

SIS nutrition products now available

Science in Sport nutrition products are now available to purchase from reception. These products will help give you the edge over you opponent, increase your energy levels and aid recovery.

Below is a short guide to all the currently stocked products:

GO Electrolyte

For exercising in hot/humid weather, designed to help replace vital minerals and electrolytes that are lost through sweat.

Available in Ready 2 Drink and individual sachets.

Build

This protein drink is designed to increase protein consumption. Ideal for those people wishing to put on muscle.

GO Energy Bars

These delicious bars are designed to give you a sustained burst of energy and also help decrease food cravings after exercise. You will feel fuller for longer. They also provide 1 of your recommended 5 a day.

GO Gel

These gels are designed as a quick energy source for use during matches, they also hydrate better than water alone.

Rego

This protein and carbohydrate drink will help aid recovery. The protein is used to help repair the muscles after exercise and the carbohydrate is utilised to replenish energy stores that have been depleted.

GO Energy drink

These high energy drinks help replenish energy stores during high intensity exercise such as tennis.

SIS products are world renowned and are utilised by the British Cycling Team, British Sailing and many premiership football clubs.