NUTRITION STORAGE

**TRIATHLON GUIDE**

**Sprint**
- **1 Hour**
  - Hydroblade
- **2 Hours**
  - Hydroblade
- **3 Hours**
  - Hydroblade

**Olympic**
- **1 Hour**
  - Hydroblade
  - Hydroblade
- **2 Hours**
  - Hydroblade
  - Hydroblade
- **3 Hours**
  - Hydroblade

**Half/Full**
- **1 Hour**
  - Hydroblade
  - Hydroblade
  - Hydroblade
- **2 Hours**
  - Hydroblade
  - Hydroblade
  - Hydroblade
- **3 Hours**
  - Hydroblade
  - Hydroblade
  - Hydroblade

**OFF-ROAD GUIDE**

**1 Hour**
- **1 Hour**
  - Hydroblade
  - Hydroblade
  - Hydroblade
- **2 Hours**
  - Hydroblade
  - Hydroblade
  - Hydroblade
- **3 Hours**
  - Hydroblade
  - Hydroblade
  - Hydroblade

**ROAD GUIDE**

**1 Hour**
- **1 Hour**
  - Hydroblade
  - Hydroblade
- **2 Hours**
  - Hydroblade
  - Hydroblade
- **3 Hours**
  - Hydroblade

**TOOL + ACCESSORIES**

**BIKE SHUTTLE**
- Frame mounted design allows you to travel on your bike without worrying about cross-country or back-country biking.

**NanoFlavor**
- Tomato-based main ingredient is excellent for significantly reducing the number of calories and fat.

**Speed Chuck**
- Push-on friction design for the fastest and easiest tire.

**Tire Mate**
- Carbon fiber and photochromic blends.

**Airstrike CO2 Pack**
- Complete repair kit with XLAB CO2 cartridges, a pump, and coil.

**Light Kit**
- Quick to install accessories for quick changes and adjustments.

**“WE TAKE THESE THINGS VERY SERIOUSLY — AS THOUGH THEY ARE GOING TO FLY...”**

Craig Turner

Weekend training rides and long-distance routes can be very hard on your body. You need energy, hydration, and the right repair accessories. With XLAB, you can be sure that your accessories are properly placed and not just made for the sake of having them. We never want to add unnecessary pounds to your bike, so we always focus on making sure your bike is lightweight and efficient. We want you to be able to enjoy your bike and your ride as much as you can. We want you to be able to enjoy your ride and your bike as much as you can.