

SPONSER – SWISS SPORT FOOD

Many top athletes from various countries trust Sponser products – for over 25 years!

NICOLA SPIRIG — OLYMPIC TRIATHLON CHAMPION 2012
“Successful with Sponser, especially for a very strong finish.”

RETO SCHOCH — ULTRA CYCLING, WINNER RACE ACROSS AMERICA 2012
“I rely fully on Sponser’s know-how at the Race Across America. The Competition sports drink and Ultra Pro deliver Power and Energy.”

RUEDI WILD — TRIATHLON SWISS CHAMPION AND OLYMPIAN 2012
“Pro Recovery is easy on the stomach and the base of my daily nutrition in my multiple training hours schedule. I take the first serving prior to my first session.”

RONNIE SCHILDKNECHT — IRONMAN CHAMPION 2012
“On the bike leg I rely on the Competition sports drink – the possibility of higher energy dosage gives me an extra advantage, especially during the final marathon section.”

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MOUNTAINBIKE WORLD CHAMPION

NINO SCHÜRTER

“I ride with Competition and Sponser-Gels and I am newly a big fan of red vegetables ;-).”

SPECIAL PRODUCTS

These and other high quality supplements for professional sportspeople, sport doctors, coaches etc. can be found on www.sponser-europe.com



NEW



RED BEET VINITROX

Our latest performance booster, successfully tested by our pro athletes!

CARNI PURE

L-carnitine L-tartrate for your individual supplementation, e.g. prior to long distance performances. Includes the high quality brand CarniPure™ of Lonza.

NUCLEO CELL

Nucleotides are the primary cellular components. The body can absorb supplemented nucleotides that it otherwise has to build on its own in an energy intensive way, leaving more energy and resources for recovery.

PRODUCT GUIDE RUNNING, CYCLING, TRIATHLON

SPONSER SPORT FOOD



PREPARE



✓ In the body, nitrate will be degraded to nitric oxide (NO).



NEW

CARBO LOADER

Carbo loading helps to maximise the glycogen reserves that can be stored in the muscles (max. 10 g carbs per kg body weight). Take an extra 4 servings the days before a competition (1 portion = 1 plate of pasta).

RED BEET VINITROX

One beetroot shot has the nitrate content of 500 ml of beetroot juice. Vinitrox™, Whey Pepto CFM™, L-arginine and L-ornithine also encourages NO-production. Fruitflow™ helps to keep normal aggregation of (blood) platelets which contributes to a healthy blood flow. Intake: 1 shot daily, 3–4 days prior to important competitions. On competition day, take 1 shot, 2.5–3 hours before the start.

BEFORE



POWER PORRIDGE

Enriched with Vitargo™ and betaglucones (oat bran) for sustained energy. Appropriate as a light meal 2–3 hours before competition.

PRE & AFTER RACE

“Ready to drink” sports drink with 50 g of carbohydrates and 8 g of protein. High digestibility due to the use of hydrolysates. Take at least 1 hour before a race.



POWER GUMS

Delivers quick energy and caffeine.

HIGH ENERGY BAR

Gradual, long lasting energy.

OAT PACK

Great for continuous energy. Appropriate as a snack and during long distance efforts.

DURING



COMPETITION

An acid free sports drink with 8 different sources of carbohydrates, mildly flavoured and easy to digest. The wide range of carbohydrates ensures a slower glycemic and insulin increase. Hypotonic (240 mOsm) up to a concentration of 100 g powder per liter.



LONG ENERGY

Based on the acid free and 8 carbohydrate formula of our Competition sports drink with an additional 5 or 10% protein. A sports drink for long distance performances.

✓ Caffeine wakes and activates, enhances concentration and attentiveness, and increases endurance performance.



ACTIVATOR

One ampoule delivers 200 mg of caffeine. Take 1 approximately 1 hour prior to competition or an intense training session. During a long distance event, it is also recommended to, take 1 ampoule every 4 hours.

ULTRA PRO

Developped for protein intake during long distance events. Take every 3–4 hours in combination with 150 to 200 ml of water.

✓ The best available energy gels are established during endurance activities. The handy 40 g servings and 70 g tubes with resealing cap deliver highly concentrated energy. Optionally with or without caffeine or BCAA. Without artificial flavours or preservatives.



LIQUID ENERGY LONG

Energy gel with a savoury flavour. Based on the patented barley starch Vitargo™ and isomaltulose, a new carbohydrate. Very popular for long distance activities.



PRE & AFTER RACE

“Ready to drink” sports drink with 50 g of carbohydrates and 8 g of protein, with Vitargo™ and PeptoPro™. Well suited as a first recovery method after crossing the finish line.

AFTER



PRO RECOVERY

High-tech recovery drink with a high protein and colostrum content. To be supplemented with carbohydrates based on individual needs. Lactose and artificial sweetener free flavours available.