

WEEKEND WARRIOR



PRE-WORKOUT ▾



▾ ELECTROLYTE FORMULA



45 MIN PRIOR TO EVENT

▾ PRE-WORKOUT FUEL



30 MIN PRIOR TO EVENT

DURING WORKOUT ▾



▾ ELECTROLYTE FORMULA



DURING EVENTS LASTING LONGER THAN 1 HOUR

POST-WORKOUT ▾



▾ 100% LEAN WPI+



30 MIN FOLLOWING EVENT

OR

▾ HIGH PROTEIN, HIGH CARB



30 MIN FOLLOWING EVENT

DAILY ▾



▾ UM MAGNESIUM



WITH BREAKFAST



STITCHES AND INTESTINAL UPSET DURING SPORTS

If you experience intestinal upset or frequent 'stitches', eat meals at least 2 hours before training and limit fibre, protein and fat which are known to digest more slowly.

Consider whether a more hypotonic electrolyte solution may be suited to you. To turn IsoWhey Sports Electrolyte Formula into a hypotonic electrolyte solution, dilute the electrolyte solution more than recommended on the label (no less than 650mL of water); this will assist faster uptake of fluid and reduce risk of discomfort.

IsoWhey Sports uses a rapidly absorbed combination of glucose and maltodextrin as the carbohydrate source to fuel working muscles as an alternative to fructose, in order to further support gastrointestinal function.