



Stay Hydrated!

WHATEVER YOUR SPORT, FILL UP YOUR BOTTLE

The NAMEDSPORT > **Hydra Sport Bottle** is your loyal partner in training and competition! Designed to be with you during your training sessions up till the competitions, it will help you stay hydrated, recharge your batteries and it will be by your side whenever you need it. Find out the **Nutrition Strategies** designed for your sport and choose the most suitable supplements for your training session according to the type and intensity of your workout.

FIND OUT HOW TO FILL YOUR BOTTLE!

HYDRATION IN
THREE STEPS

SELECT YOUR
SPORT



WHY TO STAY
HYDRATED?

HYDRAFIT > ZERO
AND HYDRAFIT >



FUEL - REFILL- RECHARGE: HYDRATION IN THREE STEPS

3 steps to recharge and fuel your performance no matter what sport you practice.

FUEL

Before training, it is essential to prepare your body, hydrating tissues and muscles with the electrolytes necessary to maintain hydrosaline balance and support your performance. Remember that starting your training in a hypohydrated state can negatively impact your performance, causing a heart rate acceleration and an increase in body temperature, leading to a sudden drop in energy and rising the risk of heart failure.

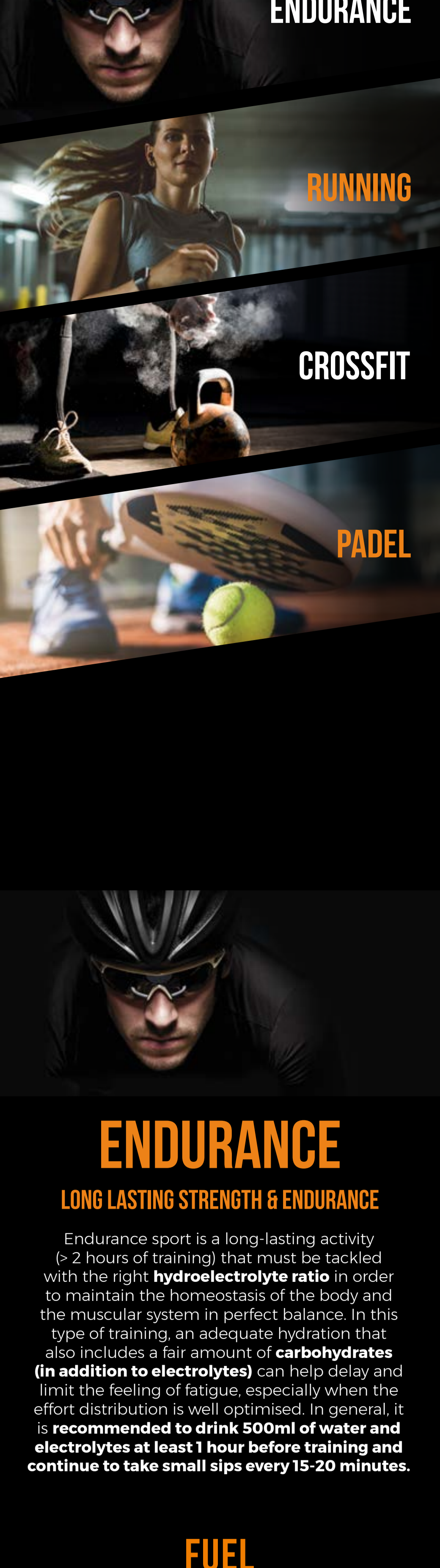
REFILL

Staying well hydrated **during training** is key for athletes to maintain performance levels. Remember to drink to replace all fluids and minerals lost during sweating, especially if the physical effort is particularly intense or the external temperature is high. Don't wait to feel thirsty and drink in small sips, at regular intervals, every 10/15 minutes. You will keep the body well hydrated and protect your muscles from further stress.

RECHARGE

If staying properly hydrated is vital during physical activity, it is as much important during the recovery phase. Make sure you get an efficient hydration **after training** to restore a general balance, promote a better recovery, especially after intense efforts.

Replenishing the fluids and electrolytes lost through perspiration will help you optimize blood flow, ensuring the supply of nutrients to the muscles and the elimination of toxins from your body.



ENDURANCE

RUNNING

CROSSFIT

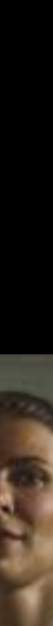
PADEL

ENDURANCE

LONG LASTING STRENGTH & ENDURANCE

Endurance sport is a long-lasting activity (> 2 hours of training) that must be tackled with the right **hydroelectrolyte ratio** in order to maintain the homeostasis of the body and the muscular system in perfect balance. In this type of training, an adequate hydration that also includes a fair amount of **carbohydrates (in addition to electrolytes)** can help delay and limit the feeling of fatigue, especially when the effort distribution is well optimised. In general, it is **recommended to drink 500ml of water and electrolytes at least 1 hour before training and continue to take small sips every 15-20 minutes.**

FUEL



1 bottle with:
20g **HydraFit>**
in 500ml **Water**

REFILL

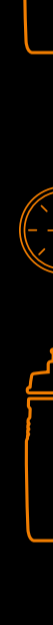


1 bottle with:
1 tab **HydraFit>**
ZERO



1 bottle with:
40g **Race Fuel>**
in 500ml **Water**

Or



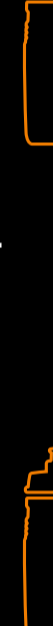
1 bottle with:
30g **Isonam Energy>**
40g **Maltonam**
3g **100% Creatine**
in 500ml **Water**

RECHARGE

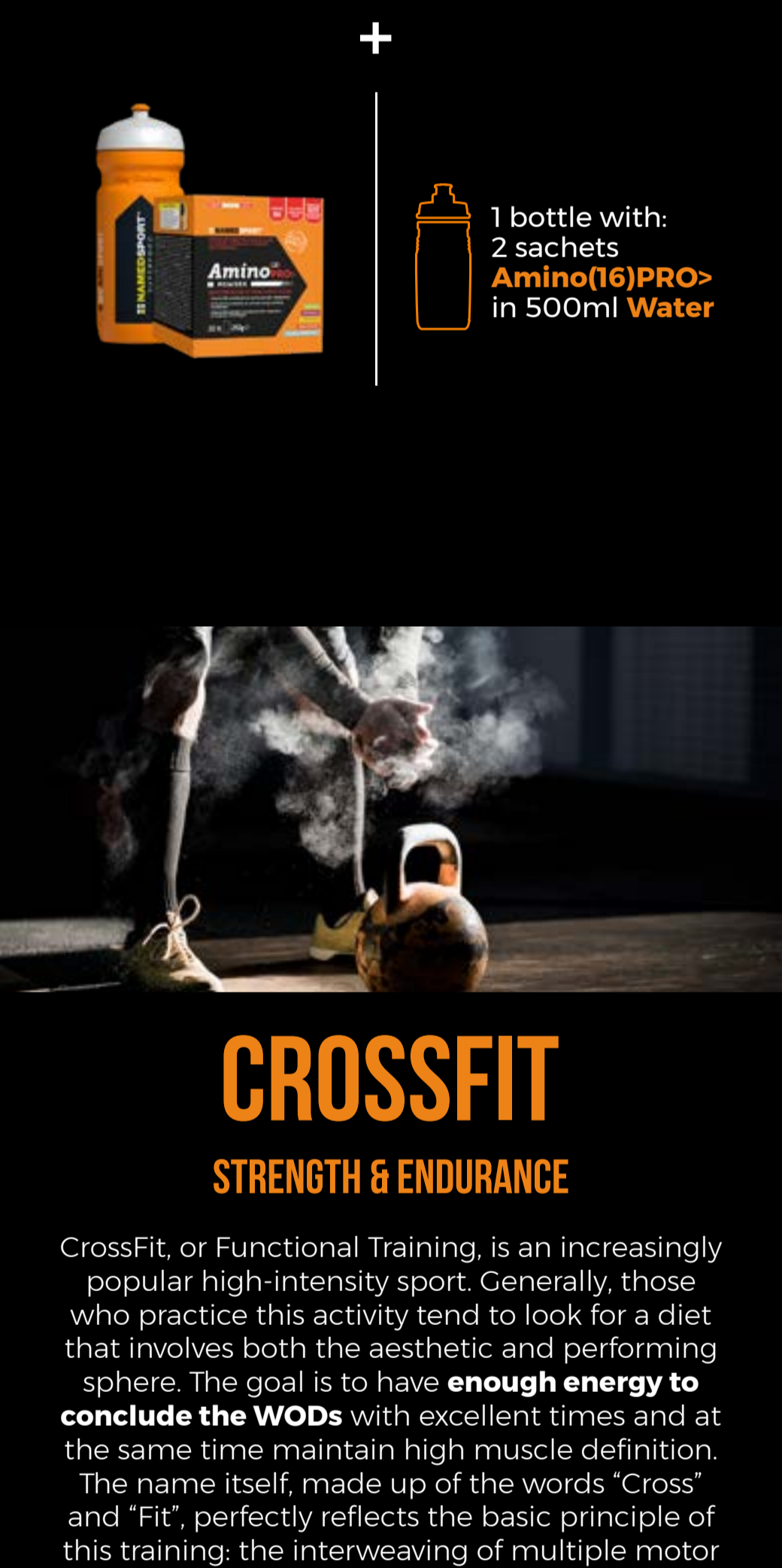


1 bottle with:
2 sachets
Amino(16)Pro>
40g **Maltonam**
3g **100% Creatine**
in 500 ml **Water**

Or



1 bottle with:
40g **Total Energy Recovery>**
in 250-400ml **Water**



RUNNING

ENDURANCE AND SPEED

Every runner has specific needs: **physical effort and the conditions in which the race takes place**, such as altitude, temperature and humidity, must be taken into consideration.

Running is an outdoor sport that is greatly affected by climatic conditions (the higher the environmental temperature, the greater the loss of water and electrolytes through sweat). Furthermore, based on the distance traveled and effort intensity it could be considered an aerobic or anaerobic activity. **Before training or competitions, it is recommended to drink at least 500ml of water and electrolytes, staying hydrated also during activity by drinking in small sips every 15/20 minutes.**

FUEL/REFILL



For workouts up to 1 hour

1 bottle with:
1 tab **HydraFit>**
in 500ml **Water**



For workouts up to 2 hours

1 bottle with:
20g **HydraFit>**
in 500ml **Water**

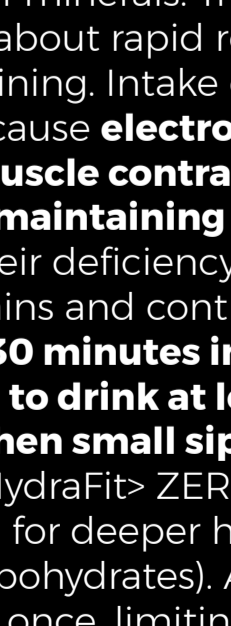


For workouts over 2 hours

1 bottle with:
HydraFit> ZERO

1 bottle with:
Race Fuel>
in 500ml **Water**

RECHARGE



For shorter workouts less than 2 hours

1 bottle with:
recharge
4Fuel> RECHARGE
in 500ml **Water**



For longer workouts over 2 hours

1 bottle with:
40g **Total Energy Recovery>**
in 250-400ml **Water**

Or



2 bottles with:
2 sachets
4Fuel> RECHARGE
in 500ml **Water**



1 bottle with:
2 sachets
Amino(16)PRO>
in 500ml **Water**



CROSSFIT

STRENGTH & ENDURANCE

CrossFit, or Functional Training, is an increasingly popular high-intensity sport. Generally, those who practice this activity tend to look for a diet that involves both the aesthetic and performing sphere. The goal is to have **enough energy to conclude the WODs** with excellent times and at the same time maintain high muscle definition.

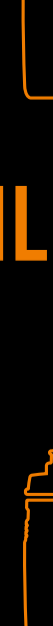
The name itself, made up of the words "Cross" and "Fit", perfectly reflects the basic principle of this training: the interweaving of multiple motor activities including strengthening exercises, both bodyweight and with overloads (kettlebell, medicine ball, barbell, etc.), but also aerobic or mixed disciplines (running, jumping rope, airbike, rowing machine and so on). **A high energy consumption and the great amount of fluid loss make the intake of electrolytes essential in all phases before, during and after workout.**

FUEL



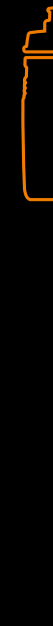
1 bottle with:
15g **2Pump>>**
PREWORKOUT
in 500ml **Water**

REFILL

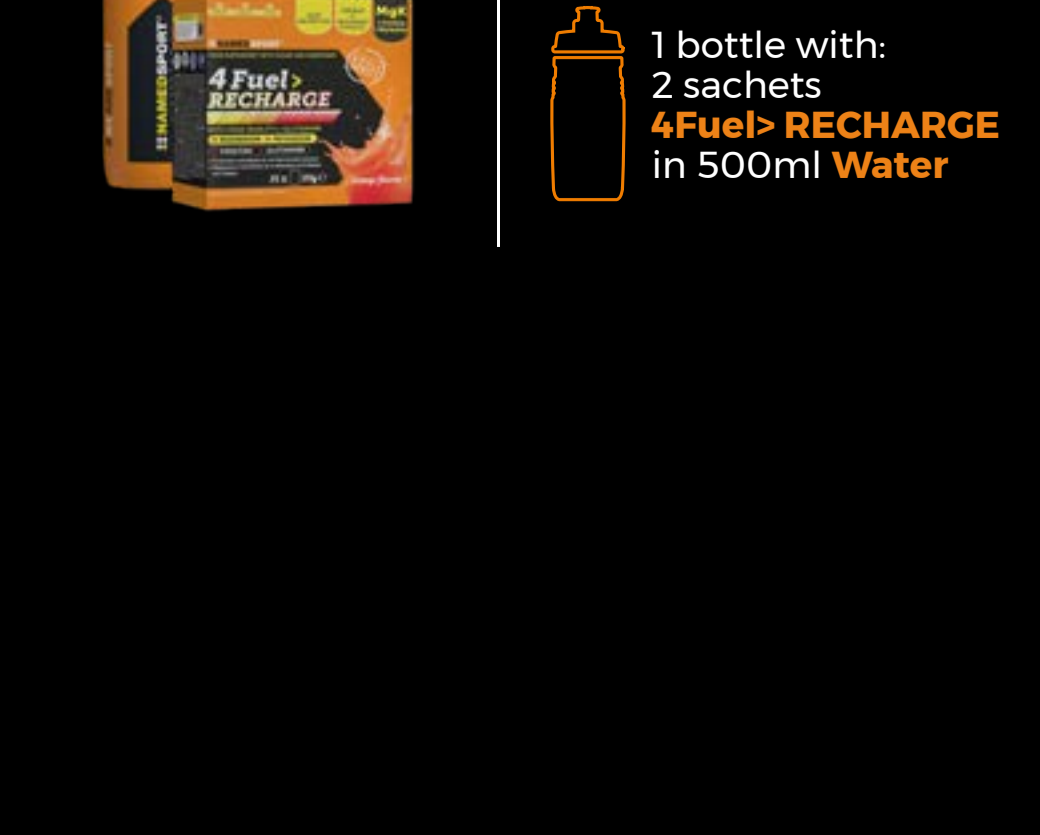


1 bottle with:
1 tab **HydraFit>**
ZERO
in 500ml **Water**

RECHARGE



1 bottle with:
2 sachets
4Fuel> RECHARGE
in 500ml **Water**



PADEL

FOCUS & COORDINATION

Padel is a rather intense sport, in which the athlete sweats profusely and loses a great amount of minerals. That is why it is essential to worry about rapid replenishment even during the training. Intake of mineral salts is recommended because **electrolytes play a fundamental role in muscle contraction and relaxation, as well as in maintaining the hydrosaline balance.** In fact, their deficiency can increase the risk of cramps, strains and contractures. **Before the game, about 30 minutes in advance, it is recommended to drink at least half a liter of water, and then small sips of a mixture of mineral salts (HydraFit> ZERO or HydraFit> if you are looking for deeper hydration, with the addition of carbohydrates). Avoid drinking too much water at once, limiting yourself to 200ml at a time.**

FUEL

1 hour before

1 bottle with:
1 tab **HydraFit>**
ZERO
in 500ml **Water**

REFILL

1 bottle with:
1 tab **HydraFit>**
ZERO
in 500ml **Water**

RECHARGE

1 bottle with:
2 sachets
4Fuel> RECHARGE
in 500ml **Water**



HYDRAFIT ZERO ZERO SUGAR RECHARGE*

*This food supplement contains: Minerals and Vitamins / sugar 0g/100ml.



HYDRAFIT ENERGY AND HYDRATION

HYDRAFIT ZERO ZERO SUGAR RECHARGE*



*This food supplement contains: Minerals and Vitamins / sugar 0g/100ml.

MAGNESIUM, POTASSIUM, SODIUM AND 9 VITAMINS

Promotes hydrosaline balance during intense training

- **LOW CARB** effervescent tablets
- **SUGAR FREE**
- Rich in **ELECTROLYTES AND VITAMINS**
- Pack of **20 DOSES**, practical to carry with you at any time (1 tablet/500ml bottle)
- **INFORMED SPORT** quality certification

HYDRAFIT ENERGY AND HYDRATION



MAGNESIUM, POTASSIUM, MALTODEXTRINS AND 9 VITAMINS

Promotes hydrosaline balance and hydration during intense training

- Promotes **REHYDRATION** and **HYDROSALINE** balance during intense training
- **REFRESHING TASTE**, powder formulation
- **HYPOTONIC FORMULATION** with maltodextrins, electrolytes and 9 vitamins
- Pack of **20 DOSES** to dissolve in water (20g/500ml bottle)
- **INFORMED SPORT** quality certification



WHY TO STAY HYDRATED?

Do you know how important it is to drink before, during and after sport activities? And when is it necessary to replenish the minerals lost during training?

Far too often we forget that **our body is composed of an average of 60% water** in various percentages: blood contains 90% water, the muscles 75%, bones 25% and adipose tissue 5%. The presence of **electrolytes** in the body fluids is essential: they are an active part of biochemical reactions, regulate muscle contraction, nerve function, blood pH and blood pressure and play an essential role in thermoregulation and homeostasis of the human body.

The main electrolytes present in our body are:

- > Sodium (Na +)
- > Potassium (K +)
- > Calcium (Ca²⁺)
- > Magnesium (Mg²⁺)
- > Chlorine (Cl⁻)

A deficit of water and of these electrolytes inside our body can compromise health and affect the physical performance.

PERFORMANCE AND HYDRATION

Physical exercise is generally accompanied by an increase in metabolism, which leads to an increase in internal temperature, putting the body in the condition of having to disperse heat in order to maintain homeostasis. For this reason, **it is important to adequately fill your Sport bottle with the nutrients required to overcome the increased demand for water and electrolytes** needed for thermoregulation and to compensate for the salts and water lost due to perspiration. The body's ability to maintain its temperature within safe limits may depend on several factors:

- The **environmental conditions**, in particular humidity and temperature
- The **physiological conditions**, in particular the level of hydration of the body, but also the duration and intensity of the training.

If the body is unable to disperse heat effectively, the risks concern not only physical and mental performance, but also health, with the reasonable risk of heat strokes, cramps and dehydration. Just consider that a dehydration equal or superior to 3% of the body weight can cause an increase in the athlete's core body temperature and a heart rate of about 10-20 beats per minute. **For this reason, it is generally good to avoid losing more than 2% of the body weight.**

INDOOR VS OUTDOOR

How climate and temperature can influence your performance

When practicing indoor activities or when temperatures are high, part of the energy consumption is used for thermoregulation. The result is a high perspiration, therefore loss of minerals, a greater predisposition to fatigue and a modified cardio-respiratory regulation. On the contrary, by practicing outdoor sports in optimal climatic conditions the energy consumption will cause lower saline loss.