



Welcome to **Tailwind Nutrition New Zealand**

Tailwind's potent energy and electrolytes are all you need to go all day. No juggling gels, pills, or chews—just pour, shake, and go!

How do I mix Tailwind?

Pour 1 (27g) -2 scoops in a bottle (500-600ml) for less than 2 hour workouts or 2-3 scoops for longer grunts. Shake with cool water and go!

Start with 100-200 calories per hour for shorter/less intense workouts and 200-300 calories (maximum our bodies can digest) per hour for endurance workouts or races; adjust up or down as needed.

Example: 6hr endurance event, 1200-1800 cal required on average (depending on your size/weight) = 12-18 scoops or 2-3 scoops/hr. The latest hydration research tells us to consume 500ml/hr during exercise, but to drink to thirst.

Tailwind can be pre-mixed up to 3 days before use, just shake prior to consumption.

Can I add/reduce the measure required?

Absolutely, in fact we encourage you to experiment and test to see what works for you; that is the only way you can get the most out of your event. However, please bear in mind that the maximum our stomach can digest per hour during exercise is between 200 and 300 calories.

Here's what some say about Tailwind and how they mix/change it around:

- Try mixing some of the Naked with some of the flavours! When it's hotter I like 2 scoops of naked to 1 scoop of Berry or Orange. Or mix green/chamomile/peppermint tea with Naked to create a relaxed and refreshing taste.
- For marathons, mix 4 scoops of Tailwind with 600ml of water and carry it with you in a handheld bottle, and then just supplement with water from aid stations as needed.
- The biggest thing with Tailwind is to allow it to be flexible. When the day gets super hot, change to about 150 cal/700ml rather than the regular 250 cal/700ml. That way you can consume more water and stay on top of your hydration while still getting the caloric intake. Tailwind gives you so much flexibility that you're able to adjust for race conditions. You just have to trust the product. You can do the reverse in cold conditions, with a stronger mix of about 400 cal/700ml because you will drink less often.
- When performing high intensity training sessions, mix Tailwind into a "gel" like substance in small bottles and sip regularly throughout the session.

Thank you for choosing **Tailwind Nutrition**, we look forward to hearing your thoughts and following your experiences with Tailwind.

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