routine and making it nice and comfortable.

AFTER WAKE UP

Drink for taking with breakfast or first thing in the morning.



RECOVERY

CHEW SALTS

Chew salts

Electrolytes are present in the blood as well as in other bodily fluids and their extra and intracellular balance is vitally important in maintaining our health and wellbeing, since they fulfil some important functions:

- >They regulate the amount of water present in the body
- >They are indispensable for correct muscle function
- >They regulate blood pH
- >They regulate the body's nervous function

When we practice sport, we lose electrolytes, which are associated with muscle function. Their deficit can cause muscle weakness and fatigue, cramp, muscle spasms and even nausea.

Chew Salts provide sodium, magnesium, potassium and calcium:

- >**Sodium:** this is the mineral we lose the most of during sports practice through perspiration, and so it is indispensable to replace it to prevent dehydration and its consequences.
- >**Magnesium:** Helps reduce tiredness and fatigue. Magnesium contributes to normal energy metabolism and to electrolyte balance, to the normal functioning of the nervous system and of the muscles.
- >**Potassium:** Contributes to the normal functioning of the muscles, of the nervous system and to maintaining normal blood pressure.
- >**Calcium:** Contributes to the normal functioning of the muscles. It is needed for maintaining bones in normal condition.

Because of all these functions, Chew Salt is indispensable for replacing electrolytes in sports practice. Its tube format makes it easy to carry with you. Being chewable makes them ideal and easy to take during training and competition.

**FORMAT**

Tube 13 tabs

FLAVOURS

■ Lemon

CHEW SALTS are chewable tablets of mineral salts, the perfect choice for taking while in training and competition. No water is needed when taking it, since it is chewable and its lemon flavour is very pleasant.

Its use is especially recommended when exercising, as it recharges mineral salt deposits during sports practice as well as recovering levels of mineral salts after physical exercise.

Each tablet provides 200 mg of sodium, 12 mg of magnesium, 60 mg of potassium and 20 mg of calcium. Gluten-free and vegan-friendly.



Before the exercise as a form of hydration.



During the training session, as loading mineral salts.



After the exercise as a form of hydration.



HYDRAZERO

Hypotonic Drink

When doing exercise, Hydrazero is an essential mineral salt drink as the loss of electrolytes has to be replenished in order to perform efficiently not only in competitions but also in training.

Each dose of Hydrazero contains:

- > 500mg of sodium which improves hydration and provides a better, more proportioned balance of body fluids.

As it is a **HYPOTONIC DRINK**, its osmolality is less than that of blood plasma something that intracellular hydration favours. As well as this, using this type of drink reduces the risk of having an upset stomach.

Its formula contains **STEVIA** which provides zero sugar, therefore allowing replenishment of lost electrolytes without adding calories.

Available in three refreshing flavours (lemon, tropical, and sour strawberry) that permit rehydration while enjoying a drink that has a pleasant taste.

Prepare the Hydrazero and consume during training sessions.

It can also be consumed to hydrate before training and to replenish the electrolyte stores after training.

The intake is designed with 750 ml water bottle. If a 500ml or 1l water bottle is preferred, the taste in relation to the quantity of water may be strengthened or reduced. Nonetheless, the characteristics of the product will remain unchanged, and it will continue to be hypotonic and provide the same quantity of salts.

**FORMAT**

Monodose 7,5g
Case 14 monodose
Boîte 225g

FLAVOURS

- Lemon
- Tropical
- Sour Strawberry



It should particularly be consumed while training or competing as a form of hydration, recuperating the levels of mineral salts after physical exercise or replenishing mineral salts stores before trainings or competitions.



Before the exercise as a form of hydration.



During the training session, as loading mineral salts.



After the exercise as a form of hydration.



SALTS ELECTROLYTES

Salts Electrolytes

The body's salt level is critical for optimum performance:

- > Salts help rehydrate the body.
- > They regulate muscle contraction.

Sodium is the mineral salt our body most uses during exercise:

- > Sodium and potassium regulate muscle contraction.
- > A lack of either of these two minerals can produce muscle cramps.
- > It improves water absorption.

In addition, calcium

- > Reduces acidity in the body.
- > Neutralises lactic acid.
- > Delays the appearance of fatigue.

This way, by using SALTS:

- > We ensure a good mineral salt level in the body.
- > For long training sessions:
 - We eliminate muscle cramp.
- > In high-intensity sessions:
 - We delay fatigue.

Also this product:

- > Contains no calories.
- > Helps reduce body weight.
- > Guarantees high performance with good mineral salt levels.

**FORMAT**

Bottle 100 capsules

FLAVOURS

■ Neutral

Ideal for maintaining salt deposits at optimum levels during particularly hot seasons, during long-duration sports activity or for people with heavy perspiration. It can also be used to reduce body weight as it ensures the supply of necessary mineral salts preventing dehydration, without adding any calories to the body.



Take 1 capsule 30' before exercise.



Take 1 capsule 30 minutes before and after exercise and 1 capsule every 30 - 60 minutes during exercise with at least one glass of water (150ml).



1 capsule 30' after exercise.



SALTS

The logo for sub9, featuring the word "sub9" in a white, italicized, sans-serif font. The "b" is stylized with a small arrow pointing upwards and to the right. The logo is set against a dark gray rectangular background.

SALTS ELECTROLYTES

Salts Electrolytes with ginger

SUB9-SALTS are the evolution of SALTS ELECTROLYTES for continuous intake during more extensive exercise.

As for the minerals, sodium has been increased to 250mg. Also contains Magnesium, Potassium and Calcium.

**FORMAT**

Bottle 100 capsules
Monodose

FLAVOURS

■ Neutral

Their format allows for easy transport and improves the use of the product during exercise, ensuring, at the same time, that the capsules are perfectly conserved.



Take 1 capsule 30' before the exercise.



1 capsule every 30 -60 minutes during exercise with at last one glass of water (150 ml).



1 capsule to accelerate recovery.



SALTS

The logo for sub9, featuring the word "sub9" in a white, italicized, sans-serif font on a dark gray rectangular background.

PRO SALTS ELECTROLYTES

Salts Electrolytes with Caffeine

SUB9 PRO ELECTROLYTE SALTS are a variation on our SUB9 ELECTROLYTE SALTS, with ginger removed and caffeine added.

They are formulated to replace lost electrolytes during exercise and physical exertion, with an extra supply of caffeine (40 mg/capsule) for those who want to perform at their best.

They help prevent dehydration and consequently cramp and injuries.

SUB9 PRO ELECTROLYTE SALTS provide an adequate proportion of salts and minerals that are lost through perspiration during exercise and competition, while re-hydrating the body so it functions properly.

Each capsule contains

- > 250 mg sodium
- > 54 mg potassium
- > 2,5 mg calcium
- > 34,6 mg magnesium

It also contains vitamin D to help in the absorption and utilisation of calcium, and vitamin B6 which is essential for enzymes to work well to facilitate protein metabolism.

Caffeine mainly:

- > Increase alertness.
- > Reduces fatigue.
- > Stimulates the mobilisation of fats, thus increasing the availability of fuel for muscles to work; thus saving glycogen reserves.

They are very easy to take because of their capsule format and easy to digest due to their high-quality ingredients. Gluten-free and suitable for vegans.

**FORMAT**

Bottle 100 capsules
Monodose

FLAVOURS

■ Neutral

Vitamin and mineral based food supplement; contains caffeine (40 mg/capsule). Indicated for situations of heat and/or high humidity during exercise, to reduce muscle cramps and prevent a drop in performance due to dehydration during exercise.

Caffeine reduces fatigue and improves the energy efficiency of the individual during exercise.



30' minutes before exercise 1 capsule to get a good level of salts.



1 capsule every 30'- 60' (minutes) during exercise, with at least one glass of water during your intake (150ml).



SALTS

**IF YOU
KNOW
THE WAY
YOU
HAVEN'T
GONE FAR
ENOUGH**



BIO ENERGY GELS

Natural Aroma & Organic Ingredients

There are situations of maximum physical demand in which a gel product is fundamental due to its:

- > Ease of transport.
- > Ease of use.
- > Maximum highly-concentrated energy available.

With BIO ingredients.

- > Fruit, caffeine and complex and simple carbohydrate syrups come from eco agriculture, as well as flavors used. Since we eliminate chemical substances that slow down different metabolic processes, we get better flavor and better assimilation.
- > Different options: Caffeine free, with caffeine and Extra Sodium.

Depending on your needs, you may choose caffeine-free or different amounts of caffeine (from 25mg to 160mg):

- > Preserves glycogen deposits.
- > Mobilises fatty acids.
- > During aerobic workouts it delays time to exhaustion.
- > Causes an increase in muscle contraction strength.



Caramel:

No Vegan
No Paleo
No Lactose free

FORMATS

Tubo 25g
Stick 40g
Stick 25g

FLAVOURS

WITH CAFFEINA

■ Lemon
■ Melon
■ Forest Fruit
■ Cola

CAFFEINE FREE

■ Strawberry & banana

EXTRA SODIO

■ Caramel

The composition also contains minerals, primarily Sodium. This is eliminated through perspiration. An acute reduction of salt can cause muscular cramps, weakness and, in extreme cases, hyponatraemia. Its presence in the body increases the rate of water absorption, delays fatigue and reduces the production of urine, increasing fluid levels.

It also contains Potassium. Potassium is lost in every muscle contraction. Potassium is important for transmitting nerve impulses.



Take 1 gel every 20'- 60 'minutes (depending on the gel you take) with water.



ENERGY GELS & GUMMIES

HIGH ENERGY GEL

Energy gel with cyclodextrin and natural aromas

High Energy Gel is an energy gel in which the main source of carbohydrates is cyclodextrin, a cutting-edge carbohydrate that provides improved and more efficient glycogen replenishment.

- > It provides prolonged energy release, which is ideal during and after exercise.
- > A lower insulin peak, favouring the use of glucose at cellular level over a shorter timespan while maintaining the blood sugar level for longer.
- > Rapid gastric emptying thanks to its high molecular weight and low osmolality, favouring digestion and reducing secondary gastrointestinal effects.
- > Does not inhibit fat burning.

In a 76-g, 200-kcal stick format containing 50 g of carbohydrates per gel unit in a 1:1 ratio for complex and simple carbohydrates.

The aromas used are natural and achieve really good flavours:

- > **Lemon y banana:** pure formula, BCAA- and caffeine-free.
- > **Blackcurrant y Orange:** with 1 g of BCAAs in an 8:1:1 ratio
- > **Cherry:** formule with 160 mg of caffeine.
- > **Espresso coffee:** formule with 80 mg of caffeine.

**FORMAT**

76g

FLAVOURS

- Lemon
- Blackcurrant
- Cherry
- Banana
- Espresso Coffee
- Orange

Energy gel with cyclodextrin, natural aromas and a high carbohydrate content, 200 Kcal per gel unit.

In six flavours and with different properties and characteristics.

High energy **Cologne List®** the seal of the Cologne List, the world's first and largest doping prevention platform for nutritional supplements.

Cologne List®

The Cologn only includes rigorously tested products to ensure through analyses and labelling checks that the manufacturers do not use in their products any prohibited substances included in the WADA (World Anti-Doping Agency) list.



You can consume up to 2 sticks per hour during exercise with 500 ml of water as necessary. Always stay hydrated. Store in a cool dry place.



ENERGY GELS & GUMMIES

ISOTONIC GEL

Isotonic energy gel with cyclodextrin, natural aromas and stevia.

This isotonic gel is an energy gel in which the main source of carbohydrates is cyclodextrin, a cutting-edge carbohydrate that provides improved and more efficient glycogen replenishment.

- > It provides prolonged energy release, which is ideal during and after exercise.
- > A lower insulin peak, favouring the use of glucose at cellular level over a shorter timespan while maintaining the blood sugar level for longer.
- > Rapid gastric emptying thanks to its high molecular weight and low osmolality, favouring digestion and reducing secondary gastrointestinal effects.
- > Does not inhibit fat burning.

Its main characteristic is that no water is required for its intake since the gel contains the necessary amount for its consumption.

In a 68g, 89-kcal stick format, it contains 22g of carbohydrates per unit, of which practically the entirety are complex hydrates and only 1.4 g is sugar.

The aromas used are natural and achieve really good flavours:

- > **Lime:** formule caffeine free.
- > **Watermelon:** formule caffeine free.
- > **Cola:** formule with 100mg of caffeine.


FORMAT

68g

FLAVOURS

- Lime
- Watermelon
- Cola

Gel based on carbohydrates (22g), cyclodextrin and natural flavouring. With sweetener and sugar.

In three flavours and with different properties and characteristics.

Isotonic gel carries the seal of the **Cologne List®** the world's first and largest doping prevention platform for nutritional supplements.

Cologne List® only includes rigorously tested products to ensure through analyses and labelling checks that the manufacturers do not use in their products any prohibited substances included in the WADA (World Anti-Doping Agency) list.



Watermelon & Lime: Consume 3 sticks every 60 minutes during exercise. It does not need to be consumed with water.

Cola: Consume 1 stick every 60 minutes during exercise. It does not need to be consumed with water.



ENERGY GELS & GUMMIES

SMART FUEL MCT-C8

Energy cream with isomaltulose and L-carnitine

SMART FUEL MCT C8 is an energy gel with a creamy texture formulated with nut creams, providing around 120 kcal per gel and characterized by its high fat content. Esta formulado principalmente por Palatinosa, MCT C8 y L-Carnitina:

- >Provides **5g** of **Palatinose** per gel: It delivers prolonged energy release, which is ideal during and after exercise. It causes fewer insulin peaks, favouring the use of glucose at cell level over a shorter period of time and maintaining blood sugar level for longer. Rapid gastric emptying to favour digestion while reducing gastrointestinal discomfort.
- >With **4g** of COCONUT-sourced **C8 MCT** per gel, it provides superior-quality fatty acids so that there is no need to resort to glycogen reserves during physical exercise. It supplies continuous energy during prolonged exercise and helps to reduce lactate build-up.
- >And **300 mg of L- Carnitine** per gel: It helps to transport long-chain fatty acids to cellular mitochondria, increasing the supply of energy to the muscles and favouring increased blood flow in the area. Increases the production of ketones that prevent protein catabolism. Saves up muscle glucose and glycogen to improve performance and recovery while reducing damage to muscle tissue.

In two flavours, sweetened with rice syrup only, free of added sugars or sweeteners.

>**Hazelnut:** natural hazelnut flavour thanks to the roast hazelnut cream it contains.

>**Almond & Banana:** almond- and banana-flavoured, with roast almond cream and banana purée.

**FORMAT**

25g

FLAVOURS

- Hazelnut
- Almond & Banana

Vegan, gluten-free energy cream made from almond and hazelnut creams, Palatinose, C8 MCT sourced from coconut and L-Carnitine, sweetened with rice syrup.

Smart Fuel carries the seal of the **Cologne List®**, the world's first and largest doping prevention platform for nutritional supplements.

Cologne List® only includes rigorously tested products to ensure through analyses and labelling checks that the manufacturers do not use in their products any prohibited substances included in the WADA (World Anti-Doping Agency) list.



Take 1 to 2 units per hour during prolonged exercise.



ENERGY GELS & GUMMIES

VEGAN SPORT GUMMIES

Energy filled chews containing pectin, golden sugar and organic rice syrup.

Vegan Sport Gummies are a source of carbohydrate. The consumption of carbohydrates helps maintain blood glucose, providing energy to our body while maintaining top physical performance.

The new 226ERS formula with improved ingredients and a new smaller format mean they are ideal for both training and competitions. Advantages:

- > Very pleasant to eat due to their texture; making them easier to chew and digest.
- > Easy to transport. New 5 gummies format of 30 g per container provides about the same energy as jelly.
- > Mix of carbohydrates that give us energy, with the main ingredients being organic, such as golden sugar and rice syrup, providing high quality energy, in addition to ensuring better assimilation of the carbohydrates.

Three formulations with different features:

sub9

BCAAs - MANGO: A very pleasant fruity flavour with contribution of BCAAs in the ratio 8:1:1, Tyrosine and Taurine and 60mg of sodium.

CAFFEINE

CHERRY-COLA: Cherry and cola flavour, with a contribution of Caffeine and Taurine for those who want bit of a boost.

ELECTROLYTES

ORANGE: Natural aroma and sea salt, but no colouring have been used.

LIME: Made with sea salt and natural colouring (chlorophyll).

With a sodium intake of 125mg.

**FORMAT**

30g
(5 unités of 6g)

FLAVOURS

- Mango
- Cherry & Cola
- Lime
- Orange

Vegan Sport Gummies are vegan chews formulated with a mix of high quality carbohydrate and pectin as a thickener, giving a more pleasant texture. Now also suitable for vegans.

Available in four flavours: Mango with BCAA 8:1:1, Cherry & Cola with Caffeine and Electrolytes, Lime y Orange.



Take 5 units every 30'-45' during the exercise with 300ml of water.

Ideal for those who need energy for both training and competitions and prefer not to use a jelly format.



ENERGY GELS & GUMMIES

VEGAN GUMMY BAR

Energy filled chews containing pectin, golden sugar and organic rice syrup

Vegan Gummy Bars are a source of carbohydrates. The consumption of carbohydrates helps maintain glucose in the blood, provides energy and maintains high physical performance. They are 30g bars with a jelly texture that make them ideal for both training and in competitions. They are equivalent to eating a bag of jelly beans, but their bar format makes them easier to eat all at once.

Advantages:

- > Very pleasant to eat due to their texture; making them easier to chew and digest.
- > Easy to transport. New 5 gummies format of 30 g per container provides about the same energy as jelly.
- > Mix of carbohydrates that give us energy, with the main ingredients being organic, such as golden sugar and rice syrup, providing high quality energy, in addition to ensuring better assimilation of the carbohydrates.

Three formulations with different features:

sub9 **BCAAs - MANGO:** A very pleasant fruity flavour with contribution of BCAAs in the ratio 8:1:1, Tyrosine and Taurine and 60mg of sodium.

CAFFEINE **CHERRY-COLA: CHERRY-COLA:** Cherry and cola flavour, with a contribution of Caffeine and Taurine for those who want bit of a boost.

ELECTROLYTES **ORANGE:** Natural aroma and sea salt, but no colouring have been used.
LIME: Made with sea salt and natural colouring (chlorophyll).
With a sodium intake of 125mg.

**FORMAT**

30g

FLAVOURS

- Mango
- Cherry & Cola
- Lime
- Orange

Vegan Gummy Bars are energy bars with a jelly texture formulated with a high quality carbohydrate mix and pectin, and so are suitable for vegans. Available in four flavours: Mango with BCAA 8:1:1, Cherry & Cola with Caffeine and Electrolytes, Lime y Orange.

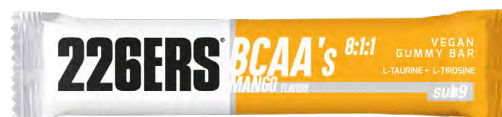
An Electrolyte Gummy Bar contains 125 mg of sodium, 27 mg of magnesium and 9 mg of potassium.

Two gummy bars contain the same amount of mineral salt as a Sub9 Salt Electrolyte capsule.



Take 1 unit every 30'-45' during the exercise with 200ml of water.

Ideal for those who need energy for both training and competitions and prefer not to use a jelly format.



ENERGY GELS & GUMMIES

ENDURANCE FUEL BAR

Energetic bar with natural ingredients

Energetic bars made from dried fruits have been replaced by fruit powder removing sulphites. Natural flavorings have been used to enhance the flavors and rosemary has been added as anti-oxidant.

Energy bars made from natural ingredients. Perfect to be taken during training, competitions or for snack to provide the energy required before an effort.

- > Provides a mixture of carbohydrates.
- > With 9 added vitamins to improve the transformation of the carbohydrates into energy.

2 options:

BCAAs in proportion 8:1:1 (Leucina+):

- > **Dark chocolate**
- > **Apple & Cinnamon**
- > **Banana & Ginger**

CHOCO BITS:

- > **Citric Lemon**
- > **Coffee & Cocoa**
- > **Strawberry**



No Vegan
WHITE CHOCO & STRAWBERRY

This product is perfect for taking during workouts or sports events, especially during outdoor endurance activities. It is also highly recommended for taking at any time as a snack or energy boost before training.



Before exercise, as a snack between meals or extra energy food before physical activity.



When you need solid food or want to give yourself a break.



To restore energy and improve recovery.

FORMAT
60g

FLAVOURS
BCAA's
■ Apple & Cinnamon
■ Banana & Ginger
■ Dark chocolate

CHOCO BITS
■ Coffee & Cocoa
■ Citric Lemon
■ White Choco & Strawberry



RACE DAY

Energy bar rich in carbohydrates based on dried fruit and pumpkin seeds.

Energy bar with BCAA 8:1:1 40g perfect for eating during training and competitions as the texture is very easy to chew and the flavours are delicious.

Race Day is the evolution of the Endurance Fuel Bar, as it is thinner, and very easy to carry and chew.

The main characteristics of this bar are:

- > Smaller size and 40 g in weight.
- > The amount of figs has been increased and the dates have been reduced, thereby controlling the glycaemic index and providing energy but reducing insulin peaks.
- > One bar contains 124 kcal and between 21 and 25 g of carbohydrates depending on the flavour.
- > The nuts have been taken out so that it is easier to eat and digest.
- > It has pumpkin seeds that give it a crunchy touch and provide healthy fats and proteins.
- > With organic ingredients like pumpkin seeds, sunflower oil and sultanas.
- > Contains BCAAs with a ratio of 8:1:1 (Leucine+)
- > A vitamin complex with 10 vitamins has been added providing 50% of the NRV.

Available in 3 varieties and 9 different flavors:

BCAAs in proportion 8:1:1 (Leucina+):

- > **Dark chocolate**
- > **Apple & Cinnamon**
- > **Banana & Ginger**

CHOCO BITS:

- > **Citric Lemon**
- > **Coffee & Cocoa**
- > **Strawberry**

SALTY TRAIL:

- > **Italian taste**
- > **Peanuts**
- > **Almond & Seeds**



FORMAT
40g

FLAVOURS

BCAA's

- Apple & Cinnamon
- Banana & Ginger
- Dark chocolate

CHOCO BITS

- Coffee & Cocoa
- Citric Lemon
- White Choco & Strawberry

SALTY TRAIL

- Italian Taste
- Peanuts
- Almonds & Seeds



No Vegan
WHITE CHOCO & STRAWBERRY

Take a Race Day bar every 30-60 'according to the needs in both training and competitions. It is also perfect to drink before sports and meet the energy needs of that moment prior to exercise.



Before exercise, as a snack between meals or extra energy food before physical activity.



When you need solid food or want to give yourself a break.



To restore energy and improve recovery.



BARS

NEO BAR

Protein Bar

NEO BARS are 50 g protein bars that provide about 23 g of protein per bar and less than 1 g of sugar.

NEO BARS are 50 g protein bars that provide about 23 g of protein per bar and less than 1 g of sugar.

- > The protein comes from ingredients such as milk protein isolate and hydrolysed collagen protein, thus increasing the uptake of amino acids.
- > They contain glycerin that has a moistening function when used in food. On a sports level it helps to achieve a state of hyperhydration, so it can help to maintain hydration levels in athletes so they can maintain their level of performance.
- > Soya nuggets give it a crunchy touch as well as adding vegetable protein from pulses.
- > Enriched with 57 mg of magnesium per bar, contributing to the normal functioning of muscles and their protein synthesis.
- > And a mix of added vitamins: Vitamin C, Vitamin E, Vitamins B3, B6 and B1.

In 4 Flavours:

- > **Dark chocolate Crunchy:** With cocoa powder and covered in dark chocolate..
- > **White Choco & Strawberry Crunchy:** Strawberry flavour and covered in white chocolate.
- > **Coconut & Chocolate Crunchy:** With grated coconut and covered in dark chocolate.
- > **Peanuts & Chocolate Crunchy:** with peanuts and covered in milk chocolate.



FORMAT
50g

- FLAVOURS**
- Dark Chocolate
 - Peanuts & Chocolate
 - White Choco & Strawberry
 - Coconut & Chocolate

The new 226ERS protein bar, with 46% protein and less than 1g of sugars. It contains 23 grams of high quality protein in each bar,

Ideal to take at any time of the day when you need protein to rebuild muscle. Like the rest of our products, it is also developed without gluten.



Before exercise, as a snack between meals or extra protein before performing a physical activity.



To improve recuperation.



VEGAN PROTEIN BAR

These are vegan protein bars that contain nearly 30% vegetable protein, which equates to more than 11 g of protein per bar, enriched with Superfoods.

Rice syrup and agave syrup have been used to sweeten them, with a low glycaemic index, from organic crops, in line with our sustainable practices, and using top quality raw material for better nutrient assimilation.

The proteins they contain are pea protein and rice protein:

- > **Pea protein** with a high proportion of essential and non-essential amino acids is the richest natural source of arginine known for its great power to help repair and grow muscle tissue. Pea protein is extremely bioavailable and digestible, and helps tissue formation and tones muscles.
- > **Rice protein** contains a large number of nutrients and is low in calories. It prevents fatty acids from being stored up as it activates lipase in the liver and in the walls of blood vessels.

Enriched with **Superfood**, ingredients with high nutritional value, they can be eaten at any time of day as a healthy snack.

- > **Chia seeds** are a great source of vitamins, minerals, fibre and Omega 3 fatty acids that help to combat fats and regulate body weight.
- > **Goji Berries** provide a great antioxidant effect.

Available in four flavours:

- > **Cocoa Nibs & Cashew**, made up of cocoa in natural powder, cashew nuts and organic ingredients such as small pieces of raw cocoa beans, cocoa butter, chia seeds and goji berries.
- > **Cherry**, with cherry flakes and organic pumpkin seeds.
- > **Chocolate & Orange**, chocolate flavour with pieces of candied orange zest and organic pumpkin seeds.
- > **Coconut**: with grated coconut and organic pumpkin seeds.



FORMAT

40g

FLAVOURS

- Cocoa Nibs & Cashew
- Cherry
- Orange & Chocolate
- Coconut

Vegan protein bar made with premium quality natural ingredients suitable for vegans and with nearly 30% protein.



The bars can be eaten at any time of day, as a healthy snack, as an extra protein boost, between meals or after training mainly



VEGAN OAT BAR

Vegan Oat Bars have an appealing texture as the main ingredient is oat flakes that also provide great properties as it one of the most complete cereals that contains carbohydrates, proteins, fat, fibre and minerals. It is rich in antioxidants and beta glucans, wich have a prebiotic effect on the gut and regulate blood sugar levels.

Rice syrup has been used to sweeten the bars, produced organically, in line with our sustainable practices, and using top quality raw materials for better nutrient assimilation.

Enriched with *Superfoods*, ingredients with high nutritional value, they can be eaten at any time of day as a healthy snack.

- > **Extra virgin olive oil** provides healthy fats and gives the oat flakes a smooth texture.
- > **Chia Seeds** are a great source of vitamins, minerals, fibre and Omega 3 fatty acids that help to combat fats and regulate body weight.
- > **Nuts** that are rich in healthy fats and provide vegetable protein and fibre. Along with sesame seeds, which in addition to all this, provide vitamins and minerals.
- > Strawberries and blueberries as antioxidants.

Available in five flavours:

- > **Pistacho & Chia Seeds**, consisting mainly of oat flakes, dates, extra virgin olive oil, pistachio, chia and sesame seeds.
- > **Strawberry & Cashew**, consisting mainly of oat flakes, dates, extra virgin olive oil, strawberries, blueberries and cashew nuts.
- > **Banana Bread**: composed mainly of oat flakes, dates, extra virgin olive oil and banana.
- > **Ginger Bread**: composed mainly of oat flakes, dates, extra virgin olive oil and ginger.
- > **Coconut & Cocoa**: composed mainly of oat flakes, dates, extra virgin olive oil, coconut and drops of dark chocolate.



FORMAT
50g

- FLAVOURS**
- Pistachio & Chia seed
 - Strawberry & Cashew
 - Ginger Bread
 - Banana Bread
 - Coconut & cocoa

Vegan oatmeal bars made with high quality natural ingredients and suitable for coeliacs and vegans.



The bars can be eaten at any time of day, as a healthy snack, as an extra protein boost, between meals or after training mainly



ENERGY SHOT

Shot of 250mg of caffeine

Energy shot is a 60-ml liquid phial formulated with specific ingredients to improve sports performance and reduce fatigue during training and competitions.

Each phial contains:

>2000 mg of Arginine AKG: Arginine Alpha-Ketoglutarate is an evolved form of arginine that improves assimilation and absorption. This amino acid is the precursor of nitric oxide and contributes to improve the endothelial dilation of blood vessel walls, increasing blood flow and the amount of nitric oxide in the blood. It is also necessary for synthesizing proteins within body tissues, thus favouring tissue repair.

>1500 mg of Beta-Alanine: This is a non-essential amino acid that favours the synthesis of carnosine within muscle fibres, significantly raising the levels of this substance in the muscles. Its main functions are regulating pH, preventing acidity in the body produced by lactate, thus delaying the onset of fatigue. It maintains the reserves of ATP, which is the energy source for cell functions and enhances calcium sensitivity in muscle fibres, increasing strength while reducing fatigue during muscle activity.

>1500 mg of Taurine: This amino acid plays an important role in the immune system and helps to protect cells. It contributes to the body's overall antioxidant capacity and is important for energy metabolism. For all this, it improves sports performance thanks to its action on the central nervous system and on muscle response.

>500 mg of Tyrosine: This amino acid is essential for dopamine formation, which is required for normal muscle function and contraction. It is needed to maintain physical and mental activity in high-demand conditions.

>250 mg of Caffeine: We have used caffeine anhydrous, which keeps the properties of caffeine intact. Caffeine is a stimulant that boosts the central nervous system by raising energy levels while reducing fatigue and tiredness and increasing mental focus and concentration. In addition, it stimulates the mobilization and oxidation of fats, thus increasing the availability of fuel for muscle activity, optimizing the availability of glycogen reserves.

**FORMAT**

Vial 60ml

FLAVOURS Banana

Energy shot in a 60-ml phial, banana-flavoured, suitable for vegans, gluten-free and with no added sugars or sweeteners. Formulated with five specific ingredients to activate our body before exercising or for moments when we feel tired and need an energy boost.



Take 1 vial 15 minutes before exercise or in those moments when we are tired and need to activate.

*SUPPLEMENTS*

STAY IMMUNE

Chew tablets

Every day we face situations that cause us stress and fatigue, weakening our immune system and making it more vulnerable to viruses, bacteria, colds, infections, low defenses, etc....

Stay Immune has been formulated with ingredients that contribute to the normal functioning of the immune system during and after intense exercise. It also contributes to reducing tiredness and fatigue, to maintaining normal energy metabolism and to protecting cells from oxidative damage.

>**Dried thyme extract:** Has a calming and pleasant effect on the mouth, throat, larynx and vocal chords, providing relief from irritation.

>**Essential tea tree oil:** Helps to maintain mobility and joint flexibility and increases the body's physiological resilience in severe environmental conditions.

>**Aloe Vera:** Helps to boost immunity.

>**Dried propolis extract:** Anti-inflammatory, antibacterial, antiviral and antifungal properties are attributed to it.

>**Papain:** According to bibliographic studies, it possesses anti-inflammatory activity at mouth level. An improvement in the recovery time of athletes who consume this ingredient is also described.

>**Dried fennel extract:** Fennel seeds contain an essential oil rich in anethole, estragole and alpha-Pinene. Fennel is a powerful medicinal plant that stands out for its capacity to balance out the functions of the digestive system, although it is also expectorant and anti-inflammatory.

>**Magnesium:** Helps reduce tiredness and fatigue. Magnesium contributes to normal energy metabolism and to electrolyte balance, to the normal functioning of the nervous system and of the muscles.

>**Vitamin C:** Contributes to the normal functioning of the immune system during and after intense physical exercise and helps to reduce tiredness and fatigue while contributing to the protection of cells from oxidative damage. Improves absorption of iron and contributes to normal collagen formation for the regular functioning of blood vessels, bones, cartilage, gums, skin and teeth.

>**Vitamin D:** Contributes to the normal functioning of the immune system and to maintaining muscles, bones and teeth in normal condition.

>**Zinc:** Contributes to the normal functioning of the immune system and to protecting cells from oxidative damage, contributes to normal acid-base balance, contributes to the normal metabolism of carbohydrates and fatty acids, to normal protein synthesis and to maintaining bones, hair, nails, skin in normal condition.

>**Potassium:** Contributes to the normal functioning of the muscles, of the nervous system and to maintaining normal blood pressure.

>**Calcium:** Contributes to the normal functioning of the muscles. It is needed for maintaining bones in normal condition.

**FORMAT**

Tube 13 tablets

FLAVOURS

■ Mint

Stay Immune are gluten-free, vegan-friendly chewable tablets with a refreshing mint flavour.

They contain vitamins, minerals and plant extracts selected for the benefits each one of them has in boosting and maintaining both the immune system and the digestive system.

Thanks to all the functions of the ingredients present in chewable Stay Immune tablets, they are perfect for taking before or after training, even before the start of the working day in order to approach it with safety and protection.



Take 1 tablet per day



PRE WORKOUT

Pre Workout is formulated with specific ingredients to optimize both long-distance training sessions to avoid muscle catabolism, and shorter explosive gym sessions, whether they are series, intervals or HIT, and it is highly recommended for sports such as CROSSFIT.

Its main functions are to increase nitric oxide in the blood, increase muscle strength, acting as an anti-catabolic, thus helping to reduce muscle destruction, promoting recovery and delaying the onset of fatigue.

Each serving contains:

>**500 mg of Arginine AKG:** Arginine Alpha-Ketoglutarate is an evolved form of arginine that improves assimilation and absorption. This amino acid is the precursor of nitric oxide and contributes to improving the endothelial dilation of blood vessel walls, increasing blood flow and the amount of nitric oxide in the blood. It is also necessary for synthesizing proteins within body tissues, thus favoring tissue repair.

>**2000 mg of Beta-Alanine:** This is a non-essential amino acid that favors the synthesis of carnosine within muscle fibers, significantly raising the levels of this substance in the muscles. Its main functions are regulating pH, preventing acidity in the body produced by lactate, thus delaying the onset of fatigue. It maintains the reserves of ATP, which is the energy source for cell functions and enhances calcium sensitivity in muscle fibers, increasing strength while reducing fatigue during muscle activity.

> **3000 mg of Creatine:** Its function is to increase the phosphocreatine stores of the muscles so that ATP is still produced, providing the energy necessary for the muscles to continue working during high intensity exercise.

>**3000 mg HMB:** HMB, also known as beta-hydroxy-beta-methylbutyrate, is a metabolite of Leucine. It increases protein synthesis while reducing its degradation (anti-catabolic). It increases muscle strength, prevents and reduces muscle damage, helping recovery. It increases the maximum amount of oxygen that we can absorb during physical activity, having a positive impact on our anaerobic power.

>**250 mg of Anhydrous caffeine*:** Caffeine is a stimulant that boosts the central nervous system and raises energy levels while reducing fatigue and tiredness and increasing mental focus and concentration. In addition, it stimulates the mobilization and oxidation of fats, thus increasing the availability of fuel for muscle activity, optimizing the availability of glycogen reserves.

*Only in Lime flavour.

Available in two flavors:

>**Watermelon:** with the 4 main ingredients and without caffeine.

>**Lime:** with the same 4 ingredients plus 250 mg of anhydrous caffeine, which maintains the properties of caffeine intact.


FORMAT

300g

FLAVOURS

A small yellow square icon.

Lime

A small red square icon.

Watermelon

Food supplement in powder based on L-Arginine AKG, HMB, Creatine and Beta -Alanine.

Pre Workout is a gluten-free, lactose-free and vegan pre-workout product, perfect to take before or during training.



Dissolve 3 scoops (15g) of product in 200-300ml of water.



SUPPLEMENTS

BCAA 8:1:1

Ergogenic aid, Leucine+, Valine and Isoleucine

Branched-chain amino acids, Leucine, Valine and Isoleucine (BCAAs) metabolise in the muscle, unlike other amino acids (in general) which metabolise in the liver.

The combination of these essential amino acids makes up almost a third of skeletal muscles in the human body and they play a very important role in protein synthesis.

BCAAs are three essential amino acids, specifically Leucine, Isoleucine and Valine. They are metabolized in the muscle, unlike the rest of amino acids, which (in a general way), do so in the liver. The combination of these essential amino acids makes up almost a third of skeletal muscles in the human body and plays a very important role in the synthesis of proteins.

We use the 8:1:1 proportion with an extra charge of Leucine, since this is the one that kick-starts the protein synthesis processes. They are also known as branched-chain amino acids, and their principal functions are:

- >Increasing the synthesis of proteins and reducing the breakdown of proteins after exercise, this helping in muscle recovery while reducing muscle deterioration after exercise.
- >They have an anabolic effect on the metabolism of proteins after exercise and promote muscle growth.
- >They reduce muscle damage associated with resistance training and mitigate “delayed-onset muscle soreness” and muscle fatigue after exercise.
- >They help maintain a healthy immune system.
- >They improve performance during sustained exercise and reduce perceived effort during training.

L-TYROSINE: This amino acid is essential for natural dopamine formation, which is needed for normal muscle function and contraction. It participates in the production of energy and is needed for maintaining physical and mental activity.

L-ARGININE: This is a conditionally essential amino acid, since the body also produces it.

It is the precursor of nitric oxide, which our body uses as a vasodilator so that more blood flows through our blood vessels, thus contributing to maintaining optimal performance.

TAURINE: This amino acid plays an important role in the immune system and helps to protect cells. It contributes to the body's overall antioxidant capacity and is important for energy metabolism. For all this, it improves sports performance thanks to its action on the central nervous system and on muscle response.

Thanks to all these functions, it is a perfect supplement for taking before and after training to help muscle recovery and to reduce the fatigue training generates.

Available in 3 flavours: Neutral, Cola, Lemon.

**FORMAT**

300g

FLAVOURS

- Neutral
- Lemon
- Cola

Formulated with BCAAs, essential amino acids, in a 8: 1: 1 ratio, in addition to tyrosine, taurine and arginine. Perfect for helping muscle recovery and reducing fatigue after workouts.

It is a product without gluten, lactose and suitable for vegans.



Take máx 15g/ day in 500ml of water.
(Recommendation: 1 dispenser before and 2 after training).



CREATINE

Ergogenic aid, 100% Monohydrate Creatine

The largest amount of creatine is found in skeletal muscle, primarily in the form of phosphocreatine, which serves to generate energy quickly, but creatine also reduces lactate acidosis, thus delaying fatigue, and it has a restorative effect.

The function of creatine monohydrate is to increase phosphocreatine reserves in the muscles so that ATP continues to be produced, providing the energy muscles need to continue working during high-intensity training. It is the perfect supplement in strength training and in long-term activities alike:

- >It contributes to greater production of muscle torque, to increasing training intensity and to greater working capacity.
- >This ingredient is clinically proven to help increase muscle strength and boost lean body mass.
- >It helps energy reserves and supports muscle building, improving physical performance and working capacity on the fatigue threshold.
- >It reduces fatigue after physical activity, leading to quicker recovery.
- >In addition it stretches the attention span and mental performance, improving concentration and the ability to absorb information.



VEGAN



FORMAT

300g

FLAVOURS

■ Neutral

Gluten-free and vegan product,
only Creatine Monohydrate,
without added preservatives,
stabilizers or maltodextrins.



- > **Fast load:** Take a dose of 20-30g creatine divided in 4 divided doses daily (about 0.3g / kg / day) for 5 days.
- > **Slow load:** Take for 3 days during 4 weeks (equivalent to about 0.03g / kg / day).
- > **Maintenance:** Take 3g / day for 8-10 weeks



GLUTAMINE

Ergogenic aid, 100% Glutamine

Glutamine is a conditionally essential amino acid, but is widely present in the body. In fact, it is the most abundant amino acid in the muscle system, by as much as 60%. 20% of the full set of amino acids in the human body is glutamine.

Significant among its functions:

- >It helps to replace muscle glycogen after exhaustive exercise.
- >Improves the body's resistance and helps the body's defense system.
- >Keeps the digestive tract and the immune functions healthy under stressful conditions, contributing to the strengthening of natural defenses.

For all these reasons it is ideal for taking in different situations:

- >Intense or resistance training.
- >Maintaining intestinal integrity.
- >Maintaining the immune system and strengthening the natural defenses in situations of bodily stress, whether due to exercise, metabolic stress, intestinal permeability, fatigue or other causes.


FORMAT

300g

FLAVOURS

■ Neutral

This is a 100% glutamine product, without added sugars and gluten- and lactose-free as well as suitable for vegans.

In normal conditions, the body is capable of synthesising the necessary quantities, but during times of stress or excessive loads, the synthesis capacity is compromised and an exogenous supply is needed; in fact, low levels of glutamine have been identified in situations of over-training and fatigue.



Take 0.3g / Kg / day (distributed just before and after exercise).
(Recommendation: 2 scoops before and 2 scoops after training).



6.4 AMINO⁺

Glutamine, BCAA's, Arginine & Tyrosine

The **GLUTAMINE** is a non-essential amino acid but with a big presence in our body. In fact, it is the most abundant amino acid in the musculature, reaching the 60% and 20% of the total set of amino acids in the human body.

Among its functions, we can emphasize the cell proliferation, the regulation of the protein synthesis, the energy production, the neoglucogenesis, the ammonium clearance or the maintenance of the balance of acid base. It is also considered as a recovery, because it can help to reduce the levels of Creatine Kinase (CK) and lactate dehydrogenase (LDH) in blood.

The **BCAAs** are three essential amino acids: Leucine, Isoleucine and Valine.

They are also known as branched chain amino acids and their main functions are attributed to muscle recovery and protein synthesis, as well as to reduce the central fatigue in long-term tests when the BCAAs themselves are oxidized to obtain energy. The ratio 8: 1: 1 with extra amount of Leucine as this is the one that initiates the processes of protein synthesis.

The **L-TYROSINE** takes part in the production of amino acids that maintain the brain functioning so it has a positive impact on the mental energy and the performance.

The **L-ARGININE** has a stimulating effect and it dilates the vessels, thus it improves the supply of nutrients to the muscle cells and, therefore, the performance. The L-arginine also helps to improve the muscle mass and to lose fat at the same time, as well as to strengthen the immune system.

This product is recommended for the following situations:

- > In weeks of intensified training.
- > Before realizing high intensity trainings.
- > In periods of fatigue or overload.
- > In weeks of competition in order to guarantee the complete recovery.
- > Before and after strength training.
- > Even during long-term trainings.

**FORMAT**

Bottle 120 capsules

FLAVOURS

■ Neutral

Glutamine + BCAA + L-Arginine + L-Tyrosine capsules, formulated in the proportion of 60: 40 of Glutamine / BCAA 8: 1: 1

With this 60:40 proportion, it is intended to slightly influence the role of the glutamine as a recovery, which is essential for long-term activities where the levels of glutamine in blood go down, as well as for short duration and high intensity activities where the ammonium production can be increased due to the anabolic capacity of the BCAA, which helps the post-exercise protein synthesis and to prevent the central fatigue in tests or long-term trainings.

This is the reason why the combination of both ingredients together with the Arginine and the Tyrosine, make this an excellent product for both strength and resistance sports.



Take 3 capsules just before exercise



3 capsules immediately after exercise.



CAFFEINE EXPRESS

100mg caffeine per capsule

Capsules with 100 mg of caffeine with an instant effect, not delayed, for the most demanding moments of the day.

The main ingredient is caffeine anhydrous, this is caffeine with all its properties intact simply dehydrated, achieving the same effects as the caffeine found in coffee, tea, etc... and ready to consume in solid form.

Caffeine mainly:

- > Increases alertness, thereby helping to increase performance.
- > Reduces fatigue.
- > Stimulates the mobilisation of fat thereby increasing the availability of fuel for muscle work.
- > Optimises the availability of glycogen stores.

They are very easy to take due to their capsule format and easy to digest due to their high quality, gluten-free, lactose-free, sugar-free ingredients that are suitable for vegans.

**FORMAT**

Bottle 100 capsules

FLAVOURS

Neutral
 A small purple square icon followed by the word "Neutral".

Caffeine is a stimulant that boosts the central nervous system by increasing energy levels while reducing fatigue and tiredness and increasing mental attention and concentration



Take between 1 and 4 capsules 45 mins before or during training - competition (every 45-60 mins) with at least 1 glass of water (150 ml).



COLL•EGG

Eggshell membrane, natural extract and calcium

COLL EGG are avian egg collagen capsules with a unique natural composition. Among its main ingredients we can find:

- > **Eggshell membrane:** OVOMET® is a natural product and a rich source of proteins and essential nutrients obtained from eggshell membrane. It is highly efficient in treatment of joint pain and stiffness of joints. Main benefits:
 - Reduces pain.
 - Reduces inflammation.
 - Maintains and regenerates cartilage.
 - 100% natural product without side effects.
 - Very low daily dosage, 300mg.
 - Improves joint flexibility and functionality.
 - Strengthens joints.
 - Treatment for osteoarthritis, arthritis and arthrosis (rheumatoid disease).
 - Prevents joint injury.
 - Aids activation and modulation of the immune system.
 - Proven positive effects from day.
- > **Calcium:** OVOCET® OVOCET® is a more assimilable and natural source of calcium. It combines calcium carbonate with transport proteins for maximum absorption compared to other sources of calcium.
- > **Turmelic:** Has many health benefits, one of the most important being that it helps relieve arthritis pain.
- > **Black Pepper:** This is a highly antioxidant seasoning that prevents cell oxidation and helps with their correct functioning.
- > **Boswellia serrata:** Herb commonly used in Ayurvedic medicine to treat arthritis and osteoarthritis. Effective against the pain and inflammation caused by the disease. The active ingredient, boswellia acid, is an anti-inflammatory. It alleviates pain in arthritic joints.

**FORMAT**

Bottle 60 capsules

FLAVOURS

■ Neutral

OVOMET® is a totally natural collagen manufactured through a patented process that is environmentally sustainable and friendly, without the use of chemical products. Helps treat joints affected by pain and rigidity.

OVO CET®, calcium carbonate, provides high-assimilation calcium. It contains trace elements, such as strontium, to strengthen bones.

Recommended dose is one capsule per day or 2 capsules for intensive training.



**INSPIRATION
DOESN'T
JUST
APPEAR.
YOU HAVE
TO
FIND IT**



OMEGA 3 VEGAN

Omega 3 vegan based on algae oil

Omega-3 EPA (Eicosapentaenoic Acid) and **Omega-3 DHA** (Docosahexaenoic Acid) are long-chain, polyunsaturated essential fatty acids that are indispensable for the proper functioning of our body since they contribute to normal heart function, with all the benefits this entails for any individual who consumes them, regardless of whether or not they practice sport.

However, our body is limited in its ability to synthesize them on its own. This is why an external input of these types of essential nutrients is required in order to supplement our natural deficiency.

Numerous studies demonstrate the positive effects that continued consumption of essential acids **Omega-3 EPA** and **DHA** has on Cardiovascular, Ocular, Cognitive, Gynaecological and Dermatological Health as well as other benefits such as their antioxidant and anti-inflammatory effect.

Most people know that fish is a rich source of Omega-3, but what they do not know is that fish obtain DHA and EPA from algae, which form part of their food chain.

Our softgel pearls contain **Life's OMEGA** algae oil only, which goes directly to the source to produce DHA and EPA from the same microalgae that feed the fish.

Cultivated in a controlled environment, it is a vegetable-based, sustainable source of Omega-3.

The process begins with the initial cultivation of algae cells. These microalgae grow in fermenters. Once grown, the algae are picked and processed to extract a very pure transparent oil, amber in colour and rich in Omega-3.



life'sOmega™



FORMAT

Bottle 60 pearls

FLAVOURS

■ Neutral

Omega 3 softgel pearls are entirely formulated with Life's Omega 60, a nutritional oil derived from the marine alga *Schizochytrium* sp., a rich source of Omega-3, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA).

The softgel is tapioca starch gelatine and is therefore suitable for vegans.

They are suitable for all stages in life, from pregnant and breastfeeding women to babies, children, adults and the elderly.

Each softgel provides 275 mg of Omega-3, with 150 mg of DHA and 75 mg of EPA.



Take 1 softgel during meals.

FISH OIL OMEGA 3

Omega 3 fish oil in shape natural triglycerides.

Omega-3 EPA (Eicosapentaenoic Acid) and **Omega-3 DHA** (Docosahexaenoic Acid) are long-chain, polyunsaturated essential fatty acids that are indispensable for the proper functioning of our body since they contribute to normal heart function, with all the benefits this entails for any individual who consumes them, regardless of whether or not they practice sport.

However, our body is limited in its ability to synthesize them on its own. This is why an external input of these types of essential nutrients is required in order to supplement our natural deficiency.

Numerous studies demonstrate the positive effects that continued consumption of essential acids **Omega-3 EPA** and **DHA** has on Cardiovascular, Ocular, Cognitive, Gynaecological and Dermatological Health as well as other benefits such as their antioxidant and anti-inflammatory effect.

We have used sustainably-sourced fish oil as well as the technologies of the Solutex ® brand.

The raw materials employed are exclusively sourced from regulated farming and fishing activities.

It uses FLUTEX concentration and purification technology in which the entire amount of Omega-3 is absorbed and is bioavailable, with the benefits being experienced in the short term:

- >Maximum purity of **Omega-3** and minimal concentration of saturated fats.

- >It uses the **SFT** (Supercritical Fluid Technology) technique, which does not employ organic solvents that could mix with the end product and contaminate it. Furthermore, it does not generate environmental waste in the process.

- >**Cleantex** is a patented purification process using nitrogen for removing contaminant residue, including heavy metals, PCBs, dioxins and others. This means no residue, thus ensuring a pure and safe product.

- >The oil also undergoes a **deodorizing process** to remove residual odour and flavour.

**FORMAT**

Bottle 120 capsules
of gel

FLAVOURS

■ Neutral

Omega-3 from premium-quality, sustainably-sourced fish carefully processed with patented Solutex® brand methods.

Each softgel provides 600 mg of Omega-3 with 500 mg of DHA and 100 mg of EPA in the form of natural triglyceride, which is the natural form of lipids in a diet and not in the form of synthetic Ethyl Ester, which means that greater absorption capacity and bioavailability is attained.

Take 2 softgel during meals.



SYMBIOTIC COMPLEX

Symbiotic capsules with postbiotic and prebiotic function

Butyrate is a short-chain fatty acid (SCFA). These fatty acids are used by the cells of the intestine (enterocytes) as an energy substrate to retain their integrity and functionality.

To obtain butyrate naturally we need our intestinal microbiota to ferment the dietary fibre that we cannot digest, and butyrate is produced as a result of this fermentation.

Different events such as:

- > An imbalanced diet poor in fibre
- > Taking antibiotics
- > Emotional or physical stress

They can trigger an imbalance in our microbiota (dysbiosis), reducing the production of butyrate and the functionality of our intestinal barrier, generating inflammation, poor digestion, increase in intestinal permeability and immune disorders.

0.7 grams of butyrate is the equivalent of 5g of fibre fermented by a microbiota in OPTIMAL condition. If our microbiota is not in this condition, the production of butyrate will be insufficient. The delivery of exogenous butyrate helps reduce intestinal permeability and the widespread inflammation of our intestine.

PROBIÓTIC

Our probiotic formula delivers 5 strains of lactic acid-producing bacteria as well as the *Saccharomyces Boulardii* yeast and vitamins D and C.

- > ***Saccharomyces Boulardii***: improves the intestinal barrier function, increases the expression of intestinal digestive enzymes and resulting increase in nutrient absorption.
- > ***L. Plantarum***: improves barrier function and inhibits the adherence of pathogenic bacteria to the intestinal epithelium.
- > ***L. Rhamnosus***: improves the intestinal immune system by increasing the number of cytokine-producing cells.
- > ***L. Acidophilus***: increases lactic acid by inhibiting the growth of pathogenic bacteria in the intestine. And increases the production of butyrate.
- > ***Bifidobacterium animalis lactis* and *Bifidobacterium bifidum***: improves digestive function. Helps to digest disaccharides such as lactose and fibres that generate intestinal symptoms.
- > **Vitamin C**: helps immune system function during and after exercise. As well as Ascorbic Acid, it acts as a powerful antioxidant, helping the body in high-stress situations such as training.
- > **Vitamin D**: contributes to proper calcium metabolism and to strengthening the immune system.



FORMAT
Bottle 60 capsules

FLAVOURS
■ Neutral

Vegan Symbiotic Complex

contributes to the proper functioning of the intestinal barrier by reducing intestinal inflammation and regulating the immune system through butyrate, its probiotic strains and vitamins C and D.

This is a gluten-free product, without added sugars and suitable for vegans. Perfect for anyone who wants to look after their intestinal health and improve the function of the immune system, whether or not you practice sport, since bacteria that benefit the body can be affected by diet, by taking antibiotics, by emotional or physical stress or by environmental changes.

It is recommended to take 2 capsules with breakfast.



VEGAN BETA- ALANINE

Beta Alanine is a nonessential amino acid synthesized in the liver that can be ingested with food, particularly through animal-based sources or through supplements.

Several studies have demonstrated that Beta Alanine favours the synthesis of carnosine within muscle fibres, significantly raising the levels of this substance in muscles.

Its main functions are:

- > **Regulating the pH**, preventing acidity in the body produced by lactate. This delays the appearance of fatigue.
- > **Maintaining stores of ATP**, which is the source of energy for cell functions.
- > **Boosting sensitivity to calcium in muscle fibres**, increasing strength while reducing fatigue during muscle activity.

**FORMAT**

Bottle 90 capsules

FLAVOURS

■ Neutral

Beta Alanine capsules containing 800 mg per unit, suitable for vegans.

No chemical anti-caking agents have been used in the formulation, thus obtaining a purer product.

Take 2 or 4 capsules a day.



VEGAN FAT BURNER

Food supplement with coffee and green tea, chromium picolinate, cayenne and L-carnitine.

Vegan Fat Burner, as its name indicates, is a vegan fat burner made solely of ingredients that help this functions like Green Tea, Green Coffee, L-carnitine, Bitter Orange, Ceylon Cinnamon, Cayenne and Chromium Picolinate.

Three capsules contain 38 mg of caffeine provided by the natural ingredients.

Vegan Fat Burner capsules have been formulated to help optimize body mass in order to achieve sports goals or improve our health and well-being.

Ingredients:

- > **Green Tea and Green Coffee:** They help to mobilise fat reserves and oxidate stored fats. Helps to maintain a state of alertness and provides a greater feeling of energy, improving physical performance.
- > **L-Carnitine:** plays an important role in the metabolism of lipids by turning fatty acids into energy in the places where it is used and metabolised. It also maintains optimal recovery of the muscle tissue.
- > **Bitter Orange:** helps to control weight by increasing the degradation of lipids.
- > **Ceylon Cinnamon:** helps to maintain active digestion.
- > **Chromium Picolinate:** chromium enhances the effect of insulin and, therefore, increases the metabolism of carbohydrates, lipids and proteins.
- > **Cayenne:** Promotes the secretion of gastric acids and thus contributes to better digestion.

**FORMAT**

Bottle 90 capsules

FLAVOURS

Neutral

Vegan Fat Burner as the name suggests is a vegan fat burner composed only of ingredients that favor this function such as Green Tea, Green Coffee, L-Carnitine, Bitter Orange, Ceylon Cinnamon, Cayenne and Chromium Picolinate.



Take 1 or 2 capsules in breakfast



1 capsule in lunch.



SUPPLEMENTS

VEGAN MAGNESIUM BISGLYCINATE

Magnesium chelate, Zinc and Vitamin B6

Nowadays most minerals used in the food supplements market are in inorganic form (oxides, carbonates, sulphates, etc.), of which the body absorbs little.

The chelates produced by Albion® used in nutritional supplements provide complete organic mineral nutrition:

- >Better absorption, since magnesium is carried to the cells bound with an amino acid. It is absorbed 5 times more than magnesium oxide.

- >It does not break down in the digestive process and so does not cause irritation in the gastrointestinal tract and increases bioavailability.

- >They do not need ionization and do not depend on the pH, resulting in improved absorption and greater bioavailability.

Bioavailability is key: it is the measure of the amount of an ingested nutrient that is absorbed and made available to the body for metabolic use. It is important because the nutrients must be absorbed for them to be available in several body systems for growth, for maintaining body tissues, for reproduction and other performance factors.

A low concentration of magnesium may negatively affect sports performance.

A supply of highly bioavailable magnesium such as **Magnesium Bisglycinate** by Albion ® contributes to:

- >Reducing tiredness and fatigue.
- >Electrolyte balance.
- >Normal energy metabolism.
- >Normal nervous system function.
- >Normal muscle function.
- >Normal protein synthesis.
- >Maintaining bones in normal conditions.

In addition, it contains extra Vitamin B6, which, as well as helping to reduce tiredness and fatigue, also contributes to:

- >The normal formation of red blood cells.
- >The normal function of the nervous system.

Plus the input of Zinc, which contributes to:

- >The normal metabolism of macronutrients and fatty acids.
- >Maintaining bones in normal condition.
- >The normal function of the nervous system.
- >The protection of cells from oxidative damage.

**FORMAT**

Bote 90 cápsulas

FLAVOURS

■ Neutral

The main ingredient of Magnesium capsules is Chelated Magnesium Bisglycinate from the Albion® brand. With 400mg of this ingredient combined with Zinc and Vitamin B6 to boost its benefits in physical performance.

Each capsule provides 72 mg of maximum-bioavailability active Magnesium and 15% of zinc VRN AND Vitamin B6, suitable for vegans.

Organic anti-caking agents derived from ecological rice have been employed.

Take 3 or 4 capsules a day.

*SUPPLEMENTS*

VEGAN VITAMIN⁺

Vitamins, Minerals, Organic Silicon and Q10

Capsule specially formulated to meet the needs of sportspeople of all levels. With 24 vitamins and minerals, the added bonus of Organic Silicon from Bamboo and Coenzyme Q10.

Vitamins and mineral are essential for the proper functioning of the body, especially at some times when we subject the body to training loads, stress or lack of rest.

Vegan Vitamin + contains all the necessary vitamins and minerals, including the following:

- > **Vitamin C** (500mg - 625% of the NRV): it is a powerful antioxidant with multiple anti-inflammatory, immunological and antihistamine functions.
- > **Vitamin E** (40 mg - 333,33% of the NRV): With antioxidant properties, it is beneficial for the circulatory system.
- > **Vitamin B12** (1,4 mg - 400% of the NRV): helps to develop the nervous system. and is involved in the protein metabolism of carbohydrates and fats.
- > **Iron** (14 mg - 100% NRV): it is essential as its main function is to produce haemoglobin, which is fundamental for cellular oxygenations.
- > **Magnesium** (200 mg): prevents muscle damage and joint injuries. It reduces the feeling of fatigue and improves the assimilation of other vitamins and minerals.
- > **Organic silicon** (25 mg) extracted from the bamboo dry extract: it is an essential mineral for the body. Its main function is to help produce collagen, which is essential for bones, cartilage, tendons and muscles to form, providing elasticity to all tissues. It is an antioxidant and is involved in the processes of joint pain and inflammation.
- > **Coenzyme Q10**: it is a molecule that our body produces naturally until we reach the age of about 40. It helps to transform nutrients into energy and it has a multitude of benefits such as strengthening the immune system, reducing tiredness and slowing down the aging process as it reduces oxidative stress in cells.

**FORMAT**

Bote 60 cápsulas

FLAVOURS

■ Neutral

Vitamins and minerals are essential for the proper functioning of the body, especially at some times when we subject the body to training loads, stress or lack of rest.

Intake 2 capsules between meals.



VITAMIN D3

Vitamin D3 is commonly known as Vitamin D or the “sunshine vitamin”, since the main source from which we obtain it is direct sunlight on our skin.

Vitamin D is essential for the proper functioning of the immune system, bones, muscles, while protecting our cells from oxidative stress.

Limited exposure to sunlight causes Vitamin D deficiency. Even as we age, we lose our ability to synthesize it, thus requiring greater amounts. This has a negative impact on our physical and mental health, causing stress, anxiety, mood changes and even depression. To prevent Vitamin D levels from falling below optimal limits, we should take a supplement for the proper functioning of our body.

Vitamin D3 4000 UI by 226ERS:

- >It contributes to maintaining bones and muscles in normal condition.
- >It contributes to the normal functioning of the immune system.
- >It contributes to the process of cell division.
- >It contributes to the absorption and normal use of calcium and phosphorus.
- >It contributes to maintaining normal calcium levels in the blood.

**FORMAT**

Bottle 120 pearls

FLAVOURS

■ Neutral

Numerous studies demonstrate that between 60% and 80% of the world population suffers from Vitamin D deficit. The main cause of this deficiency is scant exposure to sunlight; but also not ingesting sufficient amounts of Vitamin D in our food, or other factors such as certain drugs, consumption of alcoholic drinks, etc.

Vitamin D3 226ERS does not contain gluten or added sugars and each pearl provides 100 µg of Vitamin D, which is the equivalent of 4000 UI.

The softgel format and the formulation with extra-virgin olive oil facilitate absorption, since Vitamin D is fat-soluble and its absorption is greatly boosted by combining it with a natural and healthy fat.

It is recommended to take 1 capsule a day or every other day with food.



VEGGIE ENERGY CAKE

Our Veggie Energy Cake is a lactose free energy cake made of gluten free flours making it apt for people with lactose intolerant, celiacs and vegans.

Teff flour is the main ingredient used and it contains many highly nutritional properties:

- > Teff is rich in slow-burning carbohydrates and is ideal for sportsmen and sportswomen who seek high performances as it provides fast-burning, long-lasting carbohydrates.
- > Teff contains 8 essential amino acids, especially lysine, an amino acid not commonly found in other cereals particularly in the quantity contained in teff. Lysine is very important as it permits the body to effectively absorb calcium and take advantage of its properties.
- > Teff is a digestive cereal, antioxidant and contains a higher nutritional value when compared to other more common cereals.
- > Its glycemic index is low and has a high fibre content.
- > It contains protective phytochemicals and antioxidants such as ferulic acid, protocatechuic acid, gentisic acid, vanillic acid, coumaric acid and cinnamic acid.
- > Teff contains 17 times more calcium than other cereals (165,2mg/100g).
- > Along with amaranth, it is a cereal with the highest amount of iron present (some 10,5g/100g).
- > It is rich in other minerals such as zinc, magnesium, manganese, copper and phosphorus

It is ideal to use before a competition as it provides the necessary energy and a required amount of **protein (12%)**. As the nutrients are easy to absorb, this eliminates the risk of any digestive problems occurring before competing or training.

The Veggie Energy Cake contains cocoa and pieces of dark chocolate giving it an irresistibly intense chocolate flavour.

Can be prepared using:

- > Milk, vegetable-based drink or water.
- > If a smoother mixture is desired, add a tablespoon of olive or coconut oil.
- > Fruit, dry fruit and nuts can also be added to the cake before microwaving or added as a topping after microwaving.

Best served cold if removed from the mould. Can also be eaten directly from the mould.



FORMAT
480g

FLAVOURS
■ Cocoa Powder
& Choco bits

A delicious chocolate flavoured cake with crunchy pieces of cocoa elaborated using gluten free ingredients filled with nutritional properties such as rice and teff flour that provide fibre and slow-burning carbohydrates with minerals and amino acids.

Apt for vegans and very easy to prepare, it makes for an excellent breakfast, snack or dessert and is an ideal meal prior to a competition. It contains 12% protein, is easy to digest and contains no added sugar.

It is very easy to prepare and is the perfect cake to eat at any time of day as a healthy dessert filled with nutrients and low in sugar. It satisfies that sweet tooth without causing a feeling of regret.

These can be used as part of a balanced breakfast, as a mid-morning snack or a bite to eat before working out.



HEALTHY FOOD

VEGGIE PROTEIN PUDDING

The new and exquisite Veggie Protein Pudding is a creamy dessert that satisfies your protein needs without sacrificing flavour.

Ideal for the sportsman or sportswoman who needs increased protein ingestion or one who simply wishes to look after themselves by eating a healthy dessert.

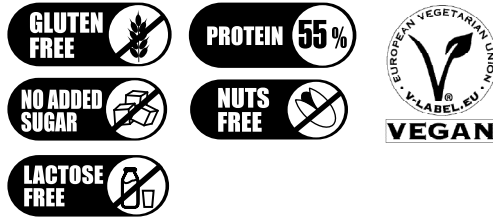
A proper dessert with a high nutritional level thanks to its ingredients.

- > **Peas** are a good source of protein thanks to their variety in amino acids with 55% of their protein apt for vegans. They not only help to tone muscle and improve enzymatic functionality by optimising the formation and use of cells but also recover damaged muscle fibres and their functions.
- > **Flax seeds** increase fibre content and help with digestion. They are rich in healthy fats (above all omega 3), help with tissue regeneration, inhibit inflammation and protect the skin against external attacks.
- > A healthy dessert very low in sugars with **STEVIA** sweetener.
- > **Maca extract** provides stimulant and energetic functions, has a high nutritional value containing vitamins and minerals that are ideal in a sportsman's and sportswoman's diet. It contains numerous benefits for the organism thanks to its properties that help:
 - Regulate the endocrine system
 - Boost the immune system
 - boost libid
 - Reduce ageing and fatigue
 - It also contains an analgesic effect and is a great source of energy.
 - Consumption of one portion of Powdered Maca is very good because it acts as an adaptogen that helps to maintain calmness during stressful moments, maintain resistance during sports performance and maintain an increased sense of general well-being.

Can be prepared using:

- > Milk or vegetable based drink.
- > Sweeteners such as honey, coconut sugar, stevia or another favoured sweetener can be added
- > Different toppings such as fruit, nuts, dried fruit or any other favored topping can be added.

To dissolve correctly add the liquid gently while stirring well.



FORMAT
350g

FLAVOURS
■ Cocoa Powder
& Banana

A traditional dessert made from pea protein base; with flax seed for increased fibre quantity and maca extract to counteract physical and mental exhaustion.

Each portion contains 19g of protein and only 0,4g of sugar as the stevia extract provides sweetening.

It has a smooth texture that is easy to prepare and comes in chocolate and banana flavour. It is an ideal dessert to take with you when travelling and when competing to ensure consumption of a solid amount of proteins and satisfy your cravings without feeling guilty. It is a healthy dessert filled with nutrients.

It is an ideal product to consume at any time of the day whether for breakfast, as an evening snack, a dessert or prior to a competition.



HEALTHY FOOD

VEGGIE PROTEIN BROWNIE

Our Veggie Protein Brownie is a high-protein bun made of pea protein and gluten-free flours, therefore it is suitable for coeliacs and vegans.

Ideal for sportspeople who need a high amount of protein as well as those who want to look after themselves with a healthy dessert.

Its main ingredients are pea protein and teff flour with great nutritional benefits:

- > **Peas** are a good source of high quality vegetable protein rich in essential and non-essential amino acids, which are slowly absorbed thereby aiding digestion, providing 41% of protein suitable for vegans. Pea protein helps to tone muscles and improves enzymatic functionality optimising the formation and use of cells, helping damaged tissue to recover and regain its functions.
- > **Teff** flour is a slow-release carbohydrate that contains 8 essential amino acids, high in lysine which is very important for the body to be able to absorb calcium.
- > It is very digestive and is an antioxidant. With a low glycaemic index and rich in fibre.

Veggie Protein Brownie contains cacao and dark chocolate chips giving it an intense and irresistible chocolate flavour.

It is ideal to have before a competition as it provides the necessary energy and 41% of proteins. As it is easy to digest, you can be sure it won't cause any digestive discomfort before competing or training.

Very easy to make, it is the ideal bun for any time of day, as a healthy dessert, full of nutrients and very low in sugar, it means you can satisfy your longing to eat something sweet and delicious without feeling guilty, and with a good protein boost.

You can take it with you when you travel and when you compete to make sure you have enough protein and easy digestion.



FORMAT
420g

FLAVOURS
■ Cocoa Powder
& Choco bits

A delicious individual chocolate flavoured bun containing chocolate chips, made from gluten-free ingredients with great nutritional value like pea protein, rice flour and teff flour that provides fibre and slow-release carbohydrates, with minerals and amino acids.

Suitable for vegans and very easy to make, it is ideal for breakfast, as a snack, dessert or before and after a competition as it provides 41% protein, it is easy to digest and very low in sugar and it is not sweetened with artificial sweeteners so as not to hinder the absorption of nutrients.

It is an ideal product to consume at any time of the day whether for breakfast, as an evening snack, a dessert or prior to a competition.



HEALTHY FOOD

PEANUT & ALMOND BUTTER

Our Almond Butter and Peanut butter, have a smooth and creamy texture, since the almonds and peanuts have been ground with traditional top-quality methods using roasted almonds and roasted peanuts.

Both are very nutritious and their consumption provides lasting energy during the day, they have a contribution of 25% peanut butter and 26% almond cream, vegetable protein, this is complete in terms of its content in essential amino acids, contributes to the maintenance and increase of muscle mass.

> **Peanut Butter:** The **peanut** It is a legume with high concentration of albumin and fat, almost as much as meat. This is why they are highly recommended for anyone following a vegetarian or vegan diet, for sportspeople and for growing children. Almost 50% of their fat is monounsaturated and 30% polyunsaturated, the latter being mostly Omega 6..

They are an excellent source of fiber (8,4%) and contain high.

> **Almond Butter:** The Almonds have a high content of mostly unsaturated fats, the kind, which benefits cardiovascular health.

> The **almonds** are an excellent source of fiber (11%) and contain high amounts of Vitamins from the B group Vitamin E as well as Minerals such as Potassium, Magnesium, Phosphorus, Iron and Zinc as well as Calcium, almonds being one of the richest vegetable sources of this mineral.



FORMATS

Peanut 350g/1kg
Almond 320g

FLAVOURS

■ Peanut
■ Almond

Peanut and almond butter 100% suitable for vegans, additive-free, without added sugar or palm oil. Only premium-quality toasted peanuts have been used. High content in protein, fiber, healthy fats, vitamins and minerals.

You can eat them for breakfast, afternoon snacks, nibbles between meals or desserts, added to cereals, pancakes, toast, vegetables or homemade desserts.



HEALTHY FOOD

SOLO COFFEE

At 226ERS, we have opted for coffees sourced from cooperatives that promote sustainable development, focusing on four main linchpins: economic, social, environmental and institutional.

SOLO COFFEE is a blend or mixture characterized by:

- >Containing two organic coffees grown at high altitude (1600 - 1800), processed according to the washing and sun-drying method on raised beds.
- >Two high-altitude arabica coffees with organic certification sourced in Honduras and Peru, which yield a cup profile of creaminess with cocoa notes thanks to the Peru beans and the floral subtlety and citrus acidity provided by the complexity of the Honduras beans, creating a combination that rewards you with a coffee distinguished by its cocoa notes, a smooth yet prolonged aftertaste and a sweet aroma with dry fruit and white flower notes.

Caffeine mainly:

- Increases alertness, thus helping to enhance performance.
- Reduces fatigue.
- Stimulates fat mobilization, which boosts fuel availability for muscle work.
- Optimizes the availability of glycogen reserves.


FORMAT

250gr

FLAVOURS
 Honduras-café

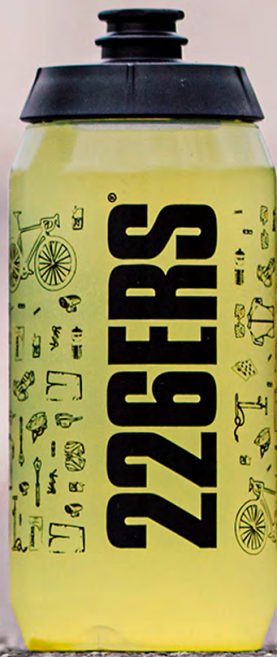
Whether or not you are a sportsperson, coffee provides multiple benefits in your daily life, since caffeine is a stimulant that boosts the central nervous system by raising energy levels while reducing fatigue and tiredness and increasing mental focus and concentration.

Adjust the dose to the type of coffee maker you are going to use and prepare as usual. To infuse, mix 50 g of ground coffee with a liter of water at 90° for 4 minutes for a complete infusion.


HEALTHY FOOD

MERCHA

NDISING



BOTTLE

Intelligent quick valve plug, to ensure perfect tightness during transport.

This bottle is easy to clean and certified for optimum food quality, no smell and no taste.



1000 ml

550 / 800 ml

550 / 750 ml

White or Black
550 / 750 ml

550 ml

SHAKER

Designed for people on the go, our shaker single container with 2 filter options and leak-proof lid. Simple, but still smart, solid and safe from leaks.



1000 ml

600 ml

SOFT FLASK

Collapsible bottle that reduces in volume as you drink to minimise spillage or shaking of the liquid inside. In diferent sizes.



500 ml

Wide
500 ml

300 ml

250 ml

200 ml

CAP

TRUCKER CAP American style Trucker cap. With foam front or American patch. Mesh back and adjustable with snapback. With curved visor to make it more comfortable and can protect you from the sun.



RUNNING CAP

The 226ERS running cap is characterized by its 5-panel construction, its lightness and its ability to dry quickly. It is 100% polyester so it is perfect for both runners and a casual style. It presents a closure with a nylon strap so that you can adjust it perfectly to your head and it does not move when running.



CYCLING CAP

HYDRAZERO CYCLING CAP Made with MESH fabric, breathable and antibacterial. This technical fabric favors breathability and quick drying, while preventing sweat from falling on your eyes while you pedal. In addition, thanks to its visor you will be protected from the sun and drizzling rain.



NECK WARMER

TUBULAR-HYDRAZERO Multifunctional tubular perfect for outdoor activities and protecting you from the cold and wind. You can use it as a hat, balaclava, headband ...



ARM WARMER

ARM WARMER Technical garment that allows us to protect ourselves from the cold and wind. It stands out for its lightness, perfect for training and competitions. Ideal for all seasons of the year.



HEADBAND

HEADBAND-HYDRAZERO Headband composed of 82% polyester and 18% lycra, very elastic and comfortable. It has high breathability and humidity control, since it contains the Sanitized hygiene treatment, this makes the fabric stay clean for longer without bad odors caused by bacteria. 95% UV protection.



BELT TRAIL PRO

The object holder belt is made of ultra-light lycra. It is reversible, so you have different color per side and side.

It has 6 pockets to store your items at the time of running.

It has two gums to take trekking poles properly designed with a silicone in the middle so that the poles do not move horizontally, or ricochet.





226ERS
FEED YOUR DREAMS

UNISEX // Round neck. Reinforced cover. Tubular fabric 100% cotton.



CASUAL WEAR - SWEATSHIRT



Grey / White
Navy / Navy

CLASSIC SWEATSHIRT

80% Combed Cotton 20%, Polyester
Brushed 3-ply 9.4 oz/320g



HOODIE CORPORATE



Black / white



Grey / black

UNISEX

Sweatshirt with side pockets, sleeves ranglan
80% combed cotton, 20% Polyester.







HYDRAZERO EDITION - RUN



RUNNING TANK TOP Perfect for the summer, this running singlet quickly wicks away perspiration and keeps you nice and dry. This garment is the perfect choice for outdoor sports in the summer and in warm weather conditions.



HYDRAZERO EDITION - BIKE



MAILLOT & CYCLING BIB SHORT (1,3) Lightweight equipment ideal for training and competition. Its fabric ensures a complete expulsion of moisture, leaving the skin dry and fresh. In addition, it has a high drying capacity, offering good comfort to the athlete. The antibacterial properties and soft touch make these garments perfect for long exercise sessions. **BASE LAYER (2)** Underwear shirt that protects from the cold under the maillot.

HYDRAZERO BLACK EDITION - BIKE



1



2



3



4

MAILLOT SHORT-SLEEVED (1): The short-sleeved jersey is made with raglan sleeves and an extra-soft touch lycra neckline. In addition, the dry-sense sides provide greater ventilation and freshness. **MAILLOT LONG-SLEEVED (2):** It is a jersey made entirely with semi-closed material in a circular structure. With anatomical, lightweight and breathable cuffs and reflective details to the back. **LIGHTWEIGHT WIND JACKET(3):** Ultralight windbreaker with long sleeves and high neck, ideal for cool days and to protect you from the wind, thanks to its Wind Stop fabric. **LIGHTWEIGHT VEST (4)** designed for all types of cyclists. Made with a high neckline and rear openings for easy access to the jersey pockets.

HYDRAZERO BATH



TOWEL Micro-cotton towel perfect for both indoor and outdoor workouts. You can take it comfortably to the gym or to your training on the track as it is the perfect size to carry in your sports bag. It is made of microfiber on the front side and cotton on the back, so it is soft to the touch, highly absorbent and fast drying.



FLIP FLOPS. Made of recycled PVC. Made with a wide strap for greater support and that prevents it from deforming over time. Perfect for hot post-workout days.



SOCKS



Black



White



Compression Socks



Hydrazero Black



Hydrazero White

SOCKS: Very comfortable socks, great for sports performance. They are very breathable and have a grille on top to increase the expulsion of moisture.



FACE MASK



FACE MASK-RACE EAR



FACE MASK - RACE
KNOLLING EAR



FACE MASK-RACE

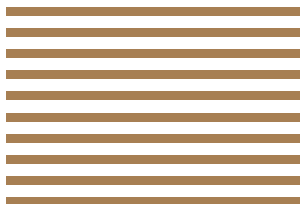


FACE MASK RACE - MOVISTAR EAR

FACE MASK High quality approved mask that offers protection and resistance suitable for everyday and sports use. They feature an ergonomic pattern with elastic straps to fit comfortably over the ears.

Manufactured entirely in Spain under the strictest prevention and care controls for their use. They comply with what is determined by the new European regulation CWA 17553 and the UNE 0065/2020 specification. They have an aerosol filtration efficiency of > 92% and a particle filtration efficiency of > 91% according to the UNE-EN 13274 standard.

226ERS[®]



SINCE 2010

On the occasion of our 10th anniversary we have created a unique collection. Designed with elegant and sober colors, a reflection of the maturity of the brand acquired after so many years in the world of sports.

In this collection, the ten horizontal lines that represent the ten years of the brand's history stand out, with a beige color that evokes our most human side, one of the fundamental pillars of 226ERS.



SINCE 2010 EDITION - RUN



RUNNING TANK TOP & RUNNING T-SHIRT Perfect for the summer, this running singlet quickly wicks away perspiration and keeps you nice and dry. This garment is the perfect choice for outdoor sports in the summer and in warm weather conditions.



SINCE 2010 EDITION - BIKE



MAILLOT & CYCLING BIB SHORT SINCE 2010 MAILLOT & CYCLING BIB SHORT Lightweight equipment ideal for training and competition. Its fabric ensures a complete expulsion of moisture, leaving the skin dry and fresh. In addition, it has a high drying capacity, offering good comfort to the athlete. The antibacterial properties and soft touch make these garments perfect for long exercise sessions



SINCE 2010 EDITION - BIKE



ULTRALIGHT WINDBREAKER (1): Ultralight windbreaker with long sleeves and high neck, ideal for cool days and to protect you from the wind, thanks to its Wind Stop fabric. **LIGHTWEIGHT VEST (2):** is a vest designed for all types of cyclists. Made with a high neckline and rear openings for easy access to the jersey pockets.



SINCE 2010 EDITION - ACCESORIES



BOTTLE SINCE 2010 Intelligent quick valve plug, to ensure perfect tightness during transport. This bottle is easy to clean and certified for optimum food quality, no smell and no taste.



SINCE 2010 CYCLING CAP Made with MESH fabric, breathable and antibacterial. This technical fabric favors breathability and quick drying, while preventing sweat from falling on your eyes while you pedal. In addition, thanks to its visor you will be protected from the sun and drizzling rain.

SOCKS: Very comfortable socks, great for sports performance. They are very breathable and have a grille on top to increase the expulsion of moisture.

SHOP &

EVENTS



226ERS

FEED YOUR
DREAMS



22



FINISH LINE ARCH

Finish line ARCH
Outdoor inflatable arch.
4x7mts



FLYBANNERS

3 medidas a elegir!!
520 cm, 340 cm, 275 cm

TENT

3x3 vinyl tent
Possibility of laterals to close it.



TABLECLOTH

Plain 180 tablecloth, printed.
100% polyester / 200gr
Size: 182 x 75.2 x 29.2 cm.



COVERS FENCES

Support that promotes security in
your event.

226ERS

FEEDYOUR
DREAMS

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FEEDYOUR
DREAMS



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FEED YOUR DREAMS

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Protein Meal Replacement
www.226ers.com

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Protein Meal Replacement
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PLV

FLOOR DISPLAY

Made of cardboard, 5 shelves.
Trays with reinforcements. Anti-humidity base.



VINYL

Adhesive vinyl on the back, to be placed on doors and windows.



STICKERS

Stickers in 2 sizes and in 2 colors, 8x3cm and a smaller one of 5.5 x 2 cm.



FLYER

Accordion format, with the full range of products.





ADA XINXÓ



ADRIAN BEN



ALEJANDRO KIM



ALBERTO MARTINEZ



ALEJANDRO MARÍN



ALEJANDRO SÁNCHEZ



ANDY CRIERE



ANNA COMET



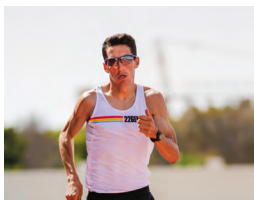
CINDY RAMIREZ



CLAU BARBOSA



DANIEL ARCE



DANI MATEO



DANIEL LLAMBRICH



DANIEL OSANZ



DANIEL OSMÁ



DAVID PALMADA



ENEO LLANOS



FRANCO COLAPINTO



GONZALO ARAVENA



GIRMA GEGBSELASSIE



HÉCTOR GARZÓ



ISMAEL VENTURA



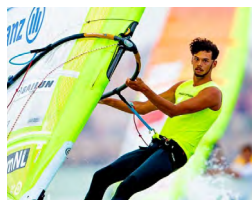
IRAITZ ARROSPIDE



IVAN ALVÁREZ



IVÁN PASTOR

**IVÁN RAÑA****JAVIER GÓMEZ NOYA****EMILIO AGUAYO****JORGE MARTÍN****JOSEP BETALÚ****JOSÉ LUIS GARCÍA****JUANMI MORENO****JULEN DÍEZ****KRISTIAN HOGENHAUG****LEONOR FONT****LEIRE MARTÍNEZ****MAIGUA OJEDA****MARTA ESTEBAN****KIRAN BADLOE****MARTA GALIMANY****PAULA BADOSA****PABLO URETA****PAOLA ZAHONERO****PERU ALFARO****POL TARRÉS****RUBÉN GUITÉRREZ****SALETA CASTRO****TAMARA SANFABIO****ZERSENAY TADESE****YAGO ROJO**



Garmin TITAN DESERT



Club La Santa IRONMAN LANZAROTE



The Goods NON STOP MADRID-LISBOA



TRANSVULCANIA La Palma Island



CHALLENGE SPAIN



LA PURITO ANDORRA



CAMÍ DE CAVALLS EPIC 360



DESERT RUN



MOVISTAR TEAM
UCI Pro team



Wild Trail Project
Trail Running team



CLUB DEPORTIVO LUGO
Football team



DRIVEX TEAM
Fórmula 4ship



FEDME
National Spanish Team: Race Mountain and Skii Mountain



MENORCA BÀSQUET
Basketball team



MANRESA BÀSQUET
Basketball team



FUENLABRADA CF
Football team

@226ERS

