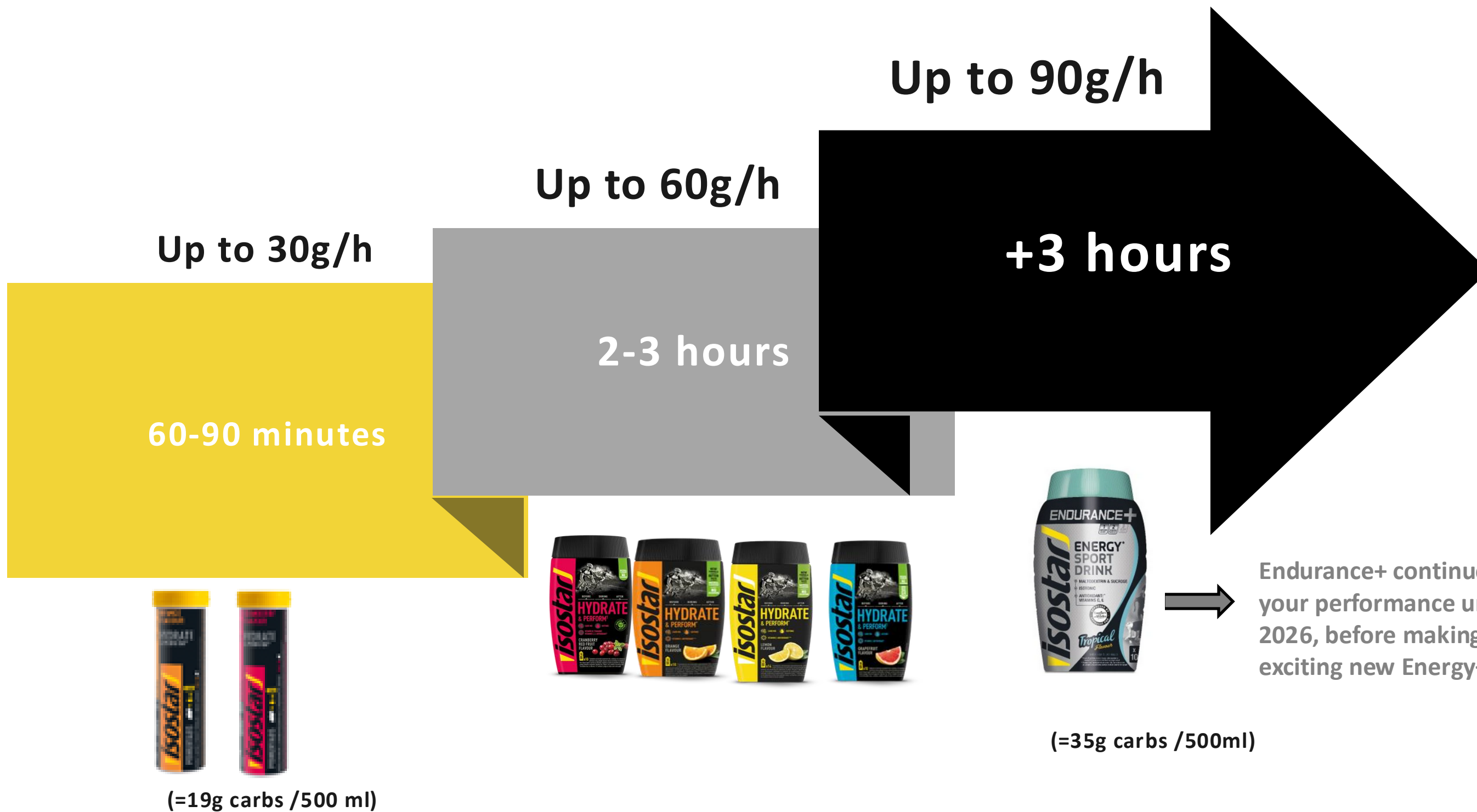


" The right hydration for every need "

The amount depends on the duration of the effort:



Endurance+ continues to fuel your performance until March 2026, before making way for the exciting new Energy+ range.

i These values are valid for well-trained athletes; beginners will have to revise the quantities downwards.

HYDRATE & PERFORM

What makes this range special?

- ✓ **Isotonic Formula:** Ensures rapid hydration by facilitating quick water absorption
- ✓ **Optimal Hydration:** Fast fluid absorption with an isotonic formula.
- ✓ **Energy Support:** Helps sustain performance during endurance activities.
- ✓ **Essential Micronutrients:** Supports energy metabolism and reduces fatigue.
- ✓ **Granulated powder technology:** Ultra-fast dissolution upon contact with water, compact, non-volatile powder and consistent nutritional intake

Benefits for the consumer :

- ✓ Replenishing fluids lost during intense exercise or endurance activities.
- ✓ Delivers a balanced carbohydrate source to support endurance performance.
- ✓ Reducing fatigue after strenuous exercise.
- ✓ Quick and simple to prepare, allowing for fast hydration and energy replenishment on the go.



HYDRATE & PERFORM LEMON 400G

Before ←

During 

After →

Hydrate & Perform helps athletes stay hydrated and maintain peak performance with a scientifically formulated blend of electrolytes, carbohydrates and vitamins, supporting endurance and reducing fatigue during intense physical activity.

Product description

Hydrate & Perform is an isotonic drink that helps to answer active people needs thanks to :

- ✓ Carbohydrates (35g/500ml) contribute to the maintenance of performance during prolonged endurance exercise.
- ✓ Electrolytes including calcium & magnesium, contribute to normal muscle function
- ✓ Vitamin C contributes to the protection of cells from oxidative stress.
- ✓ Granulated powder technology: Ultra-fast dissolution upon contact with water, compact, non-volatile powder and consistent nutritional intake

When and how to use it ?

- ✓ During and after exercise: Continue consumption regularly, up to 2 hours post-exercise, with 15 ml every 15 minutes.
- ✓ Preparation: Dilute 3 scoops in 500 ml of water
- ✓ Designed to fuel endurance workouts lasting 2 to 3 hours. For shorter sessions between 60 and 90 minutes, PowerTabs are your perfect go-to



Conditioning Product :

EAN :7612100034552

Article code :187851 VL10 VA00

Included languages on pack : GB-FR-ES-DE-NL-CZ

Presentation SKU : 400g instant powder box= 5 L drink

Net weight SKU: 400g

Shelf life : 24 months

PCB : 6

Conditioning Product :

EAN : 7612100035177

Article code :188070 VL10 VA00

Included languages on pack : GB-FR-DE-IT

Presentation SKU :400g instant powder box= 5 L drink

Net weight SKU: 400g

Shelf life : 24 months

PCB : 6

HYDRATE & PERFORM GRAPEFRUITS 400G

Before ←

During 

After →

Hydrate & Perform helps athletes stay hydrated and maintain peak performance with a scientifically formulated blend of electrolytes, carbohydrates and vitamins, supporting endurance and reducing fatigue during intense physical activity.

Product description

Hydrate & Perform is an isotonic drink that helps to answer active people needs thanks to :

- ✓ Carbohydrates (35g/500ml) contribute to the maintenance of performance during prolonged endurance exercise.
- ✓ Electrolytes including calcium & magnesium, contribute to normal muscle function
- ✓ Vitamin C contributes to the protection of cells from oxidative stress.
- ✓ Granulated powder technology: Ultra-fast dissolution upon contact with water, compact, non-volatile powder and consistent nutritional intake

When and how to use it ?

- ✓ During and after exercise: Continue consumption regularly, up to 2 hours post-exercise, with 15 ml every 15 minutes.
- ✓ Preparation: Dilute 3 scoops in 500 ml of water
- ✓ Designed to fuel endurance workouts lasting 2 to 3 hours. For shorter sessions between 60 and 90 minutes, PowerTabs are your perfect go-to



Conditioning Product :

EAN :7612100034910

Article code :187853 VL10 VA00

Included languages on pack : GB-FR-ES-DE-NL-CZ

Presentation SKU :400g instant powder box= 5 L drink

Net weight SKU: 400 g

Shelf life : 24 months

PCB : 6

Conditioning Product :

EAN :3175681241091

Article code :211469 VL10 VA00

Included languages on pack :GB-FR-DE-IT

Presentation SKU :400g instant powder box= 5 L drink

Net weight SKU: 400 g

Shelf life : 24 months

PCB : 6

HYDRATE & PERFORM CRANBERRY RED FRUIT 400G

Before ←

During 

After →

Hydrate & Perform helps athletes stay hydrated and maintain peak performance with a scientifically formulated blend of electrolytes, carbohydrates and vitamins, supporting endurance and reducing fatigue during intense physical activity.

Product description

Hydrate & Perform is an isotonic drink that helps to answer active people needs thanks to :

- ✓ Carbohydrates (38g/500ml) contribute to the maintenance of performance during prolonged endurance exercise.
- ✓ Electrolytes including zinc & magnesium
- ✓ Vitamins C and E contribute to the protection of cells from oxidative stress
- ✓ Granulated powder technology: Ultra-fast dissolution upon contact with water, compact, non-volatile powder and consistent nutritional intake

When and how to use it ?

- ✓ During and after exercise: Continue consumption regularly, up to 2 hours post-exercise, with 15 ml every 15 minutes.
- ✓ Preparation: Dilute 3 scoops in 500 ml of water
- ✓ Designed to fuel endurance workouts lasting 2 to 3 hours. For shorter sessions between 60 and 90 minutes, PowerTabs are your perfect go-to



Conditioning Product :

EAN :3175681288140

Article code :220462 VL10 VA00

Included languages on pack : GB-FR-DE-IT-CZ-SL

Presentation SKU :400g instant powder box= 5 L drink

Net weight SKU: 400 g

Shelf life : 24 months

PCB : 6

Conditioning Product :

EAN : 3175681141018

Article code :201375 VL10 VA00

Included languages on pack :GB-FR-ES-DE-NL-SL

Presentation SKU :400g instant powder box= 5 L drink

Net weight SKU: 400 g

Shelf life : 24 months

PCB : 6

HYDRATE & PERFORM LEMON 1,5KG

Before ←

During 

After →

Hydrate & Perform helps athletes stay hydrated and maintain peak performance with a scientifically formulated blend of *electrolytes, carbohydrates and vitamins*, supporting endurance and reducing fatigue during intense physical activity.



Product description

Hydrate & Perform is an isotonic drink that helps to answer active people needs thanks to :

- ✓ **Carbohydrates (35g/500ml)** contribute to the maintenance of performance during prolonged endurance exercise.
- ✓ **Electrolytes including calcium & magnesium**, contribute to normal muscle function
- ✓ **Vitamin C** contributes to the protection of cells from oxidative stress.
- ✓ **Granulated powder technology:** Ultra-fast dissolution upon contact with water, compact, non-volatile powder and consistent nutritional intake

When and how to use it ?

- ✓ **During and after exercise:** Continue consumption regularly, up to 2 hours post-exercise, with 15 ml every 15 minutes.
- ✓ **Preparation:** Dilute 3 scoops in 500 ml of water
- ✓ **Designed to fuel endurance workouts lasting 2 to 3 hours.** For shorter sessions between 60 and 90 minutes, PowerTabs are your perfect go-to

Conditioning Product :

EAN :3175681191419

Article code :206527 VL10 VA00

Included languages on pack : GB-FR-ES-PT-NL-DE-PL-CZ-IT-RO-HU

Presentation SKU :1500 g instant powder box = 18,7 L drink


Net weight SKU: 1500g

Shelf life : 24 months

PCB : 6

HYDRATE & PERFORM ORANGE 400G

Before ←

During 

After →

Hydrate & Perform helps athletes stay hydrated and maintain peak performance with a scientifically formulated blend of electrolytes, carbohydrates and vitamins, supporting endurance and reducing fatigue during intense physical activity.

Product description

Hydrate & Perform is an isotonic drink that helps to answer active people needs thanks to :

- ✓ **Carbohydrates (35g/500ml)** contribute to the maintenance of performance during prolonged endurance exercise.
- ✓ **Electrolytes including calcium & magnesium**, contribute to normal muscle function
- ✓ **Vitamin C** contributes to the protection of cells from oxidative stress.
- ✓ **Granulated powder technology:** Ultra-fast dissolution upon contact with water, compact, non-volatile powder and consistent nutritional intake

When and how to use it ?

- ✓ **During and after exercise:** Continue consumption regularly, up to 2 hours post-exercise, with 15 ml every 15 minutes.
- ✓ **Preparation:** Dilute 3 scoops in 500 ml of water
- ✓ **Designed to fuel endurance workouts lasting 2 to 3 hours.** For shorter sessions between 60 and 90 minutes, PowerTabs are your perfect go-to



Conditioning Product :

EAN :7612100034606

Article code :187855 VL10 VA00

Included languages on pack : GB-FR-ES-DE-NL-CZ

Presentation SKU :400g instant powder box= 5 L drink

Net weight SKU: 400 g

Shelf life : 24 months

PCB : 6

Conditioning Product :

EAN :7612100035191

Article code :188069 VL10 VA00

Included languages on pack :GB-FR-DE-IT

Presentation SKU :400g instant powder box= 5 L drink


Net weight SKU: 400 g

Shelf life : 24 months

PCB : 6

HYDRATE & PERFORM ORANGE 1,5 KG

Before ←

During 

After →

Hydrate & Perform helps athletes stay hydrated and maintain peak performance with a scientifically formulated blend of electrolytes, carbohydrates and vitamins, supporting endurance and reducing fatigue during intense physical activity.



Product description

Hydrate & Perform is an isotonic drink that helps to answer active people needs thanks to :

- ✓ Carbohydrates (35g/500ml) contribute to the maintenance of performance during prolonged endurance exercise.
- ✓ Electrolytes including calcium & magnesium, contribute to normal muscle function
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- ✓ Preparation: Dilute 3 scoops in 500 ml of water
- ✓ Designed to fuel endurance workouts lasting 2 to 3 hours. For shorter sessions between 60 and 90 minutes, PowerTabs are your perfect go-to

Conditioning Product :

EAN :3175681268111

Article code :217378 VL10 VA00

Included languages on pack : GB-FR-ES-PT-NL-DE-PL-CZ-IT-RO-HU

Presentation SKU :1500 g instant powder box = 18,7 L drink

Net weight SKU: 1500g

Shelf life : 24 months

PCB : 6

POWERTABS

What makes this range special?

- ✓ **Effervescent Tablets:** Powertabs are effervescent tablets that dissolve easily in water, creating a refreshing isotonic drink.
- ✓ **Balanced Composition:** Each serving contains a mix of carbohydrates and essential electrolytes, helping to support hydration and energy recovery during physical activity.
- ✓ **Efficient Hydration:** The effervescent format makes it easy to consume, ensuring better absorption and hydration, especially during intense physical efforts.

Benefits for the consumer :

- ✓ **Portable & Convenient:** Compact and easy to carry, PowerTabs are perfect for athletes who need on-the-go hydration and energy, during training or competitions.
- ✓ **Tailored for Endurance Sports:** Ideal for long-duration sports like running, cycling, or triathlons, where energy and hydration needs are critical.



POWERTABS FAST HYDRATION LEMON

Before ←

During 

After →

Preparation for drink providing intake of carbohydrates and electrolytes, helping to maintain performance during prolonged endurance exercises and enhancing hydration, lower in calories.



Product description

POWERTABS Composition – Benefits for Endurance Athletes:

- ✓ Designed for endurance athletes as a supplement to other carbohydrate sources.
- ✓ Provides carbohydrates and electrolytes to enhance water absorption for improved hydration.
- ✓ Delivers **19g** of carbohydrates per 500ml of beverage.
- ✓ Fits seamlessly into post-exercise recovery nutrition

When and how to use it ?

- ✓ **Before** exercise: 150ml every 15 minutes during warm-up.
- ✓ **During & after** exercise: 150ml every 15 minutes, up to 90 minutes post-workout.
- ✓ **Preparation:** Dissolve 2 tablets in 500ml of water.
- ✓ Optimized for endurance workouts of **60 to 90 minutes**, this formula keeps you going strong. Tackling longer sessions of **2 to 3 hours**, Hydrate & Perform is your ultimate performance partner

Conditioning Product :

EAN :7612100026748

Article code :180463 VL12 VA01

Included languages on pack :GB-CZ-ES

Presentation SKU :Tube of 10 tablets

Net weight SKU: 120 g (10x12g)

Shelf life : 24months

PCB : 6

Conditioning Product :

EAN :7612100026748

Article code :180463 VL10 VA00

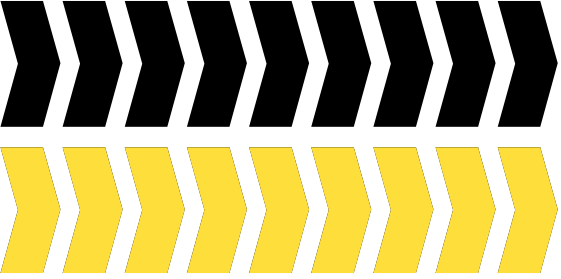
Included languages on pack : FR-NL-DE-SL

Presentation SKU : Tube of 10 tabletsl

Net weight SKU: 120 g (10x12g)

Shelf life : 24 months

PCB : 6



POWERTABS FAST HYDRATION ORANGE



Preparation for drink providing intake of carbohydrates and electrolytes, helping to maintain performance during prolonged endurance exercises and enhancing hydration, lower in calories.

Product description

POWERTABS Composition – Benefits for Endurance Athletes:

- ✓ Designed for endurance athletes as a supplement to other carbohydrate sources.
- ✓ Provides carbohydrates and electrolytes to enhance water absorption for improved hydration.
- ✓ Delivers **19g** of carbohydrates per 500ml of beverage.
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When and how to use it ?

- ✓ **Before** exercise: 150ml every 15 minutes during warm-up.
- ✓ **During & after** exercise: 150ml every 15 minutes, up to 90 minutes post-workout.
- ✓ Preparation: Dissolve 2 tablets in 500ml of water.
- ✓ Optimized for endurance workouts of **60 to 90 minutes**, this formula keeps you going strong.
Tackling longer sessions of **2 to 3 hours**, Hydrate & Perform is your ultimate performance partner



Conditioning Product :

EAN :3175681833685

Article code :183368 VL10 VA00

Included languages on pack :FR-NL-DE-SL

Presentation SKU :Tube of 10 tablets

Net weight SKU: 120 g (10x12g)

Shelf life : 24months

PCB : 6

Conditioning Product :

EAN :3251491833463

Article code :183395 VL10 VA00

Included languages on pack :GB-CZ-ES

Presentation SKU : Tube of 10 tabletsl

Net weight SKU: 120 g (10x12g)

Shelf life : 24 months

PCB : 6