

ACTIVLAB[®]
sport

#NOW!

Run &[®]
Bike

IT'S YOUR TIME!



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Bike

IT'S YOUR TIME!

Justyna Kaczkowska

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Polish Cycling Champion
European Cycling Vice-Champion



RUN & BIKE is an ACTIVLAB SPORT original product line of nutrients designed to support runners, bikers, swimmers, athletes participating in triathlons and endurance sports. RUN & BIKE is comprised of eight functional products formulated to provide comprehensive support before, during and after strenuous physical effort.

In collaboration with experienced trainers, coaches, professional and amateur competitors, each formulation was tested for maximum efficacy and function.

Representatives of the Olympic team entrusted Activlab to design the best and most effective formulations to provide nutrients vital for peak athletic performance.

www.runandbike.eu



facebook.com/runnersandcyclists

Improves Oxygen Utilization
Rhodiola, beta-alanine

Oxygenic

Oxygenic is a breakthrough dietary supplement formulated to **improve workout capacity** through synergistic action of the nutrients which:

- increase a maximal oxygen uptake (VO2max)
- decrease acidification of the muscle cells during the physical effort
- increase the adaptation of the nervous system in performing under heavy strenuous physical action.

Oxygenic formulated with carefully selected nutrients ingredients support peak athletic and endurance sport, **breaking physiological barriers** and improving your competitive edge.



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NUTRITION FACTS

(daily portion – 4 capsules):

Beta-alanine	2000 mg
Betaine	500 mg
Rhodiola extract	200 mg
of which rosavine	20 mg
Extract of ginseng	100 mg
of which ginsenosides	80 mg
Caffeine	100 mg
Sodium bicarbonate	1000 mg
Potassium	100 mg
Chrome	40 µg (100%*)

* – recommended daily allowance.



NUTRITIONAL VALUE	100 ml	700 ml
Energy value	0 kJ / 0 kcal	0 kJ / 0 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrates	0 g	0 g
of which sugars	0 g	0 g
Protein	0 g	0 g
Salt	0,21 g	1,5 g
Sodium	85,7 mg	600 mg
Potassium	42,9 mg	300 mg (15%*)
Calcium	17,1 mg	120 mg (15%*)
Magnesium	8,6 mg	60 mg (16%*)
Chlorides	17,1 mg	120 mg (15%*)

* – recommended daily allowance



Hydration during activity
sugar-free, zero calories

Electrolytes

Electrolytes is a unique sports beverage specifically formulated to ensure rapid and effective fluid and electrolyte replenishment lost during demanding physical exertion during athletic training and competition.

- Provides all electrolytes in optimal ratios (sodium, chlorides, potassium, magnesium and calcium).
- Without monosaccharides.

Three Delicious Flavours: kiwi, blackcurrant and strawberry.

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Run & Bike®

Energizes and Improves
Performance

beta-alanine, electrolytes

Endurance Gel

Endurance Gel is a high energy dietary supplement designed to support the energy requirements for gruelling and challenging training and competition delivered in a convenient gel form.

Endurance Gel is formulated with highly assimilable carbohydrates, vital electrolytes and beta-alanine, which decreases the acidification of the muscle cells enhancing endurance.

Three Flavours : Cola, Tutti Frutti,
Orange Caramel



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NUTRITION FACTS

(1 sachet)

Beta-alanine	2 g	
Calcium	120 mg	(15%*)
Magnesium	60 mg	(16%*)
Sodium	600 mg	
Potassium	300 mg	(15%*)

* – recommended daily allowance.





NUTRITIONAL VALUE (100 g)

Energy value 1419,5 kJ / 334 kcal

Fat	0 g	
of which saturates	0 g	
Carbohydrates	83,5 g	
of which sugars	83,5 g	
Protein	0 g	
Salt	2,8 g	
Sodium	1110 mg	
Potassium	413 mg	(20%*)
Chlorides	381 mg	(47%*)
Calcium	381 mg	(47%*)
Magnesium	190 mg	(50%*)
Vitamin B1	0,55 mg	(50%*)
Vitamin B2	0,7 mg	(50%*)
Niacin	8 mg	(50%*)
Pantothenic acid	3 mg	(50%*)
Vitamin B6	0,7 mg	(50%*)
Biotin	25 µg	(50%*)
Folic acid	100 µg	(50%*)
Vitamin B12	1,25 µg	(50%*)
Guarana extract	317 mg	
of which caffeine	69 mg	

* – recommended daily allowance.



Improves Endurance
guarana, aspartame-free

Isotonic

Isotonic is a concentrated isotonic powder formula enriched with guarana and B vitamins.

The formulation is designed to effectively replace fluids and electrolytes lost during intense and enduring physical effort, reduces fatigue, and delivers a complex of essential vitamins.

Isotonic effectively hydrates the body, established optimal water and electrolyte balance and energy.

Flavour: orange

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Speeds Recovery
BCAA, vitamins and minerals

BCAA + Multivitamins

BCAA + Multivitamins delivered in convenient single use sticks formulated to provide the nutrient support and competitive edge to athletes participating in endurance disciplines. Each serving delivers:

- **4 g of BCAAs**, branched chain amino acids, the three most vital essential amino acids for muscle function. (leucine, isoleucine, and valine);
- **Vitamin complex and minerals (100% RDA per serving)** essential for the proper function of metabolic processes.



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NUTRITIONAL VALUE

	100 g	10 g
Energy value	224 kcal	22,4 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrates	0 g	0 g
of which sugars	0 g	0 g
Protein	56 g	5,6 g
Salt	0,1 g	0,01 g
L-Leucine	40 g	4 g
L-Isoleucine	20 g	2 g
L-Valine	20 g	2 g
Vitamin A	8 mg/	800 µg (100%*)
Vitamin D	50 µg	5 µg (100%*)
Vitamin E	120 mg	12 mg (100%*)
Vitamin K	750 µg	75 µg (100%*)
Vitamin C	800 mg	80 mg (100%*)
Thiamine	11 mg	1,1 mg (100%*)
Riboflavin	14 mg	1,4 mg (100%*)
Niacin	160 mg	16 mg (100%*)
Vitamin B6	14 mg	1,4 mg (100%*)
Folic acid	2 mg	200 µg (100%*)
Vitamin B12	25 µg	2,5 µg (100%*)
Biotin	500 µg	50 µg (100%*)
Pantothenic acid	60 mg	6 mg (100%*)
Iron	140 mg	14 mg (100%*)
Zinc	100 mg	10 mg (100%*)
Copper	10 mg	1 mg (100%*)
Manganese	20 mg	2 mg (100%*)
Selenium	550 µg	55 µg (100%*)
Chrome	400 µg	40 µg (100%*)
Molybdenum	500 µg	50 µg (100%*)
Iodine	1,5 mg	150 µg (100%*)

* – recommended daily allowance
10 g – daily portion





NUTRITIONAL VALUE		100 g
Energy Value	1562 kJ / 369 kcal	
Fat	5 g	
of which saturates	2,1 g	
Carbohydrates	4 g	
of which sugars	4 g	
Protein	77 g	
Salt	2,1 g	



Support workout recovery
pure protein

Protein

Protein is a pure whey protein concentrate powder, **without colorants, aromas or sweeteners**. Whey protein concentrate is quickly absorbed and metabolized; and contains a full spectrum of essential amino acids. Protein will effectively:

- supplement protein deficiencies in the diet;
- decrease muscular catabolism;
- facilitate recovery after strong physical exertion

The product is particularly recommended as an addition to meals, e.g. fruit shakes or omelettes.

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Nuts-and-oats with peppers
high fibre, source of protein

Protein Snack

Protein Snack is a high-protein, high-energy snack intended for convenient and effective supplementation required by competitive professional and amateur athletes.

Protein Snack is formulated with **chicken protein hydrolysate with high nutritional value, high fibre content, and is lactose free** (lactose may cause gastrointestinal problems in many persons and can be used as a substitute for whey protein).

Protein Snack delivers a **high dose of protein and energy before competitions, as well as functioning as a delicious and nutritious snack between meals.**

Flavor: A savoury Nuts-Red Pepper



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NUTRITIONAL VALUE		100 g
energy value		511 kcal
fat		35 g
	of which saturates	5,5 g
carbohydrates		20 g
	of which sugars	6 g
fibre		18 g
protein		20 g
salt		0,2 g



NUTRITION FACTS

(daily portion – 4 capsules):

Glucosamine sulfate	2000 mg
Chondroitin sulfate	600 mg
L-methionine	150 mg
Ginger	100 mg
Turmeric	25 mg
Vitamin C	80 mg (100%*)
Hyaluronic acid	10 mg
Manganese	2 mg (100%*)
Collagen hydrolysate	250 mg

* – recommended daily allowance.

before during after regeneration
training



Joints & Bones Recovery
collagen, glucosamine

Flex

Flex is a comprehensive formula supporting the articular cartilage extracellular matrix in the joints which can sustain damage during high intensity exercise and heavy physical exertion.

The product is formulated with key ingredients for the joints: glucosamine (sulphate), chondroitin (sulphate) and collagen.

Flex is a supplement intended for long-term use. A regular dosage of the preparation can reduce the negative impacts that continuous strenuous physical activity can have on the joints.

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Run & Bike®

Running shoes
are of essential
importance!

Running is very strenuous on your feet and joints. Therefore, **you should always seek shoes designed to support your feet for running**, especially while running on tracks and pavement. Ensure your feet are comfortable slightly bit bigger than those you wear on a daily basis. **Never run in snug sneakers!**




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Tips for Beginners

– Run





Below it is presented a proposition as a guideline for the first month of running for beginners. If the initial sessions turn out to be too light, you can gradually increase the intensity and duration as you are comfortable you can handle.

Week	Duration	Activity Type
1st	25 minutes	Walking comfortable
1st	30 minutes	Quick walk
2nd	30 minutes	Quick walk with a dynamic work of the shoulders
2nd	35 minutes	Quick walk with a dynamic work of the shoulders
3rd	30 minutes	20 seconds jogging after each 3 minutes of walking
3rd	30 minutes	1 minute of jogging after each 4 minutes of walking
4th	30 minutes	Alternating 3 minutes of walking and jogging until a shortness of breath occurs
4th	25 minutes	Light jog transitioning to walking as needed

Begin reasonably

Very important is to begin running a reasonable distance if you are a beginner. It is better to do a little less than too much as you begin to train. **Training too heavily as a beginner can lead to muscle pain and even injury.**

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To start, put your ego aside. **Allow your body time to adjust to ever greater physical effort gradually.** Run at a slow, steady pace, with no shortness of breath. **Do not train on a daily basis!** For beginners generally two trainings per week are enough. After two weeks you can add a third one, and a fourth one only after a few months of regular exercise.

While running, although you may feel that you can run for a longer period – keep to the time and gradually build your stamina, allowing your body to avoid muscular pain and reduce the chance of injury and demotivation.

After training, take a moment to stretch your muscles.



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Tips for Beginners – Bike

Bike

Properly adjust the bicycle to body parameters, usually manufacturers provides a frame size in inches or centimetres.

The sample sizes for a given height:

S: 148 cm – 160 cm

M: 160 cm – 177 cm

L: 177 cm – 187 cm

XL: above 187 cm

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Handle Bars: the optimal width of the handle bars is the width of your shoulders. The more narrow, the more difficult it can be to control the bike and breath effectively to support exertion.

Brakes: if you have the choice, choose hydraulic disc brakes – reliable regardless of the weather.

Wheels: an optimal size is 29 inches, which makes it much easier riding off-road.

While preparation for competition, in addition to rigorous training, **Justyna Kaczkowska** carefully monitors her diet and supplementation plan to ensure maximum performance.



Seat: the correct height of the seat is at the point where your leg is extended, minimally bent at the knee.

Lighting and Reflectors: for your safety and others.



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Dress

Helmet – well fitted, must not restrict the field of sight.

Shorts – fitted to the body, optimally stitched with an insert special fabric.

Shoes – well fitted to the feet.

T-shirt – comfortable, not too tight with rear pockets. Underneath it should be worn another cotton or thermic t-shirt.

Glasses – for protection against wind, insects and the Sun.

Gloves – protect hands against blisters and enhances control and comfort while riding.

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What to eat before training?

3-4 hours before exercise, conventional and healthy meals; portions can be relatively large. For example, **spaghetti with wholegrain pasta, a serving of the lean, minced beef meat and tomato sauce with a serving of fresh or steamed vegetables.**

1.5-2 hours before exercise, a light healthy meal. For example, **wholegrain rice dish with vegetables or a banana and natural yoghurt** (both ingredients can be blended together and boosted with Protein).

Between meals and in preparation for training, recommended are **protein bars, energy gels, carbohydrates and amino acid preparations.**



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Dietary Advice

More advice can be found on

www.runandbike.eu



What to eat after training?

A meal after training is of key importance for proper regeneration. It should provide essential nutrients such as:

Light carbohydrates (white rice, potatoes, fruit, sweet potatoes).

High-quality protein (meat, fish, eggs, dairy products).

B vitamins for energy transformation.

Potassium, manganese, sodium, calcium, which help to renew the alkaline reserves of the body (vegetables and fruits).

Contrary to popular belief **there is no necessity to eliminate fat** from a meal eaten after training, but in moderation and best if it originates from dairy products and egg yolks (emulsified fat) or coconut oil (quickly digestible medium-chain fatty acids called MCT).

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#MONDAY!

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