

Healthy Fuel

# The Latest in Nutrition Supplements

by Roger Hospedales

**T**riathletes need to fuel their bodies in order to meet the demands of training for three different sports every week. Keeping up with those energy demands is never easy, but don't worry. Here at *Triathlon Magazine Canada* we've got you covered. We've looked at a number of nutrition options for keeping you fuelled and hydrated through your next workout, or during that important post-workout nutrition window, where it's critical to replenish your stores.

## Elete Electrolyte Add-In

**\$6.99/Pocket Bottle**

For those who are looking for an electrolyte replacement drink, but don't want any extra carbs, sugars or artificial ingredients, the Elete Electrolyte Add-In might be exactly what you're looking for. With four essential electrolytes – sodium, magnesium, potassium and chloride – the Add-In quickly turns water or any other beverage into an electrolyte-full drink. When added to water, the original Add-In doesn't alter the taste too much, while the CitriLyte Add-In has a slightly lemony taste.

## Genki Bar

**\$3.49**

Produced in Canada with research and testing conducted at the University of Saskatchewan, this Peanut Butter Chocolate bar has 150 calories, 23 g of carbohydrate, 7 g of protein and 3.5 g of fat. It boasts an all-natural ingredient list (lentils are the main ingredient) that you can recognize and taste with each nutty and flavourful bite. The bar also possesses a relatively low glycemic index, lower carbohydrate oxidation, and higher fat oxidation during exercise.



Bonk Breakers



Hero Burger



Elete Electrolyte



Genki Bar



Gu Chomps



Gu Cherry Lime Roctane