

Science in Sport has a unique combination of sport scientists and food technologists allowing us to bring together natural ingredients in a controlled scientific environment to create products that not only taste great, but really work!



combining a scientific approach with natural ingredients to meet the nutritional challenges of athletes

GO-Bars can be used to increase energy uptake during a workout, particularly during longer, lower intensity exercise.

After

Within 20 minutes after exercise REGO Recovery has a combination of Protein and Carbohydrates to start the regenerative process and boost your adaptation to exercise. GO-Bars also have a combination of Protein and Carbohydrates so can be used as a convenient alternative. Then continue to boost that adaptation process with new Nocté, the night-time drink for athletes.

PSP22
GO>>>
REGO
GO Gels
GO Bars
Nocté

	Before		During		After	
	Carbo Loading	20 mins	Cooler Energy	Hotter Hydration	Straight After	Night time
PSP22	●	●	●	○	○	
GO>>>	○	●	○	●	○	
REGO					●	
GO Gels	●	●	●	●	○	
GO Bars	●		○		●	
Nocté						●



synergy of nature, science and sports performance

EASY MIX SYSTEM



Unique to Science in Sport, the easy mix system makes it simple to create a nutritional strategy that works for you. Just pour powder straight from this pack into the wide neck drinks bottles available from your retailer.

The marks on the bottle show you just how much powder to add. For ease of pouring shake the powder before opening.

No mess, no fuss - better hygiene

I first used Science in Sport products back in 1993 at the age of 13 after attending a nutrition seminar conducted by Science in Sport. There is no doubt that Science in Sport's products have helped me to train and race harder and recover faster, something that is very important when competing in major championships and stage races. I certainly believe that Science in Sports products have helped me to reach the top in cycling and will continue to help me win more medals and titles.
Bradley Wiggins, Olympic Champion 2004

Science in Sport grew out of the desire to provide the best nutritional products and to provide innovative solutions to real nutritional challenges face by athletes and sportspeople. The Company has built upon the knowledge of qualified sport scientists, food technologists, and a physician with keen athletes and sports people who have competed from local level to the world stage. As a result of all this experience they have an unprecedented knowledge of the nutritional needs of athletes. Science in Sport continues to collaborate with leading Universities on research projects, as well as getting involved at the sharp end of sports performance. Initially Science in Sport grew in cycling thanks in part to the use and endorsement of the products by Chris Boardman, (The Olympic cycling champion, multi world record holder and yellow jersey wearer in the Tour de France) he liked the Company ethos, and helped to inspire the creation of REGO, total recovery sports fuel. It wasn't long before the word began to spread and Science in Sport's products became more popular at the top level of many other sports. To date Science in Sport have helped to win Olympic Golds, World Championships, Premiership Titles, scale Everest, explore the poles, sail around the world and set numerous World Records. Science in Sport designs, develops and manufacturers it's own products to ensure they are of the highest quality and purity. They have to be. An Olympic medal or World Cup may depend on it! Science in Sport is continually striving to innovate and improve products to assist all athletes to reach their goals and maintain it's position as leaders in sports nutrition. In 2005 Science in Sport were awarded the Queen's Award for Enterprise (Innovation) and also voted a Sport Brand Leader. Whatever your sport or physical challenge Science in Sport have a solution to help you achieve the most from the experience.

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your energy system



Your Energy System

We produce a range of products that you can tailor to meet your sports and fitness challenges.

Pre-Workout

If you're in for a particularly grueling challenge there's nothing like a bit of advanced preparation to make sure you're starting on full power!

Carbo Loading - If you're looking for quick, easy ways to increase you carbohydrate prior to the big event, PSP22 Energy can be mixed at high concentrations to provide a low bulk drink with plenty of Carbs, or use GO-Gels or GO-Bars that are ready to go.

Within 20 minutes prior to the event high levels of Carbs have been shown to be beneficial - use PSP22 Energy, or Gels or for maximum hydration use GO Electrolyte.

During Workout: Hydration & Fueling

Use PSP22 Energy or GO Electrolyte, both contain a variety of carbohydrates to maximize energy delivery. If you're drinking more due to heat use GO Electrolyte. If it's cooler use PSP22 Energy as it can be drunk at higher concentrations.

Alternatively boost your GO electrolyte with GO-Gels when you feel the need for extra power. GO-Gels are also great for providing a boost at anytime during mass participation events where you get water provided only every so often.

Hydrating Energy

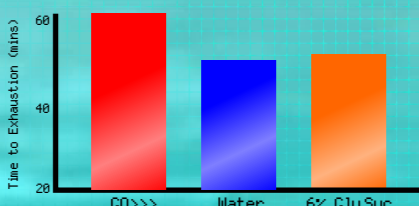
ideal for indoor work outs, exercise in the heat and any time when you are sweating heavily or dehydrating. GO>>> provides fast rehydration, sustained energy and is ideal during or after exercise. GO>>> puts back what you sweat out.

Don't water down your performance

GO>>> has been formulated so that it is easy to drink when the pressure is on. Scientific studies have confirmed it's as light on the stomach as water, so you can rely on it during the heat of competition when you need it most. GO>>> combines multiple energy sources which work together to optimize energy delivery to your working muscles. Balanced electrolytes provide the salts required to keep you hydrated and protect against cramp.

Lemon& Lime, Blackcurrant, Watermelon and Tropical Fruit Flavours. 40g sachet makes 500ml, also available in 500g and 1.6kg packs.

Optimal Fluid Intake while performing intensive exercise at 80% VO2 Max in a warm environment. Reid I. (1999).



GO>>> improves performance more than Water or 6% Glucose-Sucrose solution

- hydrate
- energize
- improve performance

Balanced Electrolytes drive the desire to drink and direct fluid to the right place. Water can switch off this desire before optimal hydration is reached.

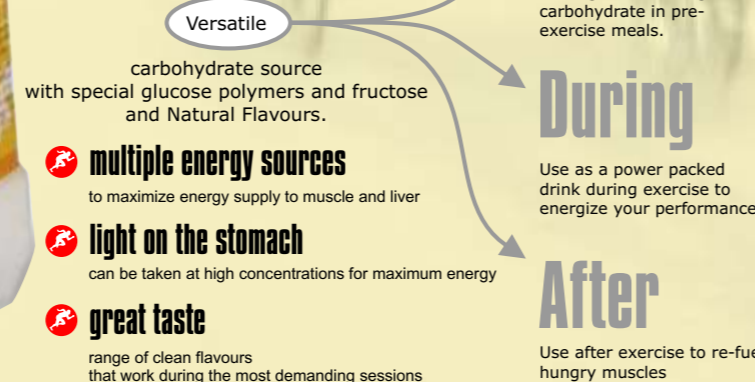
As easy to drink as water

During scientific research GO electrolyte was as light on the stomach as water whilst an isotonic simple sugar drink was heavier even though it was less concentrated

Fully energise your performance!

- fuel up**
The choice to give you extra energy during exercise. Ideal for long work outs, carbo loading or when you need that extra boost. PSP22 is very versatile and can be used at high concentrations to give you the ultimate energy drink. PSP22 should be your choice for a fast and sustained energy boost. Ideal before, during or after exercise.
- energize**
- improve performance**

High grade maltodextrin provides glucose polymers which keep the energy high and the osmolality low - putting less pressure on the stomach
Fructose helps maximise energy delivery as it's absorbed using a different mechanism than glucose
Only Natural Flavours are used which give a clean refreshing taste



- multiple energy sources**
to maximize energy supply to muscle and liver
- light on the stomach**
can be taken at high concentrations for maximum energy
- great taste**
range of clean flavours that work during the most demanding sessions



Unique Isotonic Gel Formulation

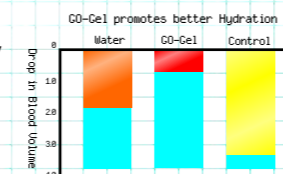
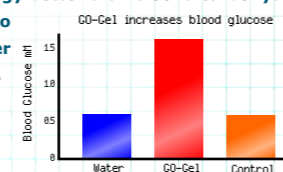
- Ultimate Energy Boost
- Start your race on full power
- Isotonic for on the move energy
- Gets you Out of Trouble and back home
- Easy to Use and Digest



works without water!

More Energy + Better Hydration

In independent tests GO-Gels have been shown to provide energy better than a solid carbohydrate source and to hydrate better than water alone.



- 9mg of sodium
- 3 Great Flavours
- 22g of carbohydrate energy

"You can pop a sachet between water stops"
Runner's World

ORANGE, BLACKCURRANT & TROPICAL

- 60ml Fast Flow Gel
- Suitable for Vegetarians
- Enough Energy for 20-30 mins Exercise

naturally nutritious fast food

- Convenient
- Fast
- Naturally Nutritious

GO-Bars were created out of the desire to provide a healthy nutritious and delicious snack that's ideal for athletes and people with active lifestyles. All the existing energy bars seemed to be made from over-processed gloop, with added synthetic vitamins in the hope of making them healthy again.

We searched out nature's richest sources of the relevant nutrients that we could combine to create a great tasting naturally nutritious snack.



What we put in....

Every GO-Bar is made on our own dedicated production line, so we know everything that goes in. We combine real fruit and fruit juices with cereals and soya nuggets to create a chewy textured bar.

Organic Oats + Natural Fruit and Fruit Juice + Soya Protein
(Non-GM Identity Preserved Soya)

What we don't put in....

No Hydrogenated Vegetable Oils - unbelievable but some companies are still putting these in their sports bars, we never have!
No Added Sugar - we don't add any sugar, high fructose corn syrup, glycerol, glucose syrup, or any other refined simple sugars.

No Artificial Flavours, Preservatives, or Colours And each bar comes in at just about 2% fat!*

*Apple & Blackcurrant 2%, Tropical fruit 2%, Cherry & Vanilla 2%, Chewy Banana 2%, Chocolate & Orange 4%.

fuel your adventure

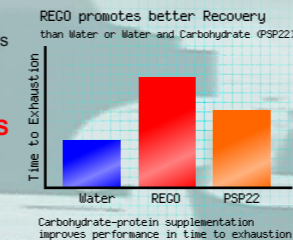
First for Recovery

Mix before you train - keep cool - drink after exercise

Adapt Improve Progress

REGO Recovery has been designed to provide rapidly absorbed protein and carbohydrate, together with a structured dose of vitamins and minerals, to help rapidly rebuild and repair muscles. Simply add up to 1 litre of water to 100g of **REGO Recovery** for...

- 26G OF FIRST CLASS PROTEIN PER SERVING**
Fast acting protein high in glutamine and lactose free to repair muscle, and promote carbohydrate replacement.
- MULTIPLE ENERGY SUBSTRATES**
To maximise refuelling of muscle and liver glycogen stores
- BALANCED ELECTROLYTES**
Including Sodium and Potassium to optimise hydration.
- ANTI-OXIDANT VITAMINS & PHYTONUTRIENTS**
To protect against free radical damage.
- CO-FACTORS**
Including B vitamins, Magnesium, Zinc and Phosphorous essential for energy production.



refuel boost immune function re-hydrate repair muscle promote adaptation protect health

4 GREAT FLAVOURS banana chocolate vanilla strawberry

Nocté

Rest, repair and recover with *Nocté*



The night time drink for athletes and active people



Nocté optimises sleep. It contains all the essential ingredients needed by the body for **rest, repair and recovery**, whilst maintaining a healthy immune system and promoting health and well being.

Insufficient or poor quality sleep leads to a decline in physical and mental performance, an impaired immune system and weight gain. SiS has created Nocté to optimise sleep duration and quality. Nocté contains specific ingredients, which all have a vital role to play in sleep rest, repair and recovery. Available in chocolate or vanilla, Nocté makes a restful night time drink hot or cold

In simple terms our Nocté formula looks like this:

Proteins +magnesium +zinc+vitamin B6

= *Nocté*

Improve your physical performance with high quality sleep and optimal nutrition for overnight recovery

What does it all do?

- Functional Proteins**
 - High Tryptophan Proteins.
 - Tryptophan is the amino acid used by the body to make the sleep hormone melatonin.
 - Slow Release Proteins
 - Repairs muscle tissue throughout the night.
 - Key in the production of haemoglobin (carries oxygen in the blood).
 - Aids the absorption of vitamins and minerals.
- Magnesium**
 - Reduces night time muscle twitching.
 - Helps restless leg syndrome.
- Zinc**
 - Helps promote a healthy immune system.
 - Helps maintain the correct hormone environment.
 - Optimises protein and carbohydrate metabolism.
- Vitamin B6**
 - Essential for the efficient metabolism of protein.
- Pre biotics** (for healthy stomach bacteria)
 - Helps the body absorb the above nutrients effectively.