

# Endurance



Supplement	Function	Product
Whey (fast absorption) Casein (sustained release)	Muscle repair and growth.	EAS Whey – MET-RX Whey Nutrisport 90+ – Maximuscle Promax/Extreme
Carbohydrate	Major fuel source during endurance sports.	High5 – Nutrisport Energy Source SIS – Isostar – MET-RX Isotonic – EAS Isodrive
Beta Alanine	Increases lactate threshold and prevents fatigue.	Excel Labs – Prolab
Caffeine	Stimulates fat oxidation – larger energy reserve than carbohydrate.	Prolab Caff – Lifeplan Guarana
BCAA	Recovery – prevents muscle damage caused by prolonged exercise.	Prolab – MET-Rx
Glutamine	Recovery – prevents muscle damage caused by prolonged exercise.	Nutrisport – EAS
Rhodiola Rosea	Increases ATP turnover and is a strong antioxidant.	Quest – Viridian – Reflex
Ginseng	Increases energy production and has strong antioxidant properties which reduce stress and fatigue.	Power Health – Natures Aid

## TIPS:

- ❖ Eat 2-4g/kg body mass of low-medium GI carbohydrate (i.e. oats, wholemeal) at least 2 hrs prior to exercise
- ❖ During exercise – intake 60g of carbohydrate per hour (liquid, gels or solids)
- ❖ For recovery – intake 20-30g of protein and 1g/kg body mass of carbohydrate immediately after exercise
- ❖ Rehydrate using water and electrolyte solutions