



www.wcup.fr

Tableau usage

	Avant	Pendant	Après	Préparation
- Iron Drink		x	x	
- Sports Drinks	x	x	x	
- Fruit Biscuit	x			
- Sports Meal	x			
- Fruit Bar	x			
- Energy Drink		x	x	
- Energy Bar		x	x	
- Energy Tabs		x	x	
- Energy Booster		x		
- Soft Nougat		x	x	
- Sport Fruit		x	x	
- Recovery Drink			x	x
- Recovery Tabs	x		x	x
- Creatine Complex				x
- Royal Ginseng				x
- Protein 100% WPI				x
- Protein Bar	x			x

Winning nutrition

Récupération/Préparation

Energie

Boissons Sportives