



PRODUCTS AT A GLANCE

F2CNutrition.com

Timing is everything	Pharma-Greens	Ultra-Durance	Hydra-Durance	Glyco-Durance	Endurance 5:1	Electro-Durance	Pharma-Pure	Vegan-Pure	Whey-Pure Energy	Vegan-Pure Energy	Rehab 3:1	JumpStart TR
Daily Maintenance	✓	✓	✓									✓
Upon Waking in the morning	✓	✓					✓	✓	✓	✓		
Boost Protein requirement							✓	✓	✓	✓	✓	
2-3 hours Pre Race/Training			✓	✓	✓	✓	✓	✓	✓	✓		✓
30 min before Race/ Training Start			✓	✓	✓							
Race/Training/Gym >90min			✓			✓						✓
Race/ Training >3hrs			✓	✓	✓	✓						
Race/ Training <3hrs			✓	✓	✓	✓						
Recovery	✓	✓	✓		✓	✓	✓	✓			✓	
Before Bed		✓						✓			✓	