

EXPERIENCE WE RIDE FLANDERS WITH 226ERS

We Ride Flanders and 226ERS keep working together to provide the energy needed for all cyclists. Discover the whole range of 226ERS products you'll find at the supply stations.

SALTS

During exercise, getting the lost electrolytes back into your body is essential for good performance. Proper hydration and electrolyte intake is essential before, during and after exercise.

HYDRAZERO is a hypotonic mineral salt drink that provides 500mg of sodium. Perfect food supplement to restore electrolytes, available in 2 flavours: lemon and tropical.

Mode of use: Recommended to dissolve 7,5g of product in 750ml of water.



BAR AND GUMMIES

Energy bars with natural nutrients that improve carbohydrate assimilation, enhance digestibility and provide long-lasting energy during exercise.

RACE DAY BAR is a 40g gluten-free vegan bar, suitable for use during training and competitions. They have an easy-to-digest texture and pleasant flavours. Products available in supply stations:

- BCAA IN 8:1:1 ratio (leucine+): black chocolate and banana & ginger
- Choco bits with chocolate chips: white chocolate & strawberry (this flavour is not suitable for vegans or lactose-intolerant)
- Salty Trail with a salty kick and 120g of sodium per bar: peanuts

Mode of use: having a bar every 30-60' according to the needs during trainings and competitions. It can also be taken before exercise.

VEGAN GUMMY BARS are jelly-textured energy bars enriched with a high-quality carbohydrate mix and pectin. Suitable for vegans.

- Electrolytes: contains 125mg Sodium, 27mg Magnesium and 9mg Potassium. Flavours: strawberry and citric lemon
- Caffeine: contains 50mg caffeine, 60mg Sodium and Taurine Flavour: cherry cola

Usage tips: Suitable for those who need energy and prefer not to take a gel. It's the closest you can get to a 30-gram solid drink that provides energy and mineral salts.



GELS

Discover the full range of energy gels of 226ERS. Based on natural ingredients and flavourings, with a high carbohydrate content to meet the energy demand in situations of maximum physical effort.

HIGH ENERGY GEL is a 76g energy gel in which the main source of carbohydrate is cyclodextrin, a state-of-the-art carbohydrate which improves glycogen replenishment more efficiently. It provides 50g of carbohydrates and 200 kcal per gel to achieve prolonged energy release with fewer insulin spikes.

We Ride Flanders flavours available:

- Lemon
- Neutral
- Espresso coffee containing 80g caffeine
- Salty peanuts & honey containing 250g sodium

Mode of use: Having 1 unit of gel every 60' during exercise with 30 ml of water if needed.

HIGH FRUCTOSE GEL is an 80g energy gel based on maltodextrin and fructose in 10:8 ratio providing 55g of carbohydrates, 250g of sodium and 220kcal. Gluten free and suitable for vegans. The combination of maltodextrin and fructose allows better digestion and a high assimilation of carbohydrates per hour reducing the risk of gastric problems.

We Ride Flanders flavours available:

- Strawberry
- Speculoos
- Cherry with 160mg of caffeine

Mode of use: Having 2 units of gel every 60' during exercise with 30 ml of water if needed.

ISOTONIC GEL is a 68g energy gel with cyclodextrin for long-lasting energy release. It contains natural flavourings and Stevia, 22g of carbohydrates and 89 Kcal per gel. The main advantage is that you don't need water when taking it, as the gel itself contains the water required to consume it.

- It is available in 2 flavours: watermelon and lemon.

Mode of use: Having 3 units of gel every 60' during exercise. No water needed.



226ERS is a brand created by and for endurance sports lovers, whose mission is to develop products with the highest quality and most natural ingredients: no added sugar products, Gluten free, vegan and GMO-free products.

Let's start training with high-quality products suitable for longer distances with the energy and hydration you need.

See you in We Ride Flanders! 😊

#FeedYourDreams