



ICE HOCKEY

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PREPARE

Before the game, make sure you eat an easily digestible, carbohydrate-rich diet and avoid fatty and high-fibre foods! In case of heavy sweat losses, it is also important that you are sufficiently hydrated with an electrolytes-containing sports drink. Targeted performance optimisers can also have a positive influence on your performance and regeneration capacity.

NITROFLOW PERFORMANCE² & RED BEET VINITROX

Improved blood flow, increased exercise tolerance and thus a positive influence on performance thanks to the vasodilatory and cell-protective effect. Ideally four to five days before the match and to be continued the two days afterwards for the fastest possible recovery. As a minimum option, it can also be used directly on the day of the match only.

LACTAT BUFFER & BETA ALANINE

Increased lactate tolerance for maximum performance thanks to an increase in intra- and extracellular acid buffer capacity. For ambitious competitive athletes.

CREATINE

The fast-paced, sprint and interval type of activity in ice hockey benefits particularly from creatine supplementation. Creatine is also classically used in the strength and muscle building phase. Sponser[®] offers three different creatine products.



BEFORE

Ensure regular fluid intake from electrolyte drinks and energy supply from carbohydrates. However, there should be no feeling of fullness. The last main meal should be eaten around 3 minutes before the start of the game.

ISOTONIC

The popular isotonic thirst quencher, available in five fruity flavours. With different sources of carbohydrates and electrolytes.

ACTIVATOR

This performance booster provides 200 mg of caffeine from various sources, the effects of which last for 2-3 hours. For increased endurance performance, enhanced alertness and improved concentration.

HIGH ENERGY BAR

The high-quality cereal bar provides quick and long-lasting energy for top athletic performance. Easy to digest and therefore ideally suited as a last, small pre-competition meal.

MENTAL FOCUS

Particularly developed for precision and coordination sports. Ice hockey players benefit from improved concentration as well as optimised cognitive and mental performance.



DURING

Regular fluid, carbohydrate and electrolyte intake is crucial for sustained performance. High-dose sports drinks and concentrated energy gels are ideal for this purpose. The recommended intake of carbohydrates, which varies according to the individual and the situation, is between 60-90 g per hour.

COMPETITION[®]

The ultimate sports drink has a broad carbohydrate spectrum for fast and sustained energy. COMPETITION[®] is acid-free and therefore mild in taste, pH-neutral and enriched with the essential electrolytes. Can also be prepared in high concentrations.

For those who prefer a more intense taste, use the above-mentioned ISOTONIC.

LIQUID ENERGY

Practical energy from the tube, available in different variants. The fast and easily digestible energy gels serve to quickly compensate for energy shortages.

ACTIVATOR

Anyone who wants to attack the game aggressively, with high concentration and maximum energy will benefit from ACTIVATOR. Ideal to take during the intermissions.

MUSCLE RELAX

The acidic cucumber juice extract inhibits uncontrolled muscle contractions. Take in immediate need or 10-15 min before the game.



AFTER

The first 30 minutes after exercise are crucial for rapid recovery and effective training adaptation. Replenish your fluid and electrolyte balance as quickly as possible and provide the first energy supply, even if you do not yet feel hungry. Make sure you take around 25 g of high-quality proteins and fast available carbohydrates depending on your energy output.

PRO RECOVERY

Pro Recovery provides a unique blend of high-quality proteins and carbohydrates for optimal muscle recovery after hard exercise. Convenient and easy to prepare with water.

IMMUNOGUARD

This plant-based multi-nutrient preparation provides important immuno-active substances to support the immune system in times of increased susceptibility to infections.

PROTEIN CHOCO ALMONDS

Reward yourself with a tasty snack! Finest almonds, coated with sugar-free chocolate and extra whey protein.