



SPORTS2
Sports Supplements

**WE MAKE THE
DIFFERENCE**

Product overview



Perform gamma

Any athlete wants to reach its limits and is always hoping for better performance. For that our body needs some energy boosts, but we also need to delay the apparition of Lactic acid. The products **PERFORM** help you to do your sport in all circumstances.

TRILACTIC

Slows down the apparition of lactic acid lactic in the muscles.

During a high intensity effort, the scraps (lactic acid) accumulate in your muscles causing us to feel tired. This often results in cramps in the muscles forcing you to abandon your effort.

TRILACTIC (Beta-alanine) helps you to slow down the tiredness and avoiding cramps so you can carry on your intensive training or your performance-oriented efforts for a longer time.

It has been proved that Beta-alanine improves your speed at the end of an intensive endurance exercise.



Take 4-5 capsules a day for at least 1 month



PERFORMAX

Boosts your energy
end your endurance.



During intense training periods or competitions you should be able to carry on your efforts for a longer period of time **PERFORMAX** consists of several components that help you to achieve your goals : 'Guarana' enhances your performance, 'Rhodiola Rosea' and coenzyme Q10 improves performance and different energetic parameters.



1-3 capsules before intensive training or competition

COMPETITION FUEL

Taste : Fruit Mix

Developed for intensive training or competition.

One portion gives you more energy than any other drink. It also contains the most important electrolytes you lose by transpiration. The caffeine supplement avoids mental fatigue whilst proteins restrict damage to the muscles during intensive training sessions.

COMPETITION FUEL is the perfect weapon for succesfull training sessions or competitions. It contains no artificial flavoring or coloring agents nor preservatives.



1 spoon for 500 ml water



S2

Optimize your performance

#03



Endurance gamma

An excellent basic endurance is the key to success for every sports performance. Both before and during the effort it is important to maintain a good balance of all nutrients. All products in the **ENDURANCE** gamma take care of this balance by giving you maximum support during the efforts.

HYDRA FUEL

Taste: Lemon ,Apple, Fruit Mix, Orange, Pineapple

Ideal to avoid dehydration and to complement the essential sugars your body needs.

During a sporting activity the body quickly uses all the sugar's available to compensate the energy needs of the muscles. At the same time the body will transpire and lose minerals causing dehydration. **HYDRA FUEL** is an hypotonic drink which allows a quick recharge of liquid, sugar and electrolytes during training or competition and provides you with all the energy you need to complete your efforts.

 **2 spoons for 500ml water**



HYDRA FUEL 2:1

Taste: Orange

During a sporting activity the body quickly uses all the sugar's available to compensate the energy needs of the muscles. At the same time the body will transpire and lose minerals causing dehydration. This is one of the most common problems that an athlete has to take care of. It happens faster than you can imagine, resulting in a major loss of performance. Hydra fuel 2:1 gives you a quick hydration and delivers all the necessary minerals and sugars during training and competition. The new composition of **HYDRA FUEL 2:1**, where 2:1 stands for the ratio glucose/fructose, makes it the ideal sports drink. During long efforts or hot weather conditions, it is necessary to provide your body with a refreshing sports drink which protects you against any form of dehydration.

Characteristics

- Hydration and supplementation of the sugars
- Necessary minerals
- Both during training and competition

 **2 spoons for 500ml water**

KETONE FUEL+

Taste: Orange



Features of Ketone fuel

1. Burns fat
2. Boosts energy
3. Improves endurance

Super fuel during the exercise.



NEW
improved formula

Super fuel for your body during exercise.

Sports2 **KETONE FUEL** is developed for better endurance. Ketones ensure that fat stores in your body are used as an energy source. It improves your endurance and lowers your body fat.

 **Twice a day 2 spoons for 200ml water**

ENERGY FUEL

Taste: Lemon, Apple, Forest Fruit, Pineapple

Hypotonic drink to recharge your energy quickly and efficiently.



ENERGY FUEL is a hypotonic drink especially developed to recharge your batteries in a quick and efficient way. When there is no time to drink a lot, or in cold weather conditions when you lose less body liquids, it is not the moisture absorption that is most important. At this moment we need a quick and steady supply of energy. **ENERGY FUEL** can also be used during a glycogen recharge period a few days before competition (aka carboloading).

A muscle in action needs fuel to continue to function optimally. Carbohydrate intake is the most important. **ENERGY FUEL** consists of different shapes of carbohydrates ensuring the essential fuel on a short and long term. It is easy to digest and is quickly absorbed by the body.

 4 spoons for 500ml water

HAEMO OPTIMIZER

Stimulates oxygen transport through the body to improve endurance.

HAEMO OPTIMIZER prevents a drop in hematocrit (proportion, by volume, of the blood that consists of red blood cells). Using ingredients as iron, vitamine B, chlorophyll and taurine, **HAEMO OPTIMIZER** stimulates creation of additional red blood cells which ensures better oxygen transportation to improve your endurance.

 3 capsules 30 minutes before breakfast



 Optimize your performance

ELECTROLYTE FUEL

Taste: Fruit Mix

Repairs hydration after intensive effort in hot weather conditions.

ELECTROLYTE FUEL is a hypotonic drink that has been developed to avoid dehydration in extreme weather conditions. It repairs the hydration and the balance of electrolytes in the body in an efficient way. It can also be used proactively.

Characteristics

- Stimulates fast absorption of liquids and electrolytes before, during and after the efforts.
- Quick hydration after intense transpiration
- Gain extra body fluids in extreme weather circumstances

 1 spoon for 500ml water



ENERGY FRUIT

Taste: Lemon, Orange, Strawberry

Fruity bar a quick and tasty energy during the effort.



Fruit bar (25gr) developed for fast and tasty energy during the effort. Contains more than 50% fruit and 20gr of carbohydrate. 3 bars per package.

#07

ENERGY BAR

Taste: Fruit & Nuts

Ideal for quick refueling
or as a snack.

NEW

The Sports2 **ENERGY BAR** is perfect to get a quick energy boost during training or just as a snack throughout the day.

It is an organic bar, fairtrade, with a soft texture and full of flavor. The combination of dates, oats and walnuts ensure a pleasant and natural energy boost. The Sports2 bar contains no artificial additives, colorings or preservatives and is also suitable for vegetarians. The fairtrade label is an additional asset.

Ingredients :dates (35%), oats, rice syrup, walnuts (9%), sunflower oil. Nutritional value (per bar) : Energy 148 kcal, fats 4 grams of which 0.5 gram saturated, fibers 1.8 grams, proteins 2.6 grams, carbohydrates 24.6 grams of which 15.2 grams sugars.



The Sports2 **ENERGY BAR** consists of 70% carbohydrates, about 25g per bar. These carbohydrates give you an energy boost when your body supply of carbohydrates is reaching low limits. The bar is low on fat and quickly digestible which makes it perfect of use before, during and after training

FAST FUEL

Taste: Lemon

Energetic gel
for better
performance.

New formula with optimal ratio of glucose and fructose.
Packing 60ml



S2

Optimize your performance

Force Gamma



No muscles, no performance! All products from the **FORCE** gamma stimulate muscle strength, building and functioning. You can sustain and increase your power before, during and after your training with the right nutritional supplements.

POWER OPTIMIZER

Improves muscle strength and has
a positive effect on your stamina.



POWER OPTIMIZER is an unique composition of DAA (D-AsparagineAcid), zinc and magnesium. These ingredients help you to improve your testosterone production. It's a legal, non-hormonal product that supports testosterone production. It improves muscle strength and has a positive effect on your stamina.



5 caps a day, 1 hour before training

DID YOU KNOW

Both mental and physical stress increase the need of magnesium. Magnesium deficiency leads to muscle fatigue (stiffness, spasms) and cardiac problems (palpitations, arrhythmias). As an athlete, a balanced diet or supplementation is definitely recommended.

#09

BCAA COMPLEX+

Prevents muscle breakdown and improves muscle recovery

BCAA's (branched chain amino acids) are essential amino acids which are essential for building proteins. Important for your protein and energy metabolism, but also indispensable for muscle building and recovery. BCAA's are of great importance because the human body cannot produce this itself. So you have to find your BCAA's in your nutrition or in the Sports2 supplements. By taking **BCAA COMPLEX +** before training you retain muscle tissue and it gives you an extra energy boost. By taking it after training the production of muscle tissue is stimulated in a speedy way, so recovery time is significantly reduced.



 **2 tabs before and 4-5 tabs after training**

CREABOLIC

Accelerates muscle recovery after training, improves muscle strength and builds new muscle tissue.



CREABOLIC increases the level of creatine in the muscles which is important for short intensive efforts as there are interval- or speedtraining. It has been proved that creatine has a positive effect on your muscles and muscle strength during a period of intensive (power-)training. It supports endurance athletes during winter period and it eases recovery after injury.

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Recovery gamma

Good recovery after intensive efforts is the most important rule for every athlete. All products of the **RECOVERY** gamma stimulate a faster recovery so you can quickly start training again.

RECOVERY FUEL

Taste: Lemon, Forest Fruit

Lets you start your next training session in excellent shape.



RECOVERY FUEL is a recovery drink rich in carbohydrates, whey isolate, whey hydrolyzate and carnosine. It improves muscle recovery after training or competition. It is an energizing drink that is used immediately after the effort when the energy supply is urgently needed. Recovery Fuel lets you start your next training in optimal shape.



1+1/3 spoon for 250ml water after normal training
2 + 1/2 spoon for 500ml water after intensive training

DID YOU KOW

The first two hours after finishing your effort are the most important to complement your energy supplies. In this period the number of "transporters" in the muscular wall is considerably increased which guarantees a quick absorption of sugar and proteins.

#11

RECOVERY SHAKE

Taste: Chocolate, Vanilla, Cappuccino

Stimulates muscle recovery after training or competition.

Recovery Fuel is a shake rich in carbohydrates, whey isolate, whey hydrolyzate and carnosine. It improves muscle recovery after training or competition. It is an energizing drink that is used immediately after the effort when the energy supply is urgently needed. **RECOVERY** SHAKE lets you start your next training in optimal shape.

- 1+1/3 spoon for 250ml milk (preferably skimmed milk or soy milk) after normal training
- 2+1/2 spoon for 500ml milk (preferably skimmed milk or soy milk) after intensive training



SLEEP RECOVERY

Taste: Cherry

Recovery at night.



SLEEP **RECOVERY** is a recovery drink speeding up recovery, stimulates a good night's rest and improves the production of growth hormone. This can be done by combining several ingredients: Maltodextrin, Gamma amino butyric acid, L-Arginine, L-Glutamine, Citric Acid, ornithine alpha ketoglutarate, Coenzyme Q10 and alpha lipoic acid.

- 7 spoons for 200ml cold water before sleep

WHEY SHAKE

Taste: Chocolate, Vanille

Stimulates muscle recovery, strength and growth.

WHEY SHAKE is the ultimate source of proteins and has a rich concentration of BCAA's (branched chain amino acids) such as valine, leucine and isoleucine.

WHEY SHAKE provides the body with good balanced, high quality amino acids needed for muscle growth, strength and recovery. Athletes or bodybuilders know the importance of excellent whey protein supplements to stimulate growth, strength and recovery. The Sports2 **WHEY** SHAKE guarantees a good absorption by the body so it reaches all parts of the body where needed most. Whey supplements are important after your workout when your body is in a catabolic state and needs a quick injection of proteins

Besides all good qualities in muscle growth and recovery, the **WHEY** SHAKE is also known as a perfect antioxidant which improves resistance. Scientific research shows the positive effect of whey protein on your immune system when taken regularly.

- 1 spoon for 200ml water or 250ml milk

Ingredients: Whey concentrate, flavor, sucralose, cacao powder, strawberry pigment



Effects of Whey

1. Increase of muscle volume
2. Quick recovery and faster muscle growth
3. Less muscle breakdown
4. Increased metabolism

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#13



Health gamma

Sports help us to stay fit and healthy. Athletes consume more vitamins and minerals. All products from the **HEALTH** Gamma help you to supplement these deficits so you can train longer and more frequently.

OXIVIT

Developed for athletes in support of the resistance.



Intensive training requires very much of the body whereby the need for extra vitamins, minerals and antioxidants arises. **OXIVIT**, developed for athletes in support of the resistance, is a high dosed complete multivitamin consisting of important minerals. It is the perfect product to stay fit and healthy and is highly recommended for all athletes. It also increases immunity in preparation of your competitions.



1 tablet a day by dinner

DID YOU KNOW

Athletes on altitude training can have advantages of antioxidant supplements because production of oxidants (that lead to muscle fatigue and less resistance) is higher on altitude than on sea level.

All our products are doping free. None of our products contains materials that are on the prohibited list of World Anti Doping Agency (WADA). Sports2 collaborates with a partner that works under GMP, EEC and HACCP norms, controlled by internal and external organisms. Every claim about action and effectiveness of our product is veracious and guarantees optimal quality of all our products. The purpose of Sports2 is to develop innovative products that support all specific needs of any athlete. We continue where other brands quit and develop highly efficient supplements which meet the highest requirements of European anti-doping standards. All of our products have been tested thoroughly in training and in competition by several athletes competing in different competitions. All of our products are produced by certified manufacturers. This allows us to control every step of the process: design, production, testing and distribution whereby we can guarantee the highest quality.

S2

Optimize your performance

Improve your efficiency with our training consultancy

Sports2 specializes in personalized training planning and in the coaching of both beginner and professional athletes. From training plans, to a regular follow-up, everyone can benefit from our experience according to their own level.

On a scientific base, we prepare your well balanced training schemes according to the objectives of the individual athlete. Any athlete, endurance as well as explosive, cannot achieve top performances without a well balanced (sports) diet.

An adequate use of **Sports2** supplements before, during and after training helps you to evaluate and establish your diet. We can make any adjustments if necessary so you can achieve the maximum in your competition.

Are you a professional or an amateur? we answer all your questions concerning **Sports2** supplements professionally. What product is useful at what time? How to recover optimally during training or competition? How to decrease lactic acid?

Sports2: the guarantee of safe and effective food supplements that will make the difference.

OPTIMIZE YOUR PERFORMANCE!

Ask for our advantages and possibilities:
www.sports2.co.uk



OUR PRODUCTS ARE MADE BY ATHLETES FOR ATHLETES.

Contact us, we will be happy to help you.



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