

energybits®

add more life to yours one **bit** at a time

RUNNING A MARATHON? WANT YOUR BEST PERFORMANCE?

Here are our suggestions on how to take ENERGYbits® to have your Best Marathon... ever!



RECOMMENDATION FOR YOUR BEST MARATHON WITH BITS:

1. 15 minutes before race starts, take 30 ENERGYbits® and 30 RECOVERYbits®
2. 1 hour into the race, take another 15-30 ENERGYbits®
3. 2 hours into the race, take another 15-30 ENERGYbits®
4. Within 1-2 hours of finishing the race, take 30 ENERGYbits® and 30 RECOVERYbits®. This will help reduce inflammation and muscle soreness.
5. Take another 30 RECOVERYbits® and 30 ENERGYbits® before bed to further help your body and immune system recover from the strain of the run and reduce injuries.

NEED MORE BITS? Visit us at www.energybits.com to get yours shipped to you in time for your training. Run with energy and be #poweredbybits

You can also find us on Twitter: @energybits

Facebook: www.facebook.com/energybits

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