



## How to use Tailwind's Endurance Fuel

We believe exercise nutrition should be simple and kept simple. During exercise, our stomach can only digest between 200 and 300 calories per hour, regardless of who we are or how much we ingest as the blood from our digestive system is channelled elsewhere to cope with the added stress on our system resulting in our metabolism slowing down.

We recommend that you start using Tailwind Endurance fuel at 2 scoops (scoops provided in medium and large bags) or one Stick Pack per hour mixed into as much water as you will drink in that hour and repeat for every hour of exercise. This will give you 200 calories and all the electrolytes you will require without the need to supplement with ANYTHING else. Now of course things such as temperature, conditions, etc. will vary (and thankfully we are all individuals), so you may wish to mix it with more/less water depending on the day. The important thing you are trying to ensure is that you are consuming 200-300 calories every hour, through training/trial and error you will find your "Sweet Spot" when drinking to thirst, which is any signal from your mind or body to have a sip. On average, and under normal conditions, most people when drinking to thirst will consume 500mls, which is why we recommend a great starting point is 200calories/500mls per hour.

So basic fuel plan is now time-based and not distance-based: If you are going to be out there for 3hrs between checkpoints, you will need 6 scoops or 3 stick packs mixed into however much water you will drink in those 3 hrs (when drinking to thirst), then repeat for the next leg, etc. right through the entire event.

So taking your target of 200-300 calories per hour into account, if you wanted to add anything else to your nutrition strategy in addition to Tailwind there is no problem at all, just remember that you may have to stick to just plain water for the hour or so that you have solids, gels, energy bars, baby food, etc. as you don't want to go over the 300 calories. Or halve the Tailwind (100 calories) and have 1 gel, usually around 100 calories depending on the brand. Also, remember that each gel or energy bar takes 20-30 minutes and requires 285-330mls of water to get digested, so you will need to work that into the equation to prevent energy dips/spikes. Stick to 200-300 calories an hour and you will be right on the money.

The main reason we have caffeinated flavours is that caffeine is beneficial to endurance athletes as it promotes the breakdown of fatty acids in our bloodstream and not just the 'Buzz' factor. However, we recommend not using caffeinated flavours for more than 6 hours continuously if using it at 2 scoops per hour as each scoop contains 35mg caffeine. This means that every 2 scoops are the equivalent of a cup of coffee, so 6 hours would be 6 cups in a row, which could lead to a caffeine crash. If you will be out there longer than 6 hours, we would recommend either using it at half dosage by mixing one scoop of caffeinated with one scoop non-caffeinated (like Naked flavour) or interspersing it every other hour with non-caffeinated flavours.

As soon as you finish your event, we recommend the Recovery Mix be taken within 30-40 minutes upon completion, as this will kick start your recovery.

**ALL YOU NEED. REALLY.™**



## How to use Tailwind's Recovery Mix

Tailwind Recovery Mix is the first sport recovery drink based on a patent-pending perfectly complete protein. We start with organic rice protein and supplement it with amino acids to make that protein complete. Then we add carbohydrates, some healthy fats from coconut milk, and just the right number of electrolytes. Nothing repairs your muscles more efficiently, restores your energy faster, and makes you feel better sooner. And athletes love the great tasting healthy vegan ingredients.

- Replenish glycogen stores: Contains the right kinds and amounts of carbohydrates to restore your energy after a hard workout
- Rebuild muscles: Perfectly complete protein based on a patent-pending mathematical model to rebuild damaged muscle tissue and mitochondrial protein
- Rehydrate and restore electrolytes: Sodium, potassium, calcium, and magnesium to restore electrolyte balance

Mix a packet of Tailwind Recovery Mix with 500mL of water (shaken not stirred). Drink within the first 30 minutes after exercise. For longer or more intense workouts, follow with another packet of Tailwind Recovery Mix in the following 30 minutes.

### WHY RECOVERY MIX?

**PERFECT BLEND OF PROTEIN, CARBS, AND ELECTROLYTES:** Based on peer-reviewed studies, rebuild contains the ideal amounts of complete protein, carbohydrates, and electrolytes to get you on the road to recovery in the most efficient way.

**RESTORE ENERGY FASTER:** Contains the right kinds and amounts of carbohydrates to replenish your glycogen stores after a hard workout.

**REPAIR MUSCLES EFFICIENTLY:** Perfectly complete protein based on a patent-pending mathematical model to rebuild damaged muscle tissue and mitochondrial protein.

**REHYDRATE QUICKLY:** Restore your essential electrolytes (sodium, potassium, calcium, and magnesium) to hydrate quickly and efficiently.

**ALL NATURAL:** Tailwind is made from all natural ingredients and organic flavours. And, it's Non-GMO, gluten-free, contains no soy or dairy, and is vegan. You won't find any artificial colours, flavours, or preservatives here.

**ALL YOU NEED. REALLY.™**