



**32Gi**<sup>®</sup>

# 32Gi<sup>®</sup> SPORTS NUTRITION

## Seize the Advantage

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Designed with purpose, each product undergoes **real competition testing** by Elite Athletes and Weekend Warriors before hitting the market.

Our functionally tested products prioritise Performance, Comfort, Health & Taste **without compromising on quality.**

FUELLING IN YOUR TRAINING ZONES .....	<b>1</b>
CARBOHYDRATE FUELLING REQUIREMENTS .....	<b>2</b>
OPTIMISING CARBOHYDRATE FUELLING .....	<b>3</b>
MULTI-HOUR SYSTEM (DRIP-FUELLING) .....	<b>4</b>
DRIP-FUELLING FROM A PRODUCT PERSPECTIVE .....	<b>5</b>
32Gi PRODUCT RANGES .....	<b>6</b>
32Gi PRODUCTS .....	<b>7-24</b>
WHERE TO FIND & CONTACT US .....	<b>25</b>



# FUELLING IN YOUR TRAINING ZONES

## WHAT WE CONSIDER

When providing product Fuelling recommendations there are two main factors we take into consideration.

The duration and intensity of the training or racing session. This will allow us to approximate the amount of hourly fuel required for that particular session.

**Step 1:** Measurement according to your HR training zones (provides level of intensity) (see below)

**Step 2:** The duration of that session to determine timed calorie intake (primarily in the form of carbohydrates)

## HOW TO FUEL IN YOUR TRAINING ZONES

### ZONE 1 ZONE 2 ZONE 3 ZONE 4 ZONE 5

50 - 60 % MHR\*

PURE FAT BURN ZONE

Very comfortable  
Breathing & Conversation  
is easy

60 - 70 % MHR\*

PRIMARY FAT BURN  
ZONE LOW CARB ZONE

Breathing is controlled  
& Conversation is limited  
to short sentences

70 - 80 % MHR\*

COMBINATION FAT AND  
CARBOHYDRATE BURN ZONE

Breathing requires more  
focus & Conversation is  
limited to a few words

80 - 90 % MHR\*

LOW FAT BURN ZONE HIGHER  
CARBOHYDRATE BURN ZONE

Breathing requires major  
focus & Conversation is  
extremely difficult

90 - 100 % MHR\*

HIGH CARBOHYDRATE BURN  
ZONE MINIMAL FAT BURN ZONE

Entire focus on  
Breathing & Conversation  
is impossible

#### FUEL TANKS



■ FAT  
■ CARBOHYDRATES

WATER LOW CARB

< 2 hrs > 2 hrs

#### FUEL TANKS



■ FAT  
■ CARBOHYDRATES

WATER LOW CARB

< 2 hrs > 2 hrs

#### FUEL TANKS



■ FAT  
■ CARBOHYDRATES

WATER LOW CARB LOW CARB HIGH CARB

< 2 hrs > 2 hrs

#### FUEL TANKS



■ FAT  
■ CARBOHYDRATES

LOW CARB HIGH CARB

< 90 min > 90 min

#### FUEL TANKS



■ FAT  
■ CARBOHYDRATES

HIGH CARB

< 60 min > 60 min

\* MHR - Maximum Heart Rate % calculated using global standard method ( and subject to individual variation)



# CARBOHYDRATE FUELLING RECOMMENDATIONS

To choose the right products for your needs, start by understanding the duration and intensity of your training session.

Once you have this information, determine the hourly calorie intake, primarily from carbohydrates.

**Carbohydrate absorption in the body has limitations based on the source:**

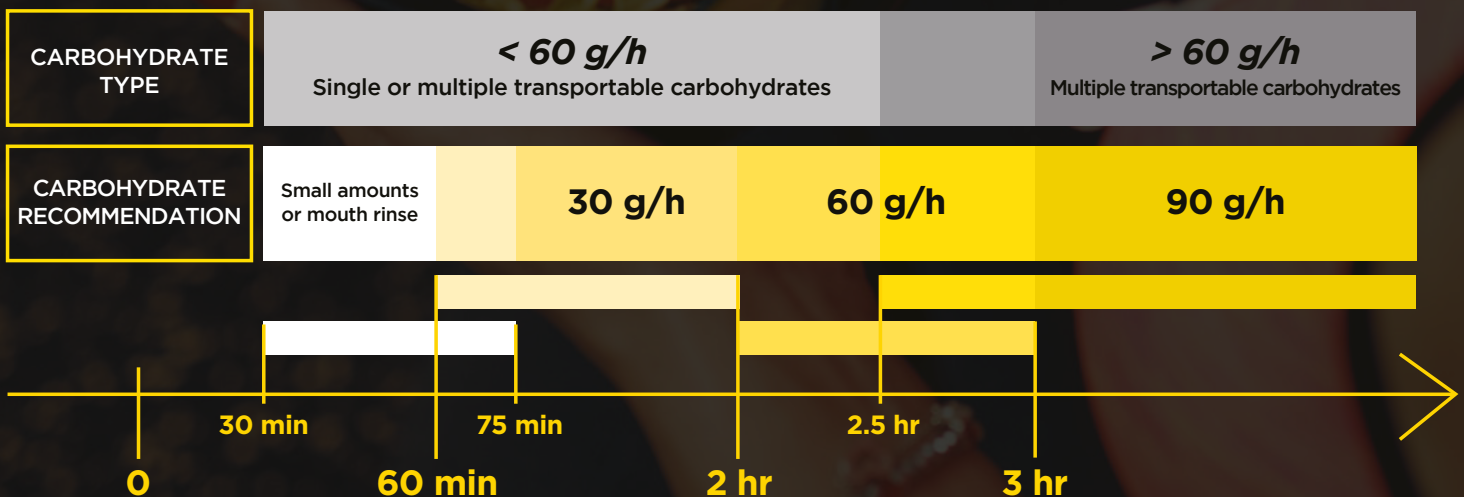
**Fructose sources:** Approximately 30 g per hour.

**Glucose sources:** Around 60 g per hour.

If you aim to exceed the 60 g per hour limit and reach 90 g or more, you'll need multiple transportable carbohydrates.

**32Gi offers a range of products with varying carbohydrate blends, to maximise uptake whilst providing optimal digestive comfort to seamlessly support athletes requirements.**

## CARBOHYDRATE INTAKE DURING EXERCISE





# OPTIMISING CARBOHYDRATE FUELLING

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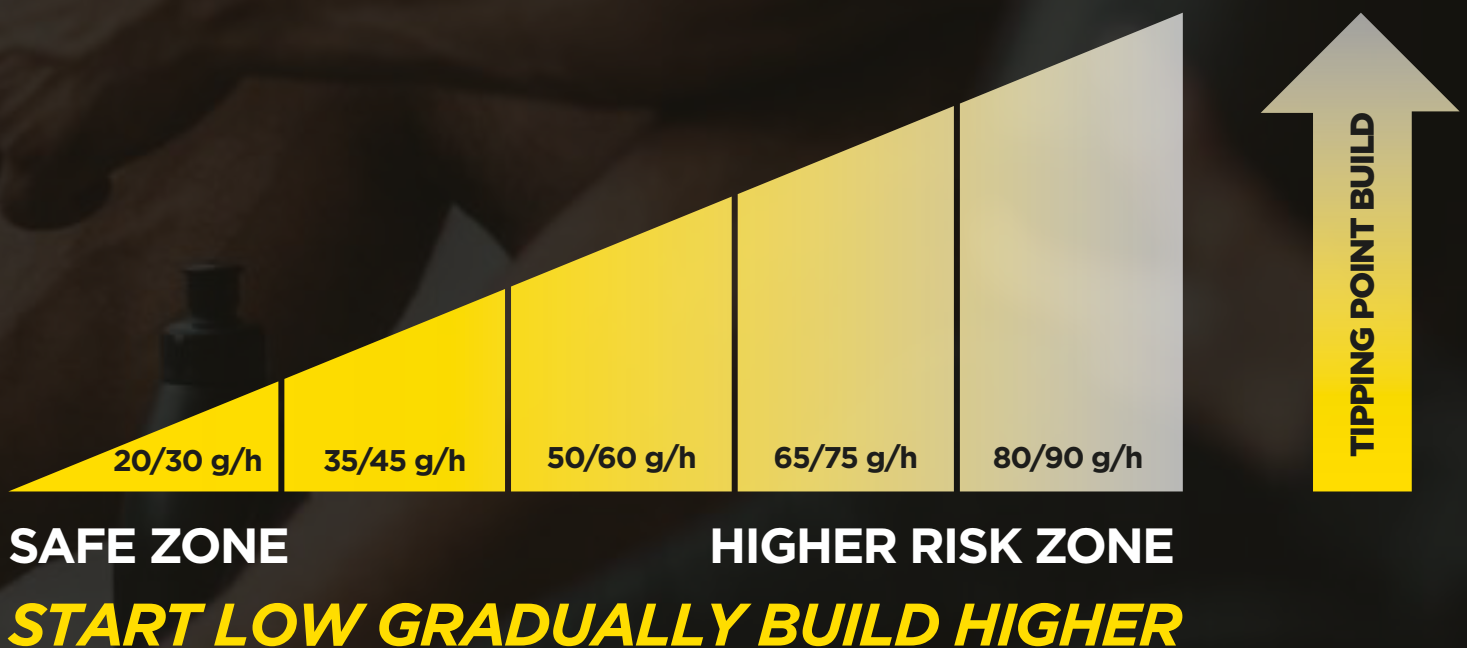
Determining your tolerance for carbohydrates per hour requires a trial and error approach during training. At 32Gi, we have developed the **Tipping Point Method** to help with this process.

**Starting with a conservative amount of carbohydrates per hour** and testing it during training. Monitor your energy levels and how your digestive system handles the intake during exercise.

If you feel comfortable, **gradually increase your carbohydrate intake** by 5-10 grams per hour for the next test. Continuously use this method to approach the tipping point.

The tipping point is the threshold where you experience gastrointestinal distress or discomfort. Once reached, go back to the previous comfortable level and maintain it for some time to train your gut. Afterward, **re-test and reassess** these limits.

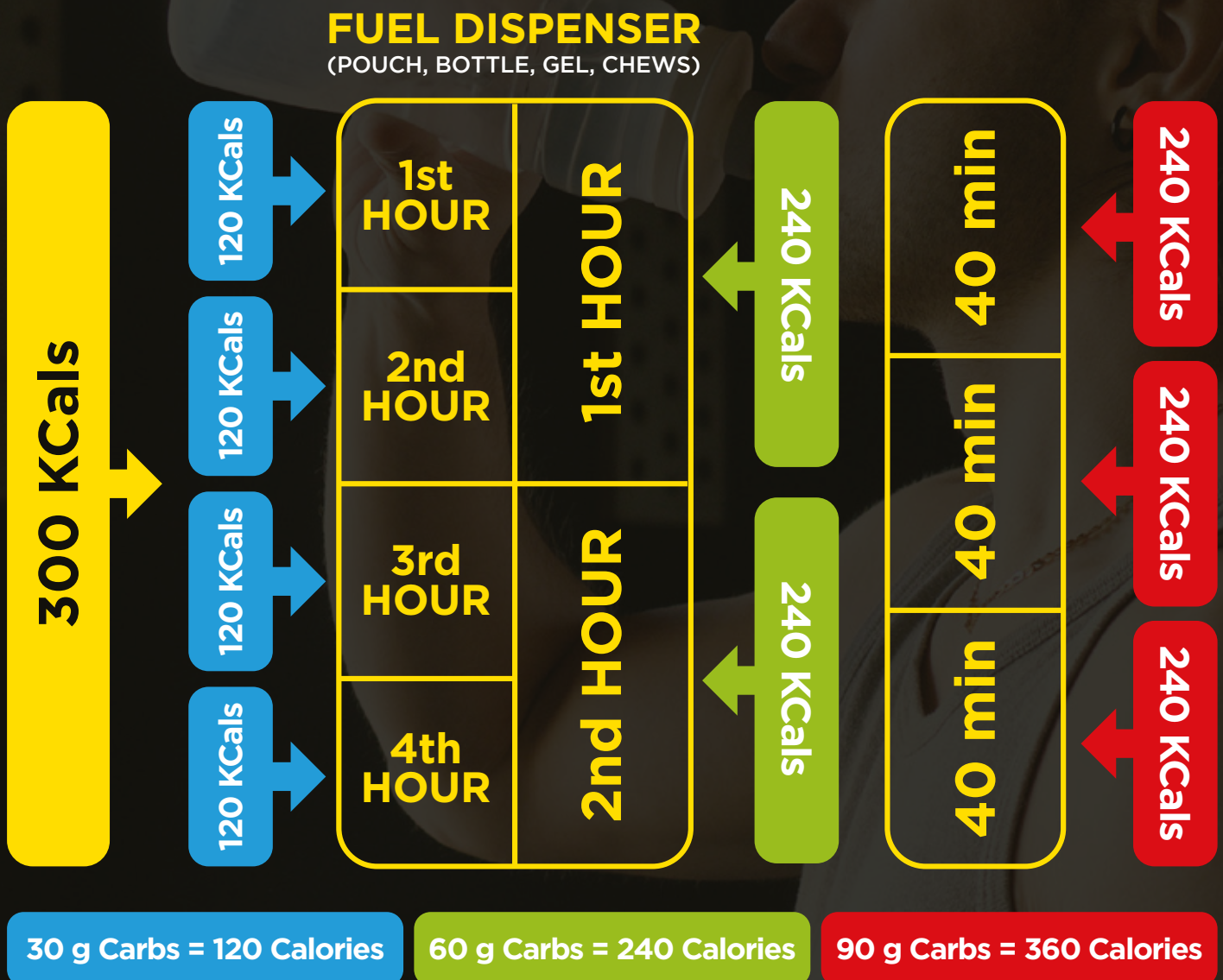
**In some cases, you may need to try different carbohydrate sources to achieve higher intake levels. The most important aspect is giving yourself enough time to practice and refine your fuelling strategy to optimise your energy levels for race day.**



# MULTI-HOUR SYSTEM (DRIP-FUELLING)

*For optimal fuelling, regardless of the energy source, it is recommended to divide the feed into 20-30 minute intervals.*

This drip-feeding approach is gentler on the digestive system and **promotes stable energy levels** by minimising drastic spikes. It is essential to adhere to a timed feeding schedule for the best results.





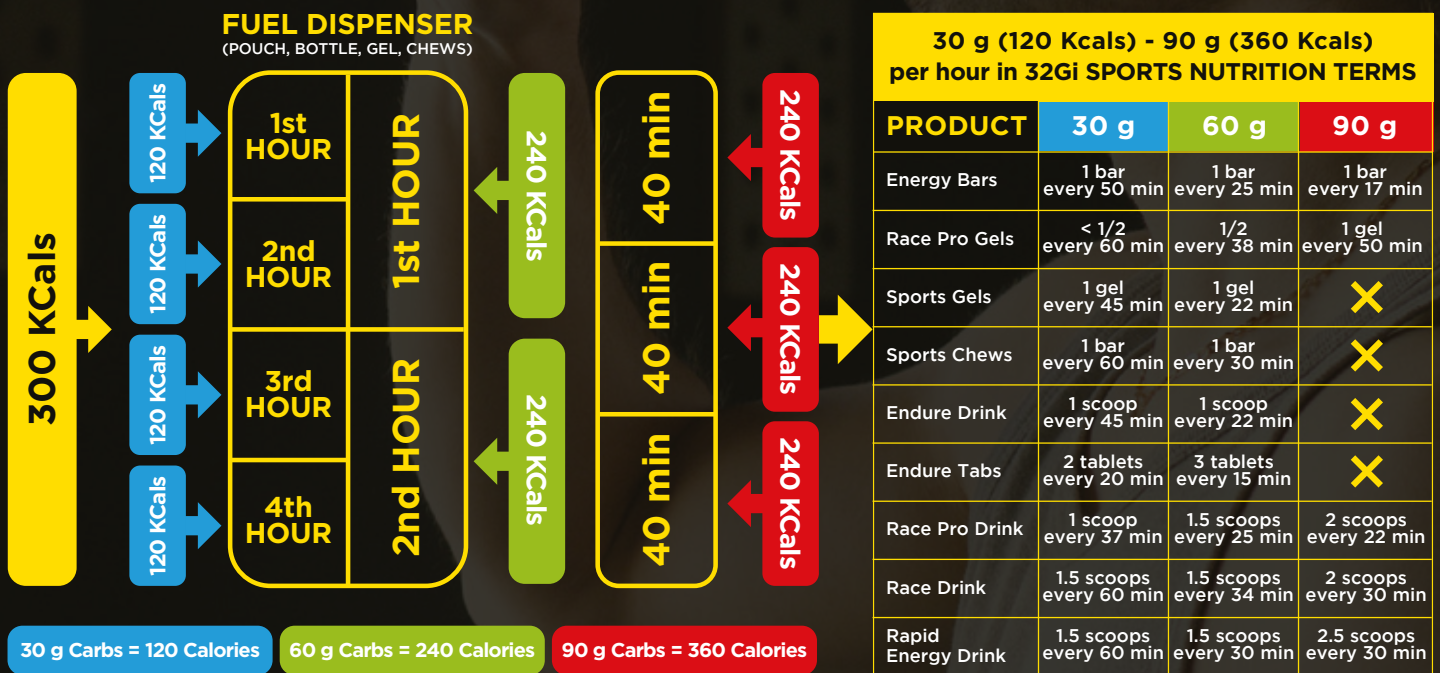
# DRIP-FUELLING FROM A PRODUCT PERSPECTIVE

*When selecting products for drip-fuelling, it's crucial to consider how you plan to fuel your session.*

At 32Gi, we emphasise the utilisation of both fat and carbohydrates as fuel sources. Low-intensity sessions prioritise fat oxidation and may require minimal to no carbohydrate fuelling.

On the other hand, moderate to high-intensity exercises benefit from carbohydrate intake. The specific volume of carbohydrates needed depends on the duration and intensity of the session.

**Refer to the chart below for suggested 32Gi products that offer the appropriate levels of carbohydrate intake based on individual requirements.**



**NOTE: Not all products are designed for very high energy intakes. This depends on the carbohydrate blend to maximise uptake and provide digestive comfort.**

**WARNING:** Be careful of products that suggest high energy intakes without a proper blended structure to ensure uptake and digestive comfort. 32Gi takes care to ensure that all products are fit for purpose.



# LET'S MEET THE 32Gi RANGES

**32Gi® established in 2009**, focuses on Health & Performance and is South Africa's No.1 Endurance Sports Nutrition Brand.

## PRE-WORKOUT

The jet fuel your body needs before your workout, training or racing.

## ENDURE

Designed to support athletes seeking stability and control during exercise, particularly those maintaining a steady and controlled pace. These products are highly complementary for health-conscious and weight-conscious athletes.

## RACE

Formulated for high-performing athletes who demand a rapid release of energy without compromising balance and stability. These products contain a natural combination of ingredients essential for achieving optimal performance.

## HYDRATION

Formulated to minimise fluid and mineral loss during exercise and enhance osmolality to optimise fluid absorption. These products are widely utilised for various forms of exercise and serve as a daily source of vibrant energy and hydration.

## RECOVER

Key areas of focus are 1.) correct protein requirements for muscle protein synthesis 2.) glycogen replenishment 3.) post-exercise blood sugar stabilisation, and 4.) assisting in the prevention of fatigue while promoting energy system balance and efficiency.

# PRE-WORKOUT RANGE

## Pre-Race Meal: Energy Porridge/Shake



### KEY FEATURES:

- ★ **POWER & PERFORMANCE DRIVEN:** Formulated with multiple high quality complex and simple carbohydrates to maximise energy levels.
- ★ **RIGHT AMOUNT OF PROTEIN:** With just enough added to ensure energy stability and aid in delaying the onset of muscle fatigue.
- ★ **SUPER EASY ON THE TUMMY:** Low in fibre and fat to ensure digestive comfort.

### WHEN TO USE

#### CONSUME PRE

ZONE 2

ZONE 3

ZONE 4

ZONE 5

#### SESSIONS



To maximise energy levels & top out glycogen stores

Low in fibre & fat to ensure digestive comfort

### HOW TO USE

#### PORRIDGE

Add +- 120ml water (hot or cold) or milk. Mix to desired thickness. Eat as is, or add a little honey, peanut butter, & or your favourite fruits.

#### SHAKE

Place in a shaker or blender with water or your favourite milk. Shake or blend & consume.

### KEY FEATURES

**9:1** complex carbohydrate to protein blend

Easy to work out your optimal serving size

Low in Fat and Fibre

HALAAL

KOSHER



### MAIN BENEFITS



EASY TO MAKE



PRIOR TO SESSION



HIGH IN ENERGY



TUMMY FRIENDLY

**POWER ENERGY PORRIDGE**

# PRE-WORKOUT RANGE

## 32Gi Boom: High-Performance Pre-Workout

Experience the power of 32Gi Boom, our high-performance pre-workout supplement. Energise your workouts and achieve peak performance with this specially formulated product.



### KEY FEATURES:

- ★ **EXPLOSIVE ENERGY BOOST:** Ignite your workouts with a powerful surge of energy.
- ★ **ENHANCED FOCUS:** Stay mentally sharp and focused during training.
- ★ **IMPROVED ENDURANCE:** Push beyond your limits and enhance your overall performance.
- ★ **MUSCLE PUMP AND STRENGTH:** Amplify your muscle pump and maximise strength gains.
- ★ **FAST-ACTING FORMULA:** Enjoy rapid absorption for quick results.
- ★ **ADVANCED BUFFERING SYSTEM:** Maximise your performance with a unique buffering blend to help delay the onset of muscle fatigue.

Unleash your potential with 32Gi BOOM and take your training to the next level.

### WHEN TO USE

CONSUME PRE

ZONE 2

ZONE 3

ZONE 4

ZONE 5

SESSIONS



### FOR TRAINING/RACING

Delivers pure energy to turbocharge your exercise sessions

Designed to improve mental & physical focus to bolster performance

### HOW TO USE

Take about 30 minutes before you work out.

#### FIRST ASSESS YOUR TOLERANCE



#### ONCE TOLERANCE IS ASSESSED



### KEY FEATURES

6 g Citrulline for improved performance

3,2 g Beta-Alanine to enhance performance

200 mg caffeine for enhanced mental focus & lowered rate of perceived effort

HALAAL

KOSHER



NATURAL COLOURS & FLAVOURS

### MAIN BENEFITS



ZERO ADDED SUGAR



PRESERVATIVE FREE



IMPROVED PUMP



HIGH PERFORMANCE

FOR ADDED PACE, PUMP & POWER



# ENDURE RANGE

## Endure Sports Drink: Sustained Energy

Experience clean and sustained energy with 32Gi Endure Sports Drink. Our unique formula features Isomaltulose (Palatinose™), a novel carbohydrate that provides a controlled release of glucose, ensuring stable energy levels without peaks and crashes.



### KEY BENEFITS:

- ★ **IMPROVED PERFORMANCE:** The managed delivery of glucose enhances energy stability and promotes the utilisation of fat reserves, while maintaining stable blood glucose levels.
- ★ **REDUCE FATIGUE:** Unlike carb-heavy drinks that can lead to nausea and fatigue, 32Gi Endure offers a stable and prolonged release of energy, allowing you to perform at your best.
- ★ **PRE-LOAD YOUR SYSTEM:** Boost your glycogen stores by consuming Endure 2-3 days before an event. Additionally, drink it one hour before starting to ensure your energy levels are optimal.

With Endure Sports Drink, you can enjoy sustained energy, improved performance, and reduced fatigue for peak athletic performance.

### HEART RATE ZONE SUITABILITY

**ZONE 1 (50 - 60 % MHR)\***

**ZONE 2 (60 - 70 %)**

**ZONE 3 (70 - 80 %)**

**ZONE 4 (80 - 90 %)**

\* % OF MAXIMUM HEART RATE CALCULATED USING GLOBAL STANDARD METHOD



### PAIR WITH (ZONES)

HYDRATE	1 2 3 4
SPORTS CHEWS	1 2 3 4
ENERGY BARS	1 2 3 4
RACE PRO GELS	2 3 4
SPORTS GELS	2 3 4

### HOW TO USE

30 g - 1 scoop every 45 min

60 g - 1 scoop every 22 min

90 g - not suitable

It's best to split feeds up by consuming periodically every 20-30 min.

### KEY FEATURES

Multi-Transportable Carbohydrates

Palatinose™ Fructose Maltodextrin



ZERO PRESERVATIVES

HALAAL

KOSHER



NATURAL COLOURS & FLAVOURS

### MAIN BENEFITS



LOW GLYCEMIC INDEX



REPLENISHES ELECTROLYTES



PROMOTES FAT BURNING



STABLE ENERGY SUPPLY

CLEAN & DELICIOUS TASTE

# ENDURE RANGE

## Endure Tabs: Chewable Energy

Experience clean and sustained energy on the go with 32Gi Endure Tabs. These convenient tablets are designed with Isomaltulose (Palatinose™), a novel carbohydrate that provides a controlled release of glucose for stable and prolonged energy.



### KEY BENEFITS:

- ★ **IMPROVED PERFORMANCE:** The managed delivery of glucose stabilises energy levels and supports the utilisation of fat reserves and supplied glucose. Your blood glucose remains stable, enhancing performance.
- ★ **REDUCE FATIGUE:** Unlike carb-heavy options that can overwhelm your system and lead to nausea and fatigue, Endure Tabs offer a prolonged release of energy, ensuring peak performance.
- ★ **ALTERNATIVE TO GELS:** Easy to carry and consume, Endure Tabs are the perfect companion for your runs, bike rides, or any active adventures.

With Endure Tabs, you can enjoy clean energy, improved performance, and reduced fatigue wherever you go. Fuel your workouts with these convenient chewable tablets.

### HEART RATE ZONE SUITABILITY

ZONE 1 (50 - 60 % MHR)\*

ZONE 2 (60 - 70 %)

ZONE 3 (70 - 80 %)

ZONE 4 (80 - 90 %)

\*% OF MAXIMUM HEART RATE CALCULATED USING GLOBAL STANDARD METHOD



### PAIR WITH (ZONES)

HYDRATE	1 2 3 4
SPORTS CHEWS	1 2 3 4
ENERGY BARS	1 2 3 4
RACE PRO GELS	2 3 4
SPORTS GELS	2 3 4

### HOW TO USE

30 g - 2 tabs every 20 min

60 g - 3 tabs every 12 min

90 g - not suitable

KEEP HYDRATED

### KEY FEATURES

Multi-Transportable Carbohydrates

Palatinose™ Maltodextrin Fructose

0%

ZERO PRESERVATIVES

HALAAL

KOSHER



NATURAL COLOURS & FLAVOURS

### MAIN BENEFITS



LOW GLYCEMIC INDEX



STABLE ENERGY SUPPLY



RUNNER FRIENDLY



EASY TO CARRY

CHEWABLE ENERGY TABLETS

# ENDURE RANGE

## Sports Chews: Energy Sustaining Jelly Bar



### KEY FEATURES:

- ★ **2-HOURS OF STABLE LOW GI ENERGY:** Each packet of 32Gi Sports Chews is packed with energy-dense calories, providing sustained and stable energy for long-duration activities.
- ★ **REPLACE YOUR GELS:** These easy-to-eat chews won't get stuck in your teeth or block your airways, making them a convenient alternative to traditional gels. They are the perfect companion for your runs, bike rides, or any active pursuits.
- ★ **NO MELTING = NO MESS:** Unlike some energy products, 32Gi Sports Chews won't melt, ensuring a mess-free experience. You can even remove them from the packaging before your event for easy access and convenience.
- ★ **DEVELOPED AROUND THE BANANA:** The banana has long been recognised as a great source of endurance fuel, but it's not always convenient to carry around during exercise. 32Gi Sports Chews have replicated the sugar response and caloric values of two ripe small-sized bananas, providing you with the same benefits in a portable and practical form.

Enjoy 2 hours of stable low GI energy, replace your gels with these easy-to-eat chews, and experience the convenience and effectiveness of 32Gi Sports Chews developed around the endurance-boosting properties of bananas.

### HEART RATE ZONE SUITABILITY

**ZONE 1 (50 - 60 % MHR)\***

**ZONE 2 (60 - 70 %)**

**ZONE 3 (70 - 80 %)**

**ZONE 4 (80 - 90 %)**

\* % OF MAXIMUM HEART RATE CALCULATED USING GLOBAL STANDARD METHOD



### PAIR WITH (ZONES)

HYDRATE 1 2 3 4

ENDURE DRINK 1 2 3 4

ENERGY BARS 1 2 3 4

RACE PRO GELS 2 3 4

SPORTS GELS 2 3 4

### HOW TO USE

30 g - 1 bar every 60 min

60 g - 1 bar every 30 min

90 g - not suitable

It's best to split feeds up by consuming periodically every 20-30 min.

### KEY FEATURES

Multi-Transportable Carbohydrates

Glucose

Sucrose

Palatinose™



ZERO PRESERVATIVES

HALAAL

KOSHER



NATURAL COLOURS & FLAVOURS

### MAIN BENEFITS



LOW GLYCEMIC INDEX



WILL NOT BLOCK AIRWAYS



NO MELTING OR FREEZING



GREAT ALTERNATIVE TO GELS

CLEAN & DELICIOUS TASTE



# RACE RANGE

## Sports Gel: Quick Releasing Energy



### KEY FEATURES:

- ★ **FAST ACTING:** Each Gel contains 21 g of fast-acting carbohydrates, providing a quick and convenient source of energy to fuel your endurance sports activities such as cycling, running, and more.
- ★ **PURE BROWN RICE SYRUP:** These gels are made with high-quality, non-GMO brown rice syrup, ensuring a smooth and sustained release of energy from start to finish.
- ★ **TUMMY FRIENDLY:** With simple ingredients, and no added colours, 32Gi Sports Gels are designed to be easy on the stomach, promoting better digestion and reducing the risk of gastrointestinal discomfort.
- ★ **JUST SNAP AND CONSUME:** The innovative and unique patented packaging of these gels allows for easy carrying and one handed consumption. Simply snap open the pack and consume the gel whenever you need a quick energy boost. Moreover, the packaging is more environmentally friendly compared to others due to no tear off.

### HEART RATE ZONE SUITABILITY

ZONE 2 (60 - 70 %)

ZONE 3 (70 - 80 %)

ZONE 4 (80 - 90 %)

ZONE 5 (90 - 100 %)

\* % OF MAXIMUM HEART RATE CALCULATED USING GLOBAL STANDARD METHOD



### PAIR WITH (ZONES)

HYDRATE	2 3 4 5
ENDURE DRINK	2 3 4
SPORTS CHEWS	2 3 4
ENERGY BARS	2 3 4
RACE PRO GELS	2 3 4 5
RACE DRINK	2 3 4 5

### HOW TO USE

30 g - 1 gel every 45 min

60 g - 1 gel every 22 min

90 g - not suitable

CONSUME WITH WATER

### KEY FEATURES

21 g FAST-ACTING CARBS

59 mg SODIUM PER GEL



PURE BROWN RICE SYRUP

HALAAL

KOSHER



DELICIOUS FLAVOURS

### MAIN BENEFITS



FAST ENERGY



TUMMY FRIENDLY



PATENTED SNAP PACK



SAVE THE PLANET NO TEAR OFF

JUST SNAP AND CONSUME

# RACE RANGE

## Race Pro: Super Carb/Protein Drink



### KEY FEATURES:

- ★ **UNIQUE ENERGY SOURCE:** Experience the power of a single-source energy feed, with no additional fuel needed.
- ★ **INTEGRATED PROTEIN SOURCE:** Benefit from the inclusion of easily absorbed, high-quality plant protein. Promoting energy stability and reducing the risk of muscle fatigue during intense workouts.
- ★ **TUMMY-FRIENDLY FORMULA:** Bid farewell to gastrointestinal distress as this drink offers one of the highest gastric emptying rates among carbohydrates.
- ★ **INSTANT ENERGY & STABILITY:** Fuel up quickly with the addition of Cyclic Dextrin, the most rapid absorbing carbohydrate compared to other available complex and simple carbohydrates, providing immediate energy and enhanced stability.
- ★ **FINISH STRONG, NOT DRAINED:** Benefit from a post-exercise boost as 9 out of 10 athletes report feeling no lack of energy or hunger. A feeling of stability post-exercise due to consuming Race Pro during exercise.

### HEART RATE ZONE SUITABILITY

- ZONE 2 (60 - 70 %)
- ZONE 3 (70 - 80 %)
- ZONE 4 (80 - 90 %)
- ZONE 5 (90 - 100 %)

\* % OF MAXIMUM HEART RATE CALCULATED USING GLOBAL STANDARD METHOD



### PAIR WITH (ZONES)

- HYDRATE 2 3 4 5
- ENERGY BARS 2 3 4
- RACE PRO GELS 2 3 4 5

### HOW TO USE

- 30 g - 1 scoop every 37 min
- 60 g - 1.5 scoops every 25 min
- 90 g - 2 scoops every 22 min

It's best to split feeds up by consuming periodically every 20-30 min.

### KEY FEATURES

- SIMPLE FUELLING STRATEGY
- RAPIDLY ABSORBING SUPER CARB
- REDUCED MUSCLE FATIGUE
- SUITABLE FOR 90 g + PER HOUR FEEDS

HALAAL  
KOSHER



SINGLE-SOURCE FEED

### MAIN BENEFITS



TUMMY FRIENDLY



FAST ENERGY WITH BALANCE & STABILITY

**FINISH FEELING STRONG NOT DRAINED**

# RACE RANGE

## Race Pro 300 Gel: Super Carb / Protein



### KEY FEATURES:

- ★ **UNIQUE ENERGY SOURCE:** Experience the power of single-source energy with no additional fuel needed.
- ★ **ENHANCED CARBOHYDRATE ABSORPTION:** The Race Pro 300 Gel features a high-quality carbohydrate blend with the addition of Cyclic Dextrin, ensuring rapid absorption and delivering an incredible energy boost almost instantly.
- ★ **INTEGRATED PROTEIN SOURCE:** Benefit from the inclusion of easily absorbed, high-quality protein in the gel, promoting energy stability and reducing the risk of muscle fatigue during intense workouts.
- ★ **GENTLE ON THE STOMACH:** Designed with digestive comfort in mind, this gel minimises the chances of gastric distress, allowing you to focus on your performance without any discomfort.
- ★ **IDEAL FOR ENDURANCE EVENTS:** The Race Pro 300 Gel is perfectly sized for long endurance events like ultra-marathons, long course triathlons, and stage racing. It's resealable packaging makes it convenient and practical for these demanding activities.

### HEART RATE ZONE SUITABILITY

ZONE 2 (60 - 70 %)

ZONE 3 (70 - 80 %)

ZONE 4 (80 - 90 %)

ZONE 5 (90 - 100 %)

\* % OF MAXIMUM HEART RATE CALCULATED USING GLOBAL STANDARD METHOD



### PAIR WITH (ZONES)

HYDRATE 2 3 4 5  
 ENERGY BARS 2 3 4  
 RACE PRO DRINK 2 3 4 5

### HOW TO USE

30 g - < ½ every 60 min

60 g - ½ every 38 min

90 g - 1 gel every 50 min

It's best to split feeds up by consuming periodically every 20-30 min.

### KEY FEATURES

SIMPLE FUELLING STRATEGY

RAPIDLY ABSORBING SUPER CARB

REDUCED MUSCLE FATIGUE

SUITABLE FOR 90 g + PER HOUR FEEDS

HALAAL  
KOSHER



SINGLE-SOURCE FEED

### MAIN BENEFITS



TUMMY FRIENDLY



FAST ENERGY WITH BALANCE & STABILITY

HIGH-CALORIE SUPERIOR GEL



# RACE RANGE

## Race Pro Energy Bar: Boutique Nougat



### KEY FEATURES:

- ★ **LONG-LASTING ENERGY:** Enjoy immediate and sustained energy with our Race Pro Energy Bars. Made with natural ingredients, these bars provide stability for hours on end. They are packed with the right amount of carbohydrates to fuel your performance.
- ★ **INTEGRATED PROTEIN SOURCE:** Benefit from easily absorbed, high-quality protein in every bite. This protein helps maintain energy stability and reduces the risk of muscle fatigue during intense physical activities.
- ★ **GENTLE ON THE STOMACH:** Our Race Pro Nougat Energy Bars are designed with digestive comfort in mind. They are formulated to minimise gastric distress, allowing you to fuel up without any discomfort.
- ★ **OPTIMAL SIZE:** These bars are perfectly sized for easy handling. Whether you're reaching for them from a backpack during a run or pulling them out of a jersey pocket on a ride, they are convenient and readily accessible for your endurance activities.

### HEART RATE ZONE SUITABILITY

ZONE 2 (60 - 70 %)

ZONE 3 (70 - 80 %)

ZONE 4 (80 - 90 %)

\* % OF MAXIMUM HEART RATE CALCULATED USING GLOBAL STANDARD METHOD



### PAIR WITH (ZONES)

HYDRATE	1 2 3 4
ENDURE DRINK	1 2 3 4
SPORTS CHEWS	1 2 3 4
RACE PRO DRINK	2 3 4
RACE PRO GEL	2 3 4
SPORTS GELS	2 3 4
RACE DRINK	2 3 4

### HOW TO USE

30 g - 1 bar every 50 min

60 g - 1 bar every 25 min

90 g - 1 bar every 17 min

It's best to split feeds up by consuming periodically every 20-30 min.

### KEY FEATURES

RAPIDLY ABSORBING FEED

GREAT FOR THE WHOLE FAMILY

TERRIFIC BOUTIQUE NOUGAT TASTE

HALAAL  
KOSHER



BOUTIQUE  
NOUGAT

### MAIN BENEFITS



FAST ENERGY WITH  
BALANCE & STABILITY



PERFECT  
SIZE

DELICIOUS ENERGY TO SATISFY YOUR  
TRAINING & RACING CRAVINGS

# RACE RANGE

## G-Shot: Guarana Caffeine Shot



### KEY FEATURES:

- ★ **INSTANT CAFFEINE BOOST:** Experience a fast-acting jolt of caffeine with our pure Guarana-based G-Shot. Each shot delivers 60 mg of caffeine upon consumption, providing an immediate energy surge.
- ★ **VERSATILE SPORTS PERFORMANCE:** Regardless of your chosen sport, the 32Gi G-Shot is designed to give you an added advantage. Whether you're aiming to win your age group, score the winning goal, dominate the court, or excel in your training, this shot is your secret weapon.
- ★ **COMBAT FATIGUE:** Incorporate the 32Gi G-Shot as a pre-workout option, particularly when combined with 32Gi Hydrate. Say goodbye to tiredness and fatigue and gain the energy needed to finish your event strong. In some parts of the world, it has earned the nickname "take me home" due to its ability to provide that final boost.
- ★ **ENHANCE ALERTNESS AND STAMINA:** Maintain focus and strength throughout your performance, whether it lasts for one hour or extends to a full 24 hours. By separating your caffeine intake from your carbohydrate consumption, you have the flexibility to consume the right amount of each when you need it most.

### WHEN TO USE

ON THE GO, SIMPLE,  
CONVENIENT,  
FAST ACTING  
CAFFEINE SOLUTION  
FOR ALL INTENSITY  
SESSIONS



### TAKE AS NEEDED

For a caffeine kick  
To reduce tiredness  
and fatigue  
Increase alertness  
and stamina

### HOW TO USE



1-2 G-Shots per hour

### KEY FEATURES

Potent, Small & Convenient

Pure Guarana

60 mg of caffeine

Take control of Caffeine intake

HALAAL

KOSHER

### MAIN BENEFITS



FAST  
ENERGY



EQUIVALENT TO A  
SINGLE ESPRESSO



PATENTED  
SNAP PACK



SAVE THE PLANET  
NO TEAR OFF

FEEL THE KICK

# RACE RANGE

## Race Sports Drink: High Intensity



### KEY FEATURES:

- ★ **TOP CHOICE FOR TRAINING & RACING:** The recommended drink for intense workouts and competitive races.
- ★ **OPTIMISED CARBOHYDRATES:** Enhance absorption and digestion with a blend of multi-transportable carbohydrates, including Palatinose™. Enjoy a sustained and balanced energy supply.
- ★ **DELICIOUS NATURAL FLAVOURS:** Indulge in the refreshing taste of raspberry and orange, even after many hours in the sun.
- ★ **TRUSTED BY PROFESSIONAL ATHLETES:** Approved by elite athletes for its high-calorie, power-packed carbohydrate formula that keeps you going strong.

### HEART RATE ZONE SUITABILITY

ZONE 2 (60 - 70 %)

ZONE 3 (70 - 80 %)

ZONE 4 (80 - 90 %)

ZONE 5 (90 - 100 %)

\* % OF MAXIMUM HEART RATE CALCULATED USING GLOBAL STANDARD METHOD



### PAIR WITH (ZONES)

HYDRATE	2 3 4 5
SPORTS CHEWS	2 3 4
ENERGY BARS	2 3 4
RACE PRO GELS	2 3 4 5
SPORTS GELS	2 3 4 5

### HOW TO USE

30 g - 1.5 scoops every 60 min

60 g - 1.5 scoops every 34 min

90 g - 2 scoops every 30 min

It's best to split feeds up by consuming periodically every 20-30 min.

### KEY FEATURES

#### Multi-Transportable Carbohydrates

Palatinose™ Maltodextrin Glucose Fructose



ZERO PRESERVATIVES

HALAAL

KOSHER



NATURAL COLOURS & FLAVOURS

### MAIN BENEFITS



HIGH CARB



REDUCED RISK OF BONKING



FAST ENERGY WITH BALANCE & STABILITY



TUMMY FRIENDLY

PRO ATHLETE APPROVED



# RACE RANGE

## Rapid Energy: Isotonic Sports Drink



### KEY FEATURES:

- ★ **OPTIMISED POWER & PERFORMANCE:** Fuel your workouts with a carbohydrate blend in a 2:1 (glucose:fructose) ratio, maximising energy levels during exercise.
- ★ **QUENCH YOUR THIRST:** Stay hydrated with electrolyte-loaded Rapid Energy, promoting proper fluid absorption for exercise.
- ★ **GENTLE ON THE STOMACH:** Designed for digestive comfort, minimising the risk of gastrointestinal distress.
- ★ **DELIGHTFUL FLAVOURS:** Enjoy the delicious taste of Rapid Energy, available in two awesome flavours that are sure to please your palate.

### HEART RATE ZONE SUITABILITY

ZONE 2 (60 - 70 %)

ZONE 3 (70 - 80 %)

ZONE 4 (80 - 90 %)

ZONE 5 (90 - 100 %)

\* % OF MAXIMUM HEART RATE CALCULATED USING GLOBAL STANDARD METHOD



### PAIR WITH (ZONES)

HYDRATE	2 3 4 5
SPORTS CHEWS	2 3 4
ENERGY BARS	2 3 4
RACE PRO GELS	2 3 4 5
SPORTS GELS	2 3 4 5

### HOW TO USE

Mix 1 (one) scoop with +- 300 ml of water. Consume as needed.

Contents of tub (500 g) makes 7.5 Litres (25 servings)

30 g - 1.5 scoops every 60 min

60 g - 1.5 scoops every 30 min

90 g - 2.5 scoops every 30 min

### KEY FEATURES

For explosive short to medium distances

Proven 2:1 glucose-to-fructose ratio

A bang for buck isotonic drink

HALAAL  
KOSHER



NATURAL COLOURS

### MAIN BENEFITS



HIGH IN ENERGY



CONTAINS ELECTROLYTES



VITAMINS & MINERALS



TUMMY FRIENDLY

AFFORDABLE AND RELIABLE

# HYDRATION RANGE

## Hydrate: Fast Absorption Hypotonic Solution



### KEY FEATURES:

- ★ **INSTANT HYDRATION WITH ZERO CALORIES:** Recharge your body with a zero-calorie electrolyte-rich sports drink tablet, infused with a delightful fruity flavour. Simply mix with water for a refreshing and hydrating beverage during your workout.
- ★ **OPTIMISE YOUR WORKOUT:** Enhance your exercise routine with improved hydration by keeping a tube of Hydrate in your gym bag, car, purse, or hiking pack. Enjoy a healthy electrolyte drink wherever you go.
- ★ **VITAMIN B BOOST:** Hydrate is fortified with essential Vitamin Bs, including Vitamin B12, to support vitality. Vitamin B12 aids in converting carbohydrates into energy and supports a healthy immune system.
- ★ **SODIUM, MINERAL & VITAMIN COMPLEX BLEND:** To maximise fluid absorption to keep you hydrated properly during intense exercise.

### HEART RATE ZONE SUITABILITY

**ZONE 1 (50 - 60 % MHR)\***

**ZONE 2 (60 - 70 %)**

**ZONE 3 (70 - 80 %)**

**ZONE 4 (80 - 90 %)**

**ZONE 5 (90 - 100 %)**

\* % OF MAXIMUM HEART RATE CALCULATED USING GLOBAL STANDARD METHOD



### PAIR WITH (ZONES)

ENDURE DRINK	1 2 3 4
SPORTS CHEWS	1 2 3 4
ENERGY BARS	1 2 3 4
RACE PRO DRINK	2 3 4 5
RACE PRO GEL	2 3 4 5
SPORTS GELS	2 3 4 5
RACE DRINK	2 3 4 5

### HOW TO USE

Depending on sweat rate drop 1-2 tablets into a



**DRINK TO THIRST**

**TIP:**  
Add to Sports Drink for added Electrolytes

### KEY FEATURES

Vitamin B Blend

128 mg Vitamin C

20 mg Magnesium

74 mg Potassium

337 mg Sodium

HALAAL  
KOSHER



NATURAL COLOURS

### MAIN BENEFITS



REPLENISHES  
ELECTROLYTES



CRAMP  
PREVENTION



FEEL GREAT

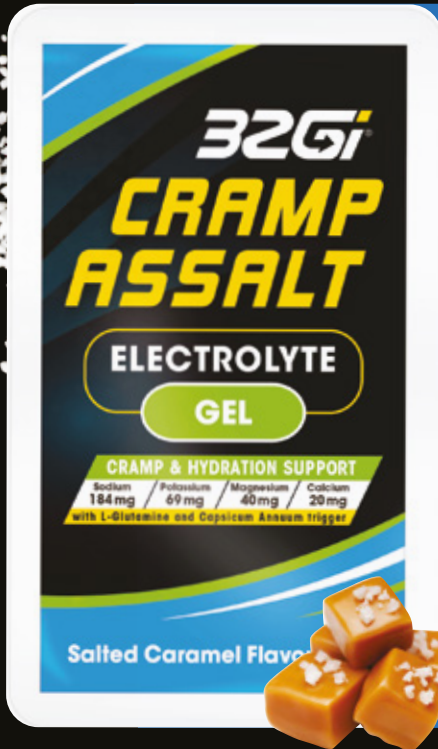


CALORIES

**TASTES GREAT!**

# HYDRATION RANGE

## Cramp Assalt: Anti-Cramp & Electrolyte Gel



### KEY FEATURES:

- ★ **EFFECTIVE NEURO-MUSCULAR SUPPORT:** Powered by scientifically-proven Capsicum Annuum, this gel acts as a neuro-muscular trigger to reduce or stop muscle contractions and spasms.
- ★ **GENTLE ON THE STOMACH:** With the inclusion of Glutamine, Cramp Assalt is formulated to be easy on the stomach, reducing the risk of gastrointestinal distress.
- ★ **ESSENTIAL VITAMINS & MINERALS:** Packed with 6 power vitamins and minerals, including Sodium, Potassium, Magnesium, Vitamin C, Calcium, and Vitamin D3, to support optimal performance.
- ★ **ENHANCED FLUID ABSORPTION:** Maximise your hydration by consuming Cramp Assalt with water or your favourite 32Gi Sports Drink. It's a convenient snap and consume gel for on-the-go use.

### WHEN TO USE

ON THE GO, SIMPLE, CONVENIENT, FAST ACTING ANTI-CRAMP SOLUTION FOR ALL INTENSITY SESSIONS



### TAKE AS NEEDED

To aid electrolyte intake  
To aid in cramp prevention

### HOW TO USE



1-2 hydration gels per hour  
(based on individual sweat loss levels & temperature conditions)

### KEY FEATURES

Capsicum annuum for cramp prevention

6 Minerals & Vitamins

184 mg Sodium per gel

HALAAL

KOSHER

### MAIN BENEFITS



PREVENTS CRAMPS



PATENTED SNAP PACK



TUMMY FRIENDLY



SAVE THE PLANET NO TEAR OFF

WONDER "ANTI-CRAMP" GEL



# RECOVER

## Recover: 3:1 Carb to Protein Drink

### KEY FEATURES:

- ★ **OPTIMAL RECOVERY FORMULA:** Experience the power of a 3:1 recovery ratio with our science-based formula, designed to accelerate your recovery time. Suitable for endurance sports activities like cycling and running and triathlon.
- ★ **CLEAN PLANT-BASED PROTEIN:** Our formula contains high-quality Pea Protein isolate, delivering a fast-digesting protein source to support muscle recovery.
- ★ **CARB 3:1 PROTEIN BLEND:** Packed with essential carb 3:1 protein blend, our formula aids in muscle protein synthesis and overall recovery.
- ★ **GENTLE ON THE STOMACH:** Enjoy the benefits of 32Gi Recover without concerns of bloating or nausea. It is designed to be tummy-friendly for a comfortable recovery experience.



### WHEN TO USE

#### CONSUME POST

ZONE 2

ZONE 3

ZONE 4

ZONE 5

#### SESSIONS



To replenish  
glycogen stores  
and to recover  
muscles

### TAKE AS NEEDED

### HOW TO USE



Consume a  
75 g serving  
after your  
session.

Mix with  
water or  
milk of your  
choice.

### KEY FEATURES

Optimal 3:1 formula

18 g Protein per serving

High-quality Plant Protein

HALAAL

KOSHER



NATURAL COLOURS &  
NATURAL/NI FLAVOURS

### MAIN BENEFITS



FAST  
RECOVERY



MUSCLE  
STRENGTHENING



TUMMY  
FRIENDLY



RICH IN  
BCAAs

TASTES SUPER YUMMY

# RECOVER

## Protein: Naturally Plant-Based



### KEY FEATURES:

- ★ **CRAFTED PLANT PROTEIN:** Experience the best-crafted plant protein on the market, free from unnecessary additives, to optimise your recovery.
- ★ **FULL AMINO ACID PROFILE:** Our formula is carefully formulated with clean, pure, non-GMO Pea and Rice Protein Isolates, providing a full and rich amino acid profile.
- ★ **GENTLE ON THE STOMACH:** Our proteins are designed to be gentle on the stomach, ensuring a comfortable digestion experience.
- ★ **VERSATILE USAGE:** Simply add our protein powder to water, your favourite milk, smoothies, or porridges for a convenient and delicious way to boost your protein intake.

### WHEN TO USE

EVERYDAY AS A KEY RECOVERY TOOL TO INCREASE YOUR DAILY PROTEIN INTAKE



Muscle health, growth, and recovery

### TAKE DAILY FOR

### HOW TO USE

On its own or in a smoothie or porridge



### KEY FEATURES

Rich Protein Source

Plant-based Blend

High Quality Multi-source

HALAAL

KOSHER

VEGAN

### MAIN BENEFITS



PROTEIN



SUGAR



RICH AMINO ACID PROFILE



MUSCLE STRENGTHENING

PURE PROTEIN!

# RECOVER

## Protein Bar: Premium Whey Blend



### KEY FEATURES:

- ★ **THE 32Gi PROTEIN BAR** is not just a treat for your taste buds. It's a powerful ally in your quest for a healthier, better recovered, and stronger you.
- ★ **YOUR OPTIONS ARE LIMITLESS** with the 32Gi Protein Bar. Whether it's a pre or post-workout pick-me-up. A protein boost during your busy day. A guilt-free indulgence, or a comforting bedtime treat. This bar rises to the occasion, every time.
- ★ **ELEVATE YOUR SNACKING GAME.** Nourish your body. Savour the exquisite taste of the 32Gi Protein Bar.
- ★ **IT'S NOT JUST A SNACK;** it's a culinary masterpiece in a wrapper.

### WHEN TO USE

IDEAL ANYTIME OF THE DAY SNACK. SHOULD BE CONSUMED AS PART OF A BALANCED DIET.



### TAKE DAILY FOR

A powerful ally in your quest as a healthier, better recovered, and stronger you.

### HOW TO USE

Consume as needed to increase your Protein intake.



### KEY FEATURES

19/20 g OF PROTEIN

PREMIUM WHEY PROTEIN BLEND

RICH AMINO ACID PROFILE

HALAAL

KOSHER

### MAIN BENEFITS



LOW IN SUGAR



PREMIUM WHEY BLEND



RICH AMINO ACID PROFILE



MUSCLE STRENGTHENING

CREAMY AND DELICIOUS

# RECOVER

## Immunize: 24/7 Athlete Immune Support



### KEY FEATURES:

- ★ **ENHANCED IMMUNE SUPPORT:** Our formula contains Beta-Glucans, proven to provide additional protection to your immune cells, enabling them to respond more effectively to foreign invaders.
- ★ **INFLAMMATION REDUCTION & GUT HEALTH:** With the inclusion of Zinc, our product helps reduce inflammation and supports gut bacteria, aiding in the fight against infections and improving overall well-being.
- ★ **COLLAGEN BOOST & ANTIOXIDANT POWER:** Vitamin C, a potent antioxidant, strengthens the immune system, promotes collagen production, and facilitates iron absorption.
- ★ **REDUCED FATIGUE:** Our immune support supplement is fortified with a Vitamin B complex, which supports the body's energy system, helping to reduce fatigue.

### WHEN TO USE

A POWERFUL QUAD FORMULATION (YEAST BETA-GLUCAN, VITAMIN C, ZINC, AND A VITAMIN B BLEND) DESIGNED FOR DAILY IMMUNE SUPPORT



### TAKE DAILY FOR

Immune Strengthening And Energy Boosting

Rid yourself of lost training & racing days due to illness

### HOW TO USE

Dissolve 1 x tablet in 200 - 250 ml of water or according to taste.

#### RECOMMENDED USE

14+ Years - 1 Tablet per day  
6-14 Years - 1/2 Tablet per day  
2-6 Years - 1/4 Tablet per day

### KEY FEATURES

250 mg of Yeast Beta-Glucan

500 mg of Vitamin C

25 mg of Zinc



DAILY IMMUNE SUPPORT



NATURAL COLOURS

### MAIN BENEFITS



VITAMIN C



ZINC



VITAMIN B BLEND



YEAST BETA-GLUCAN

24/7 ATHLETE IMMUNE SUPPORT



# WHERE TO FIND & CONTACT US



[www.32gi.com](http://www.32gi.com)

(ask our advanced AI any questions)



[coach@32gi.com](mailto:coach@32gi.com)



32gi



32Gi



32Gi Sports Nutrition



32Gi



32Gi

Available in Dis-Chem, Sportsmans Warehouse,  
Cycle Lab, Totalsports, Medirite, and other leading  
independant stores

**Dis-Chem**  
PHARMACIES

**Sportsmans**  
Warehouse

**CYCLE LAB**

**TOTALSPORTS**

**Medirite+**