

ADVANCED SPORTS NUTRITION MADE EASY



SCIENCEINSPORT.COM

#FUELEDBYSCIENCE



**WHAT'S THE
NEXT BIG THING
IN HIGH-TECH
SPORTS KIT?**

YOU ALREADY OWN IT.

We believe that the most sophisticated piece of sports equipment you'll ever own is your body.

We're the unseen force behind personal bests, world records and Olympic medals.

Our range of products is researched and developed by sports scientists and nutritionists in conjunction with world class athletes. This scientific research underpins everything we do.

This means that everything we do, and every personal best you achieve with us is fueled by science.

RIGOROUS TESTING.

**RAW
INGREDIENT
TESTING**

**PRODUCTION
SITE
TESTING**

**TRIPLE
TEST EVERY
BATCH**

OTHER BRANDS TALK IT. WE WALK IT.

Science in Sport tests products over and over again until they are right. We do this to ensure we provide you with the right range of products with the best possible ingredients for your needs – so that you can focus on performing to the best of your ability.

Studies show that 1 in 10 sports nutrition products available in the market would get a professional athlete banned. Science in Sport have a world leading programme to offer professional & amateur athletes a trusted range of products.

Our industry leading testing regime is built on the following pillars:

- Every single batch of Science in Sport finished product which leaves the company's factory is screened against the 2018 World Anti-Doping Agency (WADA) list.
- Batches (sampled at the beginning, during and end of each product batch) receive the recognized and respected Informed Sport certificate and Science in Sport provides the documentation to athletes on request.
- Carry out raw material batch testing as well as finished goods testing for anything deemed 'high-risk'.
- Maintain full trace management of all raw materials from raw material base and manufacturing supplier, through to finished goods manufactured per production batch. This allows us to demonstrate to athletes the source of their ingredients and all parties involved in the manufacturing process.



GO ISOTONIC ENERGY GELS

- NO NEED FOR WATER TO AID DIGESTION
- THE WORLD'S FIRST ISOTONIC ENERGY GEL
- FUELING 34 OLYMPIC MEDALS IN 2016
- AVAILABLE IN A RANGE OF FLAVORS

Visit www.scienceinsport.com for our full range of flavors.



BERRY
FLAVOUR
CAFFEINE

SIS
SCIENCE IN SPORT

ENERGY+
CAFFEINE
physical and mental boost
75mg Caffeine
60ml



NEED STATE:

ENERGY



Carbohydrate is your body's main fuel source for high intensity exercise.



Your body can only store carbohydrate for 90 minutes worth of exercise. To go longer you need additional energy.



You can absorb up to 90g carbohydrate per hour.



To deliver energy fast you need high GI carbohydrate in a convenient format. Fat, fiber and protein slow down digestion.



Simple sugars such as glucose and fructose empty more slowly from the gut, making stomach problems more likely.



◀ Target 60-90g of carbohydrate per hour to optimize energy intake.



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NEED STATE:

HYDRATION



Increased energy production during exercise causes an increase in body temperature.



To keep cool, we divert more blood flow to our skin surface and sweat more.



We lose both fluid and electrolytes when we sweat, so just drinking water alone isn't enough.



Sodium is the key electrolyte which our body regulates fluid balance on.



Take on fluid, with the aim not lose more than 2-3% of your body mass through sweating.



◀ How much you drink depends on your sweat rate and environmental conditions.



Taylor Spivey ▶
Team USA Triathlete



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NEED STATE:

RECOVERY

30 mins

After exercise your metabolism stays lifted for at least 30mins.



This is the ideal time to replenish carbohydrate stores, provide protein for muscle rebuilding and rehydrate.



High GI carbohydrate helps to drive an insulin response which in turn helps to replenish glycogen levels.



Muscle protein synthesis rate is stunted during exercise. The amino acid leucine switches this back on post exercise.



You should drink 150% of the fluid volume you lose during exercise afterwards.



◀ Mix with 17oz of water and consume in the 30 minutes after your session.



Mark Cavendish
Sprint Cyclist



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NEED STATE:

REBUILD



Exercise increases the rate of protein breakdown, so people that train more regularly need more protein.



We only need 20-25g of protein every 3-4 hours to maximize muscle protein synthesis.



Whey protein is a dairy protein derived from milk. Milk protein is made up of 80% casein and 20% whey.



Whey protein is released far quicker than milk protein at around 8-10g per hour versus whole milk protein at a rate of 3.5g per hour.



Whey protein is naturally high in BCAAs which make up to 35% of your lean muscle mass and must be eaten as part of your diet.



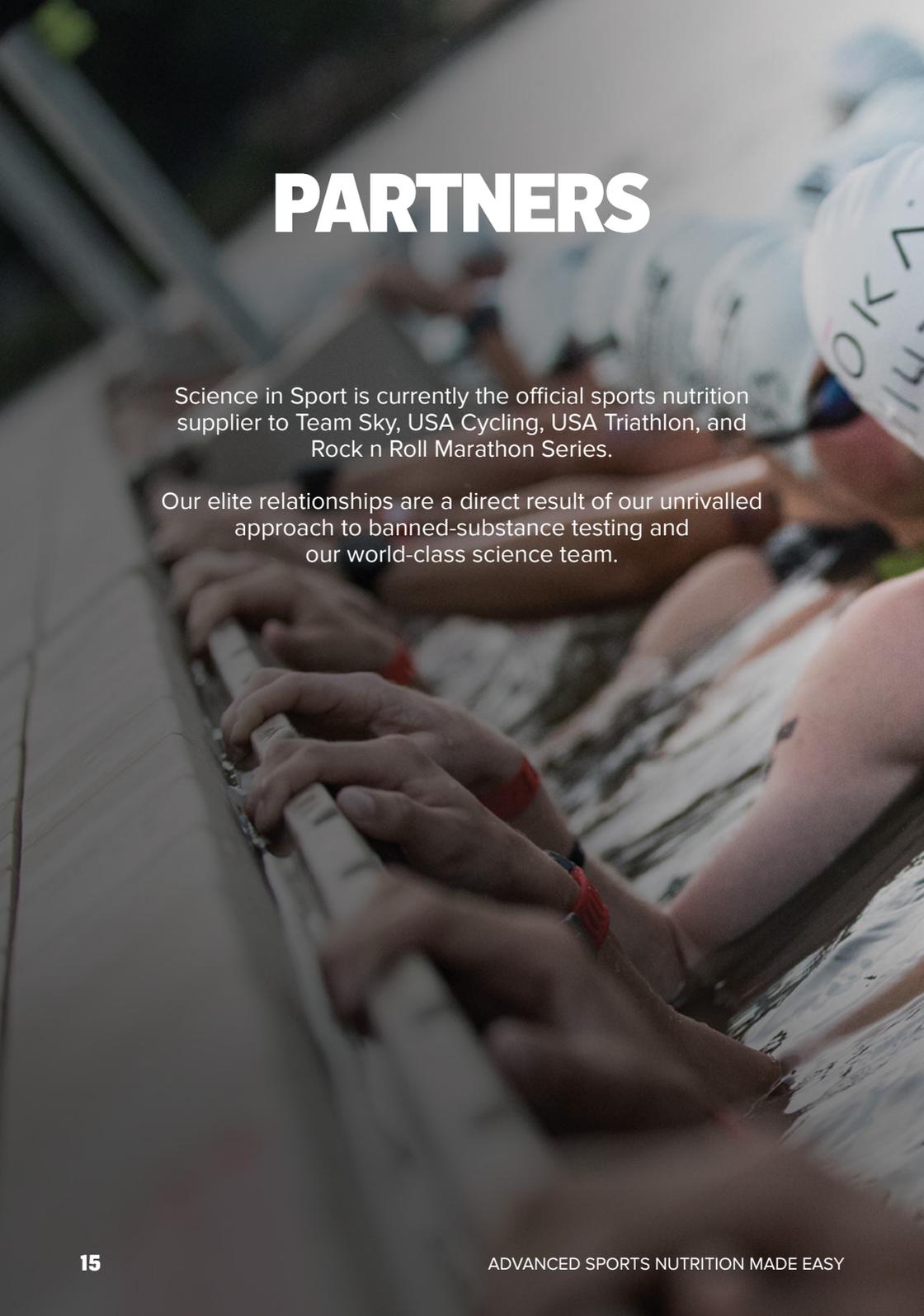
◀ Use within 30 minutes of a strength and conditioning session, or as part of your everyday diet to achieve a quality protein feed every 3-4 hours throughout the day.



USA Cycling ▶

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PARTNERS



Science in Sport is currently the official sports nutrition supplier to Team Sky, USA Cycling, USA Triathlon, and Rock n Roll Marathon Series.

Our elite relationships are a direct result of our unrivalled approach to banned-substance testing and our world-class science team.



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