

DO I NEED TO SUPPLEMENT?

WHETHER YOU RUN MARATHONS, FUN RUNS OR TRIATHLONS, SUPPLEMENTATION IS AN ASPECT OFTEN OVERLOOKED BY ENDURANCE ATHLETES. SHOULD YOU SUPPLEMENT AND WHAT SUPPLEMENTS SHOULD YOU TAKE?



CARBOHYDRATES

► Even at sub-maximal effort, carbohydrates are the preferred source of fuel to achieve your best. It is easily accessible and can be quickly processed to push your limits.

The International Olympic Committee (IOC) has adopted the following carbohydrate recommendations:

General Carbohydrate Guidelines for athletes: 7-12 grams of carbohydrate per kilogram of body weight per day. Specific Carbohydrate Guidelines for athletes:

- > Exercise less than 45 minutes: no extra carbohydrates needed.
- > Exercise between 45-75 minutes: small amounts of carbohydrates as tolerated
- > Exercise between 75-180 minutes: 30-60 grams of carbohydrate per hour.
- > Exercise greater than 180 minutes: 90 grams of carbohydrate per hour.

HYDRATION

► If you want to perform well during events that are longer than 60 minutes, you need to replenish your fluids and electrolytes.

Athletes usually have access to a range of testing tools to monitor their hydration levels, however, athletes without access to such testing are advised to monitor their body weight losses during exercise for an indicative number of fluids lost.

The American College of Sports Medicine recommends:

- > Before exercise: Pre-hydration should be initiated several hours before the competition starts. Focus on sodium-containing beverages and snacks that will increase the sensation of thirst and retain fluids.
- > During exercise: The objective is to prevent more than two percent of body weight loss during exercise. Fluid choice

should be customised based on body weight measurements before and after training and should contain electrolytes and perhaps carbohydrates.

> After exercise: Return to hydration status within 24 hours. For more rapid rehydration, consume 1.5 litres of fluid per kilogram of body weight lost during exercise. Beverages and snacks should contain electrolytes to help with rapid recovery.

IRON

► Lack of iron can reduce your ability to function. Specific populations, including female athletes, distance runners, and athletes who are vegetarian/vegan are at higher risk for an iron deficiency or insufficiency. Iron needs in female athletes can be 70 percent higher than average requirements.

Factors such as altitude training, injury or repeated impact (such as in running) can cause an increase in iron needs above baseline.

There are two food sources of iron, animal products such as red meat, poultry, and fish, and plant based iron sources such as lentils, beans, and spinach.

Because the body is less efficient at absorbing non-heme iron (lentils, beans and spinach), it is recommended to consume these sources with a vitamin C source from food or supplements to enhance iron absorption.

An athlete who does not maintain adequate iron levels might need supplemental iron at doses greater than the recommended daily amounts of >18 mg/day for women and >8 mg/day for men. Iron protocols, especially in individuals believed to be iron deficient should be determined with the assistance of a health-care practitioner.

SUPPLEMENT WITH THE BEST

► Bulk Nutrients has a range of products to aid in your training and performance.

Recuper8 includes a variety of ingredients which have been proven through clinical trials to assist endurance and enhance recovery for those competing in gruelling events. This formula is developed not just to provide necessary ingredients, but at actual validated doses to ensure effectiveness.

Carb+ is a unique blend of three carbohydrates that offer different functions and work together to provide a balanced fuel source for your entire workout.

Containing Dextrose Monohydrate and Maltodextrin, Carb+ will help supply instant, quick energy to deliver an extra spike in your output ability during training. Isomaltulose provides a more sustained, longer lasting energy release to ensure you'll power through your training session from start to finish.

Electrolyte Blend containing the electrolytes you need without any carbohydrates; Electrolyte Blend will quickly become your go to rehydrating supplement.

Proviotic with just one serve, Proviotic Capsules offer 25% of the recommended intake of vitamins and minerals including iron, plus over 5 billion cfu per dose to keep you in top shape.

Try the HASTA certified range which includes **Pre-Workout 101**, **Electrolyte Plus**, **BCAA Recovery** and our easily digestible protein **Hyper Hydrolyse**.

Take your performance up a notch with Bulk Nutrients.
Shop endurance at bulknutrients.com.au or bulknutrients.co.nz

DO I NEED TO SUPPLEMENT?

WHETHER YOU RUN MARATHONS, FUN RUNS OR TRIATHLONS, SUPPLEMENTATION IS AN ASPECT OFTEN OVERLOOKED BY ENDURANCE ATHLETES. SHOULD YOU SUPPLEMENT AND WHAT SUPPLEMENTS SHOULD YOU TAKE?



CARBOHYDRATES

► Even at sub-maximal effort, carbohydrates are the preferred source of fuel to achieve your best. It is easily accessible and can be quickly processed to push your limits.

The International Olympic Committee (IOC) has adopted the following carbohydrate recommendations:

General Carbohydrate Guidelines for athletes: 7-12 grams of carbohydrate per kilogram of body weight per day. Specific Carbohydrate Guidelines for athletes:

- > Exercise less than 45 minutes: no extra carbohydrates needed.
- > Exercise between 45-75 minutes: small amounts of carbohydrates as tolerated
- > Exercise between 75-180 minutes: 30-60 grams of carbohydrate per hour.
- > Exercise greater than 180 minutes: 90 grams of carbohydrate per hour.

HYDRATION

► If you want to perform well during events that are longer than 60 minutes, you need to replenish your fluids and electrolytes.

Athletes usually have access to a range of testing tools to monitor their hydration levels, however, athletes without access to such testing are advised to monitor their body weight losses during exercise for an indicative number of fluids lost.

The American College of Sports Medicine recommends:

- > Before exercise: Pre-hydration should be initiated several hours before the competition starts. Focus on sodium-containing beverages and snacks that will increase the sensation of thirst and retain fluids.
- > During exercise: The objective is to prevent more than two percent of body weight loss during exercise. Fluid choice

should be customised based on body weight measurements before and after training and should contain electrolytes and perhaps carbohydrates.

> After exercise: Return to hydration status within 24 hours. For more rapid rehydration, consume 1.5 litres of fluid per kilogram of body weight lost during exercise. Beverages and snacks should contain electrolytes to help with rapid recovery.

IRON

► Lack of iron can reduce your ability to function. Specific populations, including female athletes, distance runners, and athletes who are vegetarian/vegan are at higher risk for an iron deficiency or insufficiency. Iron needs in female athletes can be 70 percent higher than average requirements.

Factors such as altitude training, injury or repeated impact (such as in running) can cause an increase in iron needs above baseline.

There are two food sources of iron, animal products such as red meat, poultry, and fish, and plant based iron sources such as lentils, beans, and spinach.

Because the body is less efficient at absorbing non-heme iron (lentils, beans and spinach), it is recommended to consume these sources with a vitamin C source from food or supplements to enhance iron absorption.

An athlete who does not maintain adequate iron levels might need supplemental iron at doses greater than the recommended daily amounts of >18 mg/day for women and >8 mg/day for men. Iron protocols, especially in individuals believed to be iron deficient should be determined with the assistance of a health-care practitioner.

SUPPLEMENT WITH THE BEST

► Bulk Nutrients has a range of products to aid in your training and performance.

Recuper8 includes a variety of ingredients which have been proven through clinical trials to assist endurance and enhance recovery for those competing in gruelling events. This formula is developed not just to provide necessary ingredients, but at actual validated doses to ensure effectiveness.

Carb+ is a unique blend of three carbohydrates that offer different functions and work together to provide a balanced fuel source for your entire workout.

Containing Dextrose Monohydrate and Maltodextrin, Carb+ will help supply instant, quick energy to deliver an extra spike in your output ability during training. Isomaltulose provides a more sustained, longer lasting energy release to ensure you'll power through your training session from start to finish.

Electrolyte Blend containing the electrolytes you need without any carbohydrates, Electrolyte Blend will quickly become your go to rehydrating supplement.

Proviotic with just one serve, Proviotic capsules offer 25% of the recommended intake of vitamins and minerals including iron, plus over 5 billion cfu per dose to keep you in top shape.

Try the HASTA certified range which includes **Pre-Workout 101**, **Electrolyte Plus**, **BCAA Recovery** and our easily digestible protein **Hyper Hydrolyse**.

Take your performance up a notch with Bulk Nutrients. Shop endurance at bulknutrients.com.au or bulknutrients.co.nz