



**REMCO**

**EVENEPOEL**

UCI World Champion 2023 - Time Trial Road

UCI World Champion 2022 - Road Race



6D SPORTS NUTRITION  
6D.EU

**PRODUCT RANGE**

# 6D SPORTS NUTRITION

## Inspired by athletes driven by science

**Athletes are true heroes.** They persevere where others give up, even if it means making sacrifices. They commit to increasingly ambitious goals and feel an uncontrollable urge to gain victory over both themselves and others. They dream of new highs without worrying about the lows and thus **inspire** the whole **world**.

**6d Sports Nutrition** recognises this passion, this drive to get the most out of a sport. We take **inspiration from athletes** every day and we develop exceptional nutritional supplements for athletes based on **solid scientific research**. This way, we always move side by side with the heroes and dreamers, helping them get more out of their sport and recover from their trailblazing efforts as fast as possible. Because those who are passionate about sports know that sometimes the best support can make a world of difference.

All our products have a 100% scientifically proven effect and comply with the **strict Informed Sport anti-doping programme**. In addition, we deliberately select the highest quality ingredients and flavours, and the effectiveness and taste of our range is frequently and thoroughly tested by **professional and recreational** athletes. With their help, we can turn you into a hero too.

# TABLE OF CONTENTS



<b>GLOSSARY</b> .....	4-5
<b>SPORTS DRINKS</b> .....	6-7
<b>GELS &amp; CHEWS</b> .....	8
<b>ULTRA SERIES</b> .....	9
<b>BARS &amp; BITES</b> .....	10-11
<b>RECOVERY DRINKS &amp; SHAKES</b> .....	12-13
<b>RECOVERY SUPPLEMENTS</b> .....	14-15
<b>PERFORMANCE SUPPLEMENTS</b> .....	16-17
<b>HEALTH SUPPLEMENTS</b> .....	18-19
<b>6D FUELLING SYSTEM</b> .....	22-23

# GLOSSARY

## 2:1 & 1:1 Carb mix

This indicates the ratio of glucose to fructose in the product. The glucose portion in a carbohydrate mix is mainly composed of glucose, sucrose (= 50% glucose) and/or glucose polymers such as maltodextrin or starch, while the fructose portion is composed of fructose and/or sucrose (= 50% fructose). Therefore, products with a 2:1 carbohydrate mix (CARB MIX) contain twice as much glucose than fructose (2:1 ratio), while products with a 1:1 ratio contain an equal amount of glucose and fructose. Both ratios increase the absorption capacity for carbohydrates in the intestines and reduce the risk of gastrointestinal complaints.

## pH neutral

The pH value of a beverage indicates its acidity. The lower the pH, the more acidic the drink. Beverages with a pH of 7, such as water, are considered to be 'neutral'. Acidic beverages are associated with dental erosion (pH <5.5), and are often considered 'aggressive' on the stomach (pH <4). A person who regularly consumes sports drinks should ensure that they have a neutral pH value.

## Electrolytes

Sweat not only contains water, but also minerals such as sodium, potassium, calcium and magnesium, commonly known as electrolytes. As the most common electrolyte in sweat is sodium, it is essential to replenish it during exercise to prevent muscle cramps.

## Isotonic

The osmolality refers to the number of particles (of carbohydrates, electrolytes, etc.) in a drink and determines how fast it is absorbed at gut level. An isotonic sports drink contains the same number of particles as blood plasma (270-330 mOsm/l), thus ensuring rapid absorption of fluids, electrolytes and sugars.

## L-Leucine

Proteins consist of various amino acids that act as building material for muscles. The more leucine a protein contains, the stronger its muscle building potential. After ingesting a protein source that contains 3g of leucine, muscle growth, and therefore also muscle repair, will be maximally stimulated.

## Whey protein isolate

The proteins present in cow's milk are approx. 20% whey protein. Thanks to its excellent amino acid profile and fast absorption, whey protein is the most effective protein source for boosting muscle growth and repair. The term 'isolate' indicates that very little fat and (milk) sugar remains in the protein powder. "Clear whey" is a whey protein isolate that becomes completely "clear" when dissolved in water.

## Micellar casein isolate

The proteins in cow's milk are approx. 80% casein protein. Because of its slow absorption rate, casein will provide amino acids to the muscles for hours. This makes casein protein the best protein source to take before bed. The term 'isolate' indicates that very little fat and milk(sugar) remains in the protein powder.

## Trace elements

Minerals are essential nutrients. This means that the body cannot produce them and that it is necessary to get them through food. If the body only needs a very small amount of a certain mineral, this mineral is called a trace element. Well-known trace elements include zinc, selenium, iodine and copper.

## I.U.

Stands for International Unit. This is a measure for the amount of a substance based on its biological activity (or effect). 25 micrograms of vitamin D3 is equivalent to 1000 IU.

## EPA and DHA

Also known as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are polyunsaturated omega-3 fatty acids. EPA and DHA are primarily found in fish (oil). The body can actually synthesise EPA and DHA from alpha-linolenic acid, but this is a very inefficient process.

## Triglyceride form

This is the natural form in which omega-3 fatty acids occur in fish oil. The alternatives are ethyl esters, which are synthesised chemically. EPA and DHA in triglyceride form are better absorbed than ethyl esters and remain stable for longer.

## Collagen peptides

When gelatine is further treated with 'enzymes', smaller chains of amino acids are created: the so-called peptides. The result is an extremely fine powder that dissolves easily and is quickly absorbed.

## Monohydrate

Creatine monohydrate is the most widely researched type of creatine. It is true that more 'exclusive' types of creatine – such as creatine ethyl ester (CEE) and alkaline creatine (Kre-Alkalyln) – have been developed. However, it has never really been established that these types are superior to creatine monohydrate.

## Tartrate

L-carnitine tartrate, such as Carnipure®, is a well-known form of L-carnitine and contains 68% L-carnitine.

## Informed sport

Supplements could be contaminated with prohibited substances. The Informed Sport label on the packaging indicates that the renowned anti-doping laboratory LGC Sport Science has tested every manufacturing lot extensively for the absence of prohibited substances.



# SPORTS DRINKS



BEFORE, DURING OR AFTER EXERCISE

COMPETITION SPECIFIC

## ISOTONIC SPORTS DRINK

## ENERGY SPORTS DRINK

## HYDRO/ORS

## ISOBUFFER SPORTS DRINK

**ISOTONIC SPORTS DRINK** is the ideal sports drink during moderate-to-high intensity exercise (> 60 min), when good absorption of water, electrolytes and energy (carbohydrates) is required simultaneously. Also suitable before exercise when it is not possible to drink during exercise.

**ENERGY SPORTS DRINK** is the ideal sports drink during moderate-to-high intensity exercise (> 60 min) when the need for energy (carbohydrates) is higher than the need for fluids (e.g. cold weather) or when opportunities to drink are scarce (e.g. team sports). Also suitable as 'carbo loader' before or after a strenuous endurance event.

**"HYDRO"** (1 stick/500ml) is the ideal sports drink during short (< 90 min), mostly low-intensity exercise, where sweat losses can be significant but no additional energy is required. The **"ORS"** (2 sticks/500ml) is the ideal sports drink to 'pre/re-hydrate' when temperatures are high.

**ISOBUFFER SPORTS DRINK** is the ideal sports drink to build up the sprint/buffer capacity prior to and during endurance events where short or consecutive bursts of pace are decisive. Also suitable to reload the buffer capacity prior to or after a short maximal effort (0.5-10 min).



- ✓ 32g carbs
- ✓ 2:1 carb mix
- ✓ pH neutral
- ✓ 450mg sodium
- ✓ Natural flavours and colours

- ✓ 61g carbs
- ✓ 2:1 carb mix
- ✓ 450mg sodium
- ✓ Drink hot/cold
- ✓ Natural flavours and colours

- ✓ 2-in-1 drink
- ✓ Low calorie drink
- ✓ pH neutral
- ✓ Key electrolytes
- ✓ Natural flavours and colours

- ✓ 30g carbs
- ✓ 2:1 carb mix
- ✓ Alkaline pH
- ✓ 4,6g buffering electrolytes
- ✓ Natural flavours and colours

### FLAVOURS

- Agrum
- Blueberry
- Lemon-lime



1.4kg / 40 servings  
35g / 14 sachets

### FLAVOURS

- Red orange
- Lemon-lime



1.3kg / 20 servings

### FLAVOURS

- Blackcurrant
- Grapefruit
- Tropical



6g / 28 sachets

### FLAVOURS

- Forest-fruit
- Orange



700g / 20 servings



# GELS & CHEWS



JUST BEFORE OR DURING YOUR EXERCISE

## ISOGEL (+ CAFFEINE)

**ISOGEL** is a "liquid" gel that is already isotonic by itself. Therefore, this gel absorbs more quickly than most other gels. The ideal choice when it is not possible to drink additional water. This gel does not contain sodium and is therefore more suited during exercise with a shorter duration (< 2 hours).



## ENERGY GEL (+ CAFFEINE)

**ENERGY GEL** is a compact gel with a thicker consistency. It is advised to drink additional water for fast absorption. Thanks to its 2:1 glucose to fructose ratio and the addition of sodium, this gel is the ideal choice during more prolonged endurance exercise (> 2 hours), especially in hot weather.



## ENERGY FRUIT (+ CAFFEINE)

**ENERGY FRUIT** is a compact energy source that contains 50% fruit. Thanks to its soft texture this bar melts in your mouth, even in cold weather. A perfect alternative to our **ENERGY GEL** during (prolonged) endurance exercise, thanks to its 2:1 glucose to fructose ratio and the addition of sodium.



Also available with 75mg of caffeine for an extra mental and physical boost! Ideal before a match or in the run-up to a decisive match event.

- ✓ 20g carbs
- ✓ Isotonic
- ✓ No extra water needed
- ✓ Liquid consistency
- ✓ Natural flavours

- ✓ 30g carbs
- ✓ 2:1 carb mix
- ✓ 200mg sodium
- ✓ Compact - 40ml
- ✓ Natural flavours

- ✓ 26g carbs
- ✓ 2:1 carb mix
- ✓ 100mg sodium
- ✓ 50% fruit
- ✓ Natural flavours and colours

### FLAVOURS

- Apple
- Orange
- Lemon-lime
- Pineapple + Caffeine



### FLAVOURS

- Lemon
- Mango
- Red Fruits
- Cola + Caffeine



### FLAVOURS

- Apricot
- Apple
- Cherry
- Grapefruit + Caffeine



60ml / 6 gels

40ml / 6 gels

32g / 12 fruits

# ULTRA SERIES



PROLONGED EXERCISE EFFORTS

## ULTRA GEL (+ CAFFEINE)

**ULTRA GEL** is large, high carbohydrate gel with extra sodium. Thanks to its liquid consistency, this energy gel is very easy to use during exercise. The ideal energy gel for competitive endurance athletes, aiming to reach carbohydrate intakes of 90-120g per hour during prolonged exercise efforts of at least 2.5 hours.



- ✓ 45g carbs
- ✓ 1:1 carb mix
- ✓ 200mg sodium
- ✓ Large size - 70ml
- ✓ Natural flavours

### FLAVOURS

- Kiwi
- Peach
- Blackcurrant + Caffeine



70ml / 6 gels

### Why 45g of carbohydrates?

During "ultra" endurance exercise that lasts longer than 3 hours, athletes often aim for carbohydrate intakes of at least 90g and even up to 120g per hour. Such high intakes are more difficult to achieve with products containing only 30g of carbohydrates per serving. That is why our ULTRA GEL contains 45g of carbohydrates. Therefore, an hourly target dose of 90g of carbohydrates requires only 2 ULTRA GELS per hour. By adding an extra 30g of carbohydrates from our extensive 2:1 CARB MIX range, a maximum carbohydrate intake of 120g per hour can be achieved quite easily.

### Why a 1:1 CARB MIX?

Carbohydrates are absorbed in the intestine. The uptake system for glucose has the capacity to absorb up to ±60g of glucose per hour, while the hourly fructose absorption rate is at least ±30g. So, with our 2:1 CARB MIX products and regular "gut training", athletes are able to absorb up to 90g of carbohydrates per hour. However, there is a trend in endurance athletes to push the intestinal carbohydrate absorption capacity to its limits by ingesting more than 90g and even up to 120g of carbohydrates per hour. Research findings show that this is possible, but only if the amount of fructose in the carbohydrate blend is raised towards a 1:1 ratio instead of the well-known 2:1 ratio. If you ingest more than 90g of carbohydrates per hour with a 2:1 carbohydrate ratio, the risk of gastrointestinal (GI) complaints increases, because you take in more glucose than your intestine can absorb. Therefore, we developed our ULTRA GEL with a 1:1 CARB MIX. Combining 2 ULTRA GELS per hour with 30g of carbohydrates from our 2:1 CARB MIX range, will provide 120g of carbohydrates with an average carbohydrate ratio of 1:0.8. The ULTRA GEL is therefore the perfect addition to, and not a replacement for, the excellent 2:1 CARB MIX range. Our ULTRA GEL allows for more convenient fuelling strategies, enabling optimal performance with minimal risk for GI discomfort.



# BARS & BITES



JUST BEFORE OR DURING EXERCISE

AFTER EXERCISE / SNACK

## ENERGY BAR

The renewed **ENERGY BAR** based on oats and dates. With the same superior nutritional values and functionality, this bar is easily digestible and also contains the well-known 2:1 glucose:fructose ratio. The ideal choice before, but also during exercise possibly alternating with other 6d energy bars and gels.



- ✓ 30g carbs
- ✓ 2:1 carb mix
- ✓ Soft texture
- ✓ 0-200mg sodium
- ✓ Natural Flavours

### FLAVOURS

- Cherry
- Chocolate
- Salty Peanut



46g / 6 bars

## ENERGY NOUGAT

**ENERGY NOUGAT** is a soft nougat bar that is easy to chew, even in cold weather. This easily digestible bar also contains the familiar 2:1 glucose to fructose ratio. The ideal choice before, but also during exercise in alternation with other 6d energy bars and gels when needed.



- ✓ 29-31g carbs
- ✓ 2:1 carb mix
- ✓ 50mg sodium
- ✓ Soft texture
- ✓ Natural flavours and colours

### FLAVOURS

- Coffee
- Cranberry
- Lemon



35g / 6 bars

## ENERGY CAKE

**ENERGY CAKE** is an easily digestible spice cake. Unlike 'regular' spice cake, this sodium-rich variant also contains the familiar 2:1 glucose to fructose ratio. The ideal choice before, but also during exercise in alternation with other 6d energy products.



- ✓ 31-32g carbs
- ✓ 2:1 carb mix
- ✓ 137-139mg sodium
- ✓ Low fat
- ✓ Natural flavours and colours

### FLAVOURS

- Apple
- Chocolate



44g / 6 cakes

## PROTEIN BAR

**PROTEIN BAR** contains a high quality protein blend that includes whey protein concentrate, soy protein isolate and milk protein isolate with added L-leucine. The ideal bar for athletes who prefer a quick and tasty 'snack' instead of a shake after an intensive exercise effort, or as an additional protein-rich snack throughout the day.



- ✓ 237kcal
- ✓ 19g protein
- ✓ 3g l-leucine
- ✓ 5g fibre
- ✓ Natural flavours

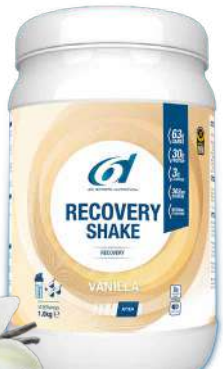
### FLAVOUR

- Cookie-dough



60g / 12 bars

# RECOVERY DRINKS & SHAKES



AFTER INTENSE EXERCISES



AFTER SPORTING / THROUGHOUT DAY



BEFORE BEDTIME



## RECOVERY SHAKE

**RECOVERY SHAKE** is an all-in-one recovery shake, which, in addition to aiding muscle recovery (protein), also quickly replenishes any loss of fluid, electrolytes and sugars. The ideal shake after a hard training session, or competition, especially when there is limited recovery time until the next heavy exercise session.



- ✓ 60-64g carbs
- ✓ 30g protein
- ✓ 3g l-leucine
- ✓ 358-362mg sodium
- ✓ Natural flavours and colours

### FLAVOURS

- Strawberry
- Chocolate
- Vanilla



1.0kg / 10 servings  
100g / 5 servings

## WHEY PROTEIN

**WHEY PROTEIN** is a top-quality protein shake that consists solely of fast-absorbing whey protein isolate. The ideal shake after a hard strength training session or for athletes who want/need to limit their carbohydrate intake. Also suitable as a high-protein snack throughout the day to meet the daily protein requirements.



- ✓ Whey protein
- ✓ 29g protein
- ✓ 3g l-leucine
- ✓ Low carb
- ✓ Natural flavours and colours

### FLAVOURS

- Strawberry
- Chocolate
- Vanilla



700g / 20 servings

## VEGAN PROTEIN

**VEGAN PROTEIN** is a top-quality plant-based protein shake with added natural enzymes for optimal absorption. The ideal shake for athletes who do not wish to/are unable to consume animal protein, for use after exercise and throughout the day to meet the daily protein requirements.



- ✓ Pea & rice protein
- ✓ 29g protein
- ✓ 3g l-leucine
- ✓ Sugar-free
- ✓ 100% natural

### FLAVOURS

- Chocolate
- Red fruits
- Vanilla



800g / 20 servings

## WHEY DRINK

**WHEY DRINK** is a high-quality protein drink made with "clear whey" protein isolate, that is also fat, sugar and lactose free! A refreshing, light and fruity alternative to creamy protein shakes, both after exercise or throughout the day to meet your daily protein requirements.



- ✓ Clear whey protein isolate
- ✓ 30g protein
- ✓ 3g l-leucine
- ✓ Lightly digestible and refreshing
- ✓ Natural flavours and colours

### FLAVOURS

- Raspberry-lime
- Orange-mango



35g / 8 servings

## NIGHT PROTEIN

**NIGHT PROTEIN** is a top-quality protein shake that consist solely of slow-absorbing micellar casein isolate. The ideal shake to take before bed to optimise night-time recovery from strenuous exercise. Also suitable for athletes wanting to build muscle mass or strength.



- ✓ Micellar casein
- ✓ 39-40g protein
- ✓ Slow release
- ✓ Low carb
- ✓ Natural flavours and colours

### FLAVOURS

- Chocolate & salted caramel
- Vanilla



520g / 10 servings

# RECOVERY SUPPLEMENTS



## MUSCLE RECOVERY

### CHERRY JUICE

**CHERRY JUICE** is a 100% natural sour cherry juice concentrate with a very powerful anti-oxidative and anti-inflammatory effect. Ideal for promoting muscle recovery during an important and intensive competition period with little recovery time between competitions.



- ✓ 100% Concentrate
- ✓ No additives
- ✓ Rich in antioxidants
- ✓ Compact - 40ml
- ✓ Mix with a bottle of water, shake or yogurt for a delicious cherry flavour.



40ml/ 8 sachets





# PERFORMANCE SUPPLEMENTS



MENTAL & PHYSICAL BOOST

GAIN ENDURANCE AND SPRINT PERFORMANCE

MORE EXPLOSIVENESS

DELAYED MUSCLE "BURN-OUT"

BETTER ENDURANCE

## CAFFEINE GUM

## NITRATE SHOT

## CREATINE CREAPURE®

## BETA ALANINE SR CARNOSYN®

## SODIUM BICARBONATE

## L-CARNITINE CARNIPURE®

Via a **CAFFEINE GUM** caffeine is absorbed the fastest. The ideal supplement for athletes who want to boost their concentration and endurance. Especially when a (*very*) rapid effect is desired, or when the start of competition is unknown (*example: substitute in team sports*).

The **6d NITRATE SHOT** with 2 natural nitrate sources, not only contains a high nitrate dose, but also a pleasant taste. Ideal for athletes who want to improve their endurance and/or sprint performance during (important) competitions. Also, the shot is completed with 80mg vitamin C for a protective effect

**CREATINE CREAPURE®** only contains the purest form of creatine monohydrate, called Creapure®. Creatine supplementation improves explosiveness by increasing the creatine (*phosphate*) stores in the muscles. Ideal for athletes who wish to improve their (*sprint*) speed, strength or muscle mass, also during rehabilitation from injury.

**BETA-ALANINE SR CARNOSYN®** contains beta-alanine in patented slow-release tablets (*SR CARNOSYN®*). Beta-alanine supplementation increases carnosine (= *acid buffer*) stores in the muscle. Ideal for athletes who frequently suffer from "muscle burn-out" when they have to perform (*multiple*) short, high-intensity efforts (*0.5-10 min*).

**SODIUM BICARBONATE** contains only sodium bicarbonate in a plant-based capsule. Sodium bicarbonate supplementation increases the amount of bicarbonate (= *acid buffer*) in the blood. Ideal for athletes who frequently suffer from "muscle burn-out" when they have to perform (*multiple*) short, high-intensity efforts (*0.5-10 min*).

**L-CARNITINE CARNIPURE®** contains the purest form of Carnipure®. Increases the amount of carnitine in the muscle. This promotes fat burning during low-to-moderate exertion, thus conserving glycogen and enhancing performance during (*ultra*) endurance sports.

- ✓ Fast uptake
- ✓ 75mg caffeine / gum
- ✓ Sugar-free
- ✓ Pocket size

- ✓ 500mg nitrate
- ✓ 2 natural nitrate sources
- ✓ 80mg vitamin C
- ✓ Natural flavour

- ✓ Monohydrate
- ✓ Ultra pure
- ✓ No additives
- ✓ Neutral flavour

- ✓ Sustained release
- ✓ 800mg / tablet
- ✓ Easy dosing

- ✓ 1125mg / capsule
- ✓ Easy dosing
- ✓ No additives
- ✓ Plant based capsule

- ✓ Tartrate form
- ✓ Ultra pure
- ✓ 1000mg / capsule
- ✓ Plant based capsule

### FLAVOUR

- Mint



### FLAVOUR

- Fruit punch



120g / 6x10 gums

60ml / 6 shots

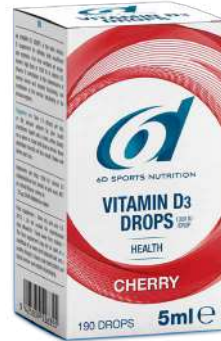
300g / 100 servings

120 tabs = 60 servings

120 caps

80 caps = 40 servings

# HEALTH SUPPLEMENTS



## TO SUPPLEMENT THE DAILY DIET

## INJURY SPECIFIC

### MULTI VITAMIN

**MULTI VITAMIN** contains 100% of the recommended daily intake of all vitamins, and also includes essential trace elements, all in an easily absorbable form. The ideal supplement when the risk of developing nutrient deficiencies is high, especially during diets with restricted energy intake and/or dietary variety.

- ✓ 100% RDA of all vitamins
- ✓ With added trace elements
- ✓ Easy uptake
- ✓ Plant-based capsule



60 caps / 60 servings

### VITAMIN D<sub>3</sub> DROPS

**VITAMIN D3 DROPS** only contains vitamin D3 (*cholecalciferol*), the most effective form, with added MCT oil for improved absorption and stability. The ideal supplement for almost everyone as the amount of vitamin D in food is often insufficient to prevent a deficiency.

- ✓ Superior D3 form
- ✓ 1000 I.U. / drop of
- ✓ Easy to dose
- ✓ MCT oil
- ✓ Cherry flavour



190 drops / 63-190 servings

### IRON FERROCHEL®

**IRON FERROCHEL®** contains a high dose of the highly-absorbable iron bisglycinate Ferrochel®, supplemented with the active forms of folic acid, vitamin C, B6 and B12. The ideal supplement for anyone who often suffers from iron deficiency, especially before and during a high-altitude training camp.

- ✓ 45mg iron / capsule of
- ✓ Complex with vitamin B+C
- ✓ Easy uptake
- ✓ Plant-based capsule



60 caps / 60 servings

### OMEGA-3

**OMEGA-3** contains a high-dose fatty acid concentrate from fish in its natural triglyceride form to ensure proper absorption, with added vitamin E as protection for the fish oil. The ideal supplement for anyone who rarely or never eats fish, but also great during rehabilitation from injury.

- ✓ Triglyceride form
- ✓ 500mg EPA
- ✓ 250mg DHA
- ✓ Lemon aroma



90 softgels / 90 servings

### COLLAGEN PEPTAN®

**COLLAGEN PEPTAN®** contains pure bovine collagen peptides (*PEPTAN®*) with added vitamin C. A great addition to your beverage of choice, thanks to its excellent solubility and neutral taste. The ideal supplement during rehabilitation from injury, but also for athletes with chronic tendon, ligament and cartilage problems.

- ✓ Type-1 collagen peptides
- ✓ 15g collagen
- ✓ 50mg vitamin C
- ✓ Neutral flavour



300g / 20 servings



# 6 DIMENSIONS



**SCIENTIFICALLY  
PROVEN**



**QUALITY  
INGREDIENTS**



**INSPIRED  
BY ATHLETES**



**GOAL- AND  
PERFORMANCE-ORIENTED**



**PASSIONATE  
ABOUT SPORTS**

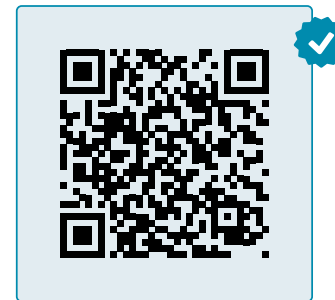


**GREAT TASTE  
& CONVENIENCE**



# POINTS OF SALE

**FIND YOUR POINT OF SALE**



**VISIT OUR WEBSHOP**

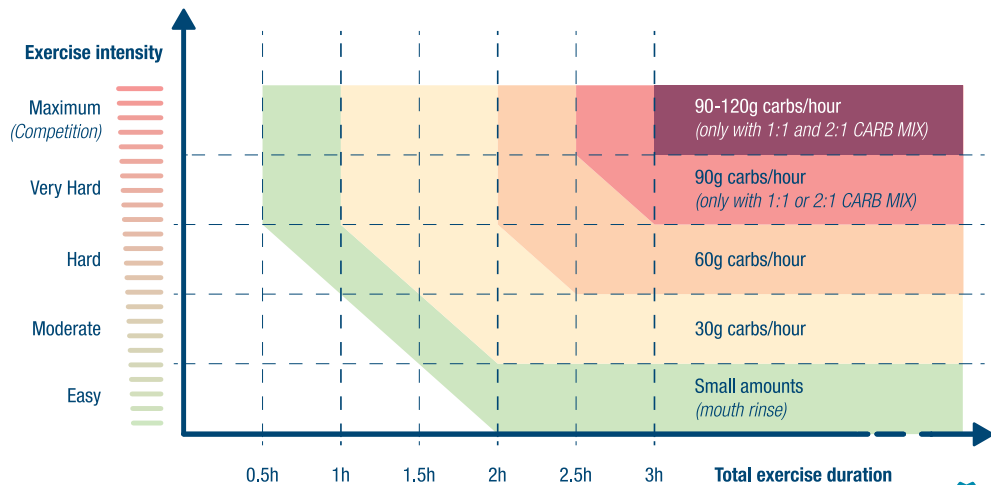


(\*for details, check: <https://6dsportsnutrition.com/en/shipping>)

Product range version: 012\_EN

# Discover the '6d Fuelling System'

## 6d Fuelling System



Do you ever feel that you can't keep up your pace and intensity during exercise? This feeling is often called "bonking" or "hitting the wall". It occurs when you have burned through your body's carbohydrate stores also known as glycogen. If you follow a balanced diet, your body will typically store enough glycogen to sustain 90 minutes of high intensity exercise. To maintain your pace and intensity for longer, you will need to preserve your body's carbohydrate stores by ingesting extra carbohydrates through food and drinks during exercise. At 6d Sports Nutrition we clearly indicate the grams of carbohydrates on the packaging of our fuelling products. But how many carbohydrates do you need during exercise?

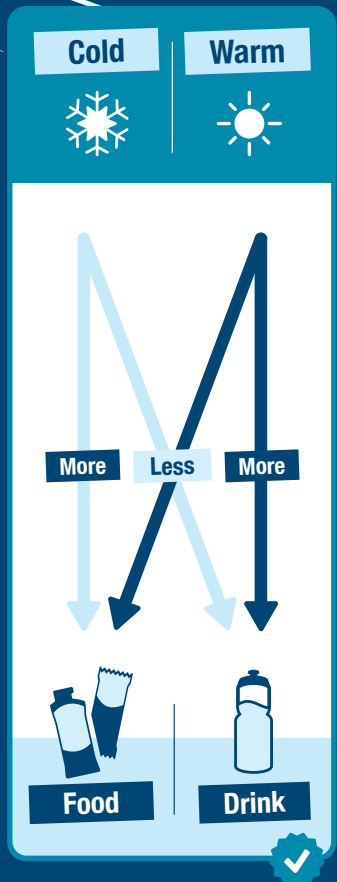
This is why we have created a **6d FUELLING SYSTEM** based on exercise duration and intensity! Why is this? The longer the duration, the more carbohydrates you need to take during exercise to make sure that you don't deplete your carbohydrate stores before the end of your session. Also, as more carbohydrates are burned at higher exercise intensities, you will need to ingest more carbohydrates at high intensities and you will not need as much during lesser intensive sessions. The chart on the left is designed to help you determine how many grams of carbohydrates per hour you need.

If you haven't used energy and hydration products in a structured way before, start with just 30g of carbohydrates per hour. Consider our **ISOTONIC SPORTS DRINK** because it provides both energy, electrolytes and fluids. When you feel you run out of energy towards the end of your exercise session, for example during intensive exercise sessions of more than 2 hours, consider moving up to 60g of carbohydrates per hour by eating an extra bar or gel each hour. Use bars during less intensive and gels during more intensive (parts of your) exercise sessions. Only when you compete at prolonged endurance events of more than 3 hours (e.g. competitive cycling, triathlon), or when you are preparing for such events, you will need to work your way up to 90g of carbohydrates per hour. This is only possible with products that have our 2:1 CARB MIX, together with regular "gut training". You can also use the **ISOGEL** without this 2:1 CARB MIX, but then you need to restrict the intake to a maximum of 1 ISOGEL per hour if you want to ingest more than 60g of carbohydrates per hour. While the ISOGEL contains less carbohydrates than our other fuelling products, it is isotonic by itself. So, you don't need extra water for optimal absorption, like you would if you decide to use a bar, chew or energy gel.

Our caffeine gels and chew are best used ~1 hour before an extra mental and physical boost is desired.

The weather will also impact your fuelling strategy. When it is hot and humid you will need to ingest more carbohydrates from drinks to help with hydration, while you can focus more on bars and gels during cold temperatures.

See [www.6dsportsnutrition.com](http://www.6dsportsnutrition.com) for more detailed advice per sport.



6d Products	Carbohydrates	CARB MIX	Type	Extra water needed for optimal absorption
ISOTONIC SPORTS DRINK	32g	2:1	DRINK	✗
ENERGY SPORTS DRINK	61g	2:1	DRINK	✓
HYDRO/ORS	5/10g	-	DRINK	✗
ISOBUFFER SPORTS DRINK	30g	2:1	DRINK	✗
ISOGEL	20g	-	GEL	✗
ENERGY GEL	30g	2:1	GEL	✓
ULTRA GEL	45g	1:1	GEL	✓
ENERGY FRUIT	26g	2:1	CHEW	✓
ENERGY BAR	30g	2:1	BAR	✓
ENERGY NOUGAT	29-31g	2:1	BAR	✓
ENERGY CAKE	31-32g	2:1	BAR	✓





Discover the  
6d Fuelling system inside



PROUD PARTNER OF

