

Product Recommendations: Swiss Wrestling

Targeted nutrition supplements can provide the ideal support for hard training sessions and competitions. For maximum performance, follow the recommendations given below:

Full glycogen reserves and soda-loading

Full glycogen reserves are the be-all and end-all in Swiss wrestling. Studies confirm that carbo-loading with a concentrated drink containing carbohydrates on the day before the competition will give you a substantial energy advantage.

- **Carbo Loader** — sport drink with high energy content to top up the glycogen reserves. Contains Vitargo®, a barley starch hydrolisate specifically developed for this purpose.
- **Power Porridge** — the professional breakfast or a light meal before exertion. Contains Vitargo® and beta-glucans for long-lasting energy.
- **Energy Plus, Carnitin & High Energy Bars** — competition bars for long-lasting energy. Ideal up to 1 h before exertion.

→ *A TIP FROM THE PROFESSIONALS:*

- Power Porridge with 1 ampoule of Liquid Amino 12500 or 10 tabs of EAC
- 1 Activator with 160 mg of caffeine
- 1 – 2 Regeneration Competition ready-made drinks up to 1 h before the wrestling match starts



Lactate and creatine

Tough one-to-one contests and unyielding holds increase your lactate values. Soda-loading (with sodium bicarbonate and sodium citrate) boosts the extra-cellular buffer capacity, so the increase in acid is delayed.

- **Lactate Acid Buffer** — For professional soda-loading 4-5 days before important competitions.
- **Creatine Pyruvate** — loading phase in the run-up to the event, take the last 6 capsules together with breakfast.

For explosive, maximum rapid power, we recommend creatine loading for at least 8 – 12 weeks.



An adequate supply of fluids

Even a small loss of fluid will substantially impair your performance ability. For this reason, drink 0.5-1 liters per hour of a sports drink that is enriched with energy and electrolytes during exertion.

These sport drinks can be recommended:

- **Competition** — acid-free, mildly flavored sport drink with high energy density (Multi Carb Formula).
- **Long Energy – Competition Formula 5%** — acid-free, mildly flavored sport drink with a protein component of 5% in the form of high-grade peptides (BCAA, glutamine). Flavor: Citrus or cola.



Balanced blood sugar curve between rounds

Carbohydrate products based on glucose and saccharose (sucrose), known as "fast sugars" (such as cola) cause a massive increase in the blood sugar level. This leads to an excessive insulin response and the blood sugar level drops. Constant fluctuations in the blood sugar level reduce performance ability and cause severe fatigue! So make sure that you have a continuous supply of energy and/or carbohydrates during training and competitions.

- **Liquid Energy** — Excellently tolerated fluid energy concentrate consisting of carbohydrates that can be utilized quickly and slowly. The ultimate energy kick! With or without caffeine.
- **Energy Plus, Carnitin & High Energy Bars** — for staggered energy release, in the form of a power snack.



→ *A TIP FROM THE PROFESSIONALS:*

- Regeneration Competition, ready-made drink in a Tetrapack: take 1 – 2 during the lunch break.

Mental power

Mental supplements help to boost adrenalin, improve coordination and concentration and delay fatigue.

- **Activator** — ampoule for drinking with 160 mg of caffeine from guarana, mate and green tea. 2- 3 ampoules depending on tolerance and body weight.



Rapid regeneration

The purposes of a high-quality regeneration supplement are: to supply the body with fluid and electrolytes, to fill the glycogen reserves and to regenerate the muscle damage caused by exertion.

- **Regeneration Competition** — high-tech regeneration drink. Tetra ready-made drink. Ideal directly after tough competitions or training sessions.
- **Recovery Drink** — fruity regeneration drink, lactose-free. Prepared with water.
- **Recovery Shake** — high-quality shake with a pleasant taste. Prepared with milk.
- **Pro Recovery**— efficient and highly professional regeneration product based on protein to compensate for muscle stress. Free of lactose and artificial sweeteners. Prepared with water.



→ *A TIP FROM THE PROFESSIONALS:*

- Take 1 Liquid Amino 12500 ampoule or 10 tabs of EAC after wrestling and 1 Multi Protein Shake in the evening!



For more information on energy, muscle development, fluids and regeneration, visit:
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