



NUTRITIOUS, DELICIOUS AND LOW IN FAT

GREAT TASTING ENERGY BARS

"Top Performer... tastes great"

Mountain Bike Rider Magazine

"Highly Rated... Tastes like real food!"

Today's Runner

The nutritious high energy snack that is ideal for athletes and people with active lifestyles.

GO-BAR's are ideal to throw in your kit bag and take to the gym/pool/track, rather than spending time making sandwiches or being held to ransom by the burger bar. Never has fast food tasted so good and been so nutritious.



Better than breakfast !

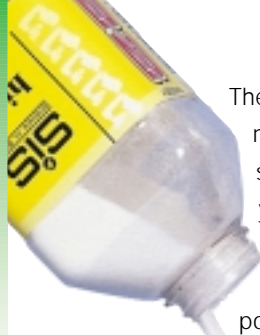
Three great flavours:

- Chocolate and Orange
- Apple and Blackcurrant, and
- Totally Tropical Mango and Papaya.



based on g per 100g of Apple and Blackcurrant GO-BAR

- ✓ EASY TO EAT
- ✓ MADE WITH REAL FRUIT AND GRAINS
- ✓ MORE THAN 50% COMPLEX CARBOHYDRATES WITH NO ADDED SUGAR
- ✓ LESS THAN 2%* FAT!



The easy mix system makes creating a nutritional strategy that works for you, simple. Just pour powder straight from your travel pack into the new wide-necked drinks bottles. The marks on the bottle show you just how much powder to add.



No mess, no fuss and improved hygiene.

Top up with water

Fill part way with water then shake

Add powder up to the mark

easy mix SYSTEM

Get science on your side.



For more information call
01254 246060

or write to

Science in Sport Limited,
Ashwood Laboratories, Brockhall Village, near Blackburn BB6 8BB United Kingdom
www.scienceinsport.com

SIS
SCIENCE IN SPORT

leaders in sports nutrition



Hell and back

the
ultimate
SPORTS
performance range

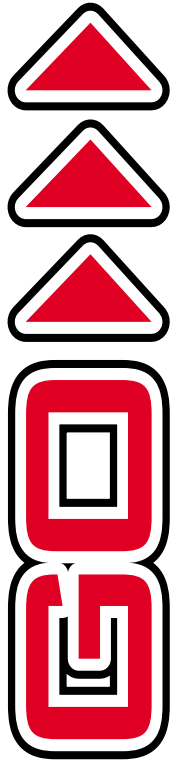
If you push your body to the limit then you need a nutritional strategy that will give your body the energy, nutrients and fluids it needs.

Get science on your side

Science in Sport technologists have formulated a comprehensive range of sports fuels, that are nutritionally balanced to provide the ultimate in energy, hydration and recovery. The complete thermodynamic system to give you the edge, when you need it most.

This leaflet has been produced to explain the range of Science in Sport products and help you define a nutritional strategy tailored to your requirements.

Discover for yourself the energy fuel that has driven Chris Boardman to gold medals and world records, athletes to national championships, teams to league titles and countless sportsmen and women to their own personal victories - refuse to settle for less ...



The Energy Fuel with ELECTROLYTES to give you ultimate sports performance in the heat.

Combines complex carbohydrates for energy and electrolytes for optimal fluid replacement in a great tasting drink. Ideal for indoor workouts or outside when the heat is on.

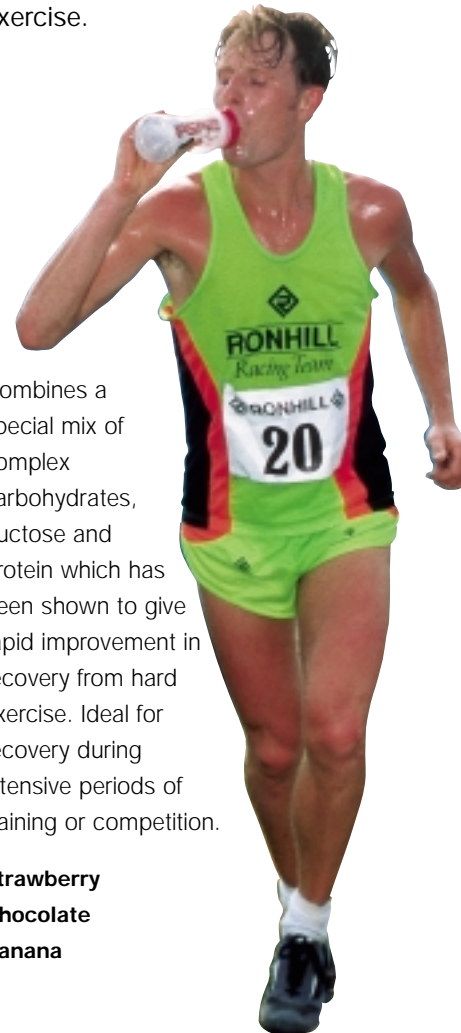
Lemon & Lime • Blackcurrant • Water Melon.



The re-energising Fuel with MICRO NUTRIENTS to improve recovery and boost your adaptation to exercise.

Combines a special mix of complex carbohydrates, fructose and protein which has been shown to give rapid improvement in recovery from hard exercise. Ideal for recovery during intensive periods of training or competition.

Strawberry
Chocolate
Banana



The Carbohydrate Energy Fuel for power packed performance.

Complex carbohydrate energy fuel for high energy performance in a range of great tasting flavours. Ideal for outdoor training and whenever a high energy boost is required.

Original • Orange
• Blackcurrant • Lemon

