SPRING ENERGY

SAMPLER PACK



SPRING®
ENERGY

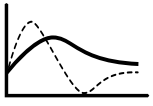
REAL FOOD NUTRITION THAT WORKS



WHOLESOME INGREDIENTS



NO GI PROBLEMS



STABLE ENERGY

Fueling your endurance activity with real food is powerful, healthy, gut friendly and delicious. Don't waste months of training with poor nutrition choices.

How to Use

1. Spring Meal may serve as light pre-race or pre-workout meal any time between 90-30 minutes before activity.

2. Eat Spring gel, snack or meal every 30-40 minutes during the race or training that last longer than 1.5 hours

3. Aim at consuming a minimum of 150-250 Cal per hour

SPRING ENERGY

To ***learn more***, ***order***, or get more ***personalized plan*** for your workouts, visit our website at ***www.myspringenergy.com***