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CATALOGUE  
OF SPORT NUTRITION

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# HYDRATION

## IONOGEN

liquid ion drink concentrate



before activity during activity after activity

**Main advantages:**

\* High content of L-carnitine \* Lower energy content \* Dissolves well \* From 1 liter of concentrate to 50 liters of beverage.

**Packaging:** 1000 ml / 50 l, 500ml/25l



## MINERAL DRINK

powder ion drink concentrate up to 1,5 h



before activity during activity after activity

**Main advantages:**

\* For short and medium-long sports activities up to 1.5 hours \* Optimal electrolyte content \* Ready energy source.

**Packaging:** 30 g/500 ml, 900 g / 15 l, 4500 g /75 l



## ENERGY DRINK

powder ion drink concentrate above 1,5 h



before activity during activity after activity

**Main advantages:**

\* For longer endurance load \* With 20% Palatinose content for sustained energy release \* Optimal electrolyte ratio.

**Packaging:**

900 g/15 l, 4500 g / 75 l



## JUNIOR SPORT DRINK

powder ion drink concentrate from 6 years



before activity during activity after activity

**Main advantages:**

\* Functional drinking regime for children from 6 years of age \* Before, during and after sports activities supplements fluids, minerals, vitamins and energy \* Their sufficient supply is necessary for the demanding physical performance of children and athletes in junior age.

**Packaging:** 700 g/17,5 l



## JET POWER

powder energy drink concentrate



before activity during activity

**Main advantages:**

\* Highly effective stimulant ion drink \* It has a high content of active substances (caffeine, L-carnitine, taurine and vitamin C) in an ideal functional ratio.

**Packaging:** 700 g/9 l



## AC HYDRATION TABS

minerals in effervescent tablets



before activity during activity

**Main advantages:**

\* Practical packaging of effervescent tablets with optimal electrolyte ratio \* For longer endurance load \* Sugar-free.

**Packaging:** 20 effervescent tablets/ 20 pcs in a box



# SPARTA

# PULS





TEAM PCV  
lawi  
UCI CONTINENTAL TEAM  
SEVITECH  
LAPIERRE  
TOP FOREX  
GET MORE  
ATT INVESTMENTS  
RAFF  
lawi  
START DRINK

FOR OLDER GENERATION  
MILK SHAKE  
**AFTER ACTIVITY**  
+ BCAA  
ANTIOXIDANTS & ORO  
chocolate  
ORIGINAL  
FORMULA

TEAM PCV  
lawi  
LAPIERRE  
TOP FOREX  
GET MORE  
ATT INVESTMENTS  
RAFF  
lawi  
START DRINK

# RECOVERY DRINKS

## AFTER ACTIVITY

why based recovery drink



after activity



### Main advantages:

\* Unique blend of simple and complex carbohydrates, free BCAA, whey proteins, coenzyme Q10 and antioxidants \* Recommended to reduce regeneration time.

**Packaging:** 600g, 1500g, 3000g



## RESTART DRINK

juice character recovery drink



after activity



orange  
FLAVOUR

lemon  
FLAVOUR

### Main advantages:

\* For complete body regeneration after demanding sports performance \* Contains Aminocomplex (instant mixture of BCAA, L-glutamine and beta-alanine) \* Energy-complex (optimal ratio of mono and polysaccharides) \* Does not contain lactose or milk proteins.

**Packaging:** 50g, 700g

## MAGNUS

gainer



after activity



### Main advantages:

\* Excellent gainer with 23% premium proteins \* With optimum amino acid content, including free L-arginine and BCAA, to support muscle growth and maintenance \* Special Zn, Mg, B6 complex also contributes to protein synthesis and normal muscle activity \* Ideal nutrition i for individuals who need to gain weight.

**Packaging:** 1500g, 3000g



## JUNIOR AFTER SPORT SHAKE

recovery drink for juniors from 6 years



after activity



### Main advantages:

\* Unique representative of regenerative cocktail for sports children from 6 years \* With 30% protein content \* Enriched with calcium and vitamin D, which are needed for normal growth and bone development in children \* With iron in organic form and beta-glucans.

**Packaging:** 1500g



# ENERGY GELS

## ENERGY GEL LONG TRAIL

energy gel with Palatinose  
in a disposable sachet



palatinose



pink  
grapefruit  
FLAVOUR

orange  
FLAVOUR

lemon  
FLAVOUR

### Main advantages:

Contains unique Palatinose™ disaccharide with lower glycemic index and sustained release of energy \* Does not contain added thickeners \* Original packaging with eco-friendly sachet opening.

**Packaging:** 35 g / 25 pcs in box

## CAFFEINE GEL LONG TRAIL

caffeine gel with Palatinose  
in a disposable sachet



palatinose



coffee  
FLAVOUR

### Main advantages:

\* Energy gel with the taste of real coffee (Coffee arabica and robusta) and with caffeine stimulating effect

\* Contains unique Palatinose™ disaccharide with lower glycemic index and gradual energy release \* Does not contain added thickeners.

**Packaging:** 35g/25 ks in box

## ENERGY GEL LONG TRAIL TUBA

energy gel with Palatinose in a tube



palatinose



orange  
FLAVOUR

raspberry  
FLAVOUR

### Main advantages:

\* 2 doses of superb energy gel in a handy, one-handed, sealable tube \* contains unique Palatinose™ disaccharide with lower glycemic index and sustained release of energy.

**Packaging:** 70 g/ 15 tubes in box

## ENERGY GEL LT REFILL

energy gel with Palatinose



palatinose



lemon  
FLAVOUR

orange  
FLAVOUR

raspberry  
FLAVOUR



### Main advantages:

\* Economical and ecological package contains 19 doses of great gel \* Contains unique Palatinose™ disaccharide with lower glycemic index and gradual release of energy \* No added thickeners \* Container Soft Flask contains 150ml, enough for 5 doses of Penco Energy Gel or 2-3 doses that take can dilute the drinking gel with water.

**Packaging:** 670 g/ 19 doses



# ENERGY BARS

## LONG ENERGY SNACK

energy bar with Palatinose



coconut  
rum



### Main advantages:

\* Gluten-free energy bar \* Contains Palatinose with lower glycemic index \* Enriched with BCAA and Lecithin.

**Packaging:** 50g / 30 bars in box

## SPORT ENERGY BAR

energy bar with MCT oil



### Main advantages:

\* Ready power source  
\* Contains MCT oil and Lecithin  
\* Enriched with Coenzyme Q10

### Packaging:

40g/20 bars in box



## ULTRA ENERGY BAR

date energy bar



### Main advantages:

\* Up to 88% FRUIT \* 10% isomaltulose (Palatinose TM) with a lower glycemic index \* 1% MCT OIL as an alternative source of quick energy \* Free of beet sugar and corn syrup \* Gluten and palm fat free.

**Packaging:** 50g / 20 bars in box



## SPORT JELLY BAR

energy jelly



### Main advantages:

\* 50% fruit \* 15% isomaltulose (Palatinose TM) \* Enriched with potassium  
\* No preservatives and artificial coloring.

**Packaging:** 30g / 36 bars in box





# PROTEIN BARS

## PROTEIN BAR

protein bar



### Main advantages:

\* 30% quality proteins \* In genuine dark chocolate topping \* Rich and healthy replacement for small meals.

**Packaging:** 50g/ 20 bars in box



## ULTRA PROTEIN BAR

protein bar without added sugar



### Main advantages:

\* 30% protein \* No added sugar \* High in prebiotic fiber \* No palm fat.

**Packaging:** 50g/ 20 bars in box

# STIMULANTS

## X - RIDE

stimulant in succulent tablets



### Main advantages:

\* Unique tablet to stimulate body and mind \* In addition to caffeine also contains theobromine - cocoa bean extract \* Ready energy source \* Does not contain preservatives and artificial sweeteners.

**Packaging:** 3 tablets in sachet, 50 tablets in dose

## X - RIDE SHOT

liquid stimulant in ampoule



### Main advantages:

\* Liquid stimulant based on high-performance Caffeine-Synephrine system \* High caffeine content (200mg / 60ml) helps increase endurance performance and improve mental skills (alertness and concentration) during intense muscle activity.

**Packaging:** 60 ml, 10 ampoules in box

## MCT OIL

fast energy source



### Main advantages:

\* Unique source of energy for athletes \* Protects muscles and provides enough energy for training. \* You will appreciate MCT on intense weight loss diets.

**Packaging:** 500ml

# MINERALS AND VITAMINS

## AC SALTS

minerals to prevent cramps



before activity during activity

### Main advantages:

\* Unique basic nutritional supplement, which together with sufficient fluids we recommend to improve hydration, reduce the risk of cramps and suppress fatigue. \* Supplements lost minerals, sodium, potassium and magnesium, which positively affects muscle activity. \* Higher pantothenic acid content helps reduce fatigue and fatigue.

**Packaging:** 120 capsules, 20 capsules in practical box

## MAGNESIUM TABS

magnesium in succulent tablets



before activity during activity

### Main advantages:

\* Energy glucose tablets with magnesium, beta-alanine and antioxidant system. \* Each tablet contains 100 mg of magnesium, which contributes to electrolyte balance and normal muscle activity. \* Recommended for relieving muscle cramps. \* One 2500 mg tablet.

**Packaging:** 50 tablet, 2 tablets in a disposable sachet

## ATHLETE DAILY CAPS

vitamins and minerals for immunity



before activity

### Main advantages:

\* A multi-component dietary supplement with vitamins (A, C, and D) and trace elements (iron, zinc and selenium) that support the normal function of the immune system.

**Packaging:** 120 capsules

## MAGNESIUM ORGANIC LIQUID

organic magnesium in liquid form



before activity during activity

### Main advantages:

\* Synergistic combination of magnesium and zinc in the form of organic salts \* Enriched with vitamin B6. \* Recommended to replenish magnesium and zinc losses in the body and to relieve muscle cramps during exercise.

\* Ampoule contains 500mg of magnesium. 60 ml = 2 doses

**Packaging:** 60ml, 10 ampoules in box

## MAGNESIUM ORGANIC

organic magnesium in capsules



before activity

### Main advantages:

\* Effective combination of magnesium in an organic and usable form with zinc and vitamins E and B6. \* It is intended for replenishment and compensation of magnesium losses in the body.

**Packaging:** 120 capsules

## DAILY TAB

multivitamin and minerals



before activity

### Main advantages:

\* Each tablet provides the body with the recommended daily doses of important vitamins, minerals, plant extracts and other biologically active substances such as coenzyme Q10, Siberian Ginseng, Echinacea purpurea, Activin or carotenoids lutein and lycopene, a total of 44 active ingredients.

**Packaging:** 90 tablets

# BEFORE ACTIVITY

**PELUPA**  
gluten free porridge



before activity

**Main advantages:**

\* Instant gluten-free porridge for breakfast, snacks and as a substitute for main course \* No added sugar \* High in protein \* Enriched with iron in organic form.  
**Packaging:** 500g, 3000g



**PELUPA FITNESS**  
gluten free porridge with no added sugar



before activity

**Main advantages:**

\* Instant gluten-free porridge for breakfast, snacks and as a substitute for main course \* No added sugar \* High in protein \* Enriched with iron in organic form.

**Packaging:** 250g, 2000g



# PROTEINS

**WHEY PROTEIN**  
74% protein drink



after activity



**GREEN PROTEIN**  
protein drink for vegans



after activity



**Main advantages:**

\* 100% Whey Protein \* 37 g protein per dose \* 2,500 mg L-glutamine per dose \* 4 mg vitamin B6 per dose \* Opti-7- DIGEST - digestive enzyme complex.

**Packaging:** 1000 g/20 doses, 1950g/39 doses

**Main advantages:**

\* 100% Whey Protein \* 37 g protein per dose \* 2,500 mg L-glutamine per dose \* 4 mg vitamin B6 per dose \* Opti-7- DIGEST - digestive enzyme complex.

**Packaging:** 1000 g/ 30 doses





KINLEY

100% BETA  
BETA ALANINE  
AMINO ACID  
AND SODIUM  
HYDROGEN  
PHOSPHATE

# AMINOACIDS

## BCAA INSTANT

instant aminoacids



grapefruit  
FLAVOUR

cherry  
FLAVOUR



### Main advantages:

\* Well-soluble powder mix of L-leucine, L-valine and L-isoleucine in an ideal physiological ratio of 2: 1: 1 for beverage preparation \* Vitamin B6 contributes to normal protein and glycogen metabolism, hormone activity control and Vitamins preventive action against fatigue and damping during prolonged procedures.

**Packaging:** 330g / 30 doses

## BCAA MASSIF

aminoacids in capsules



### Main advantages:

\* Balanced blend of BCAA, arginine and B6. \* Vitamin B6 present contributes to normal protein and glycogen metabolism and, together with vitamin C, helps prevent depression and premature exhaustion. Recommended as muscle mass protection during strenuous sports performance.

**Packaging:** 120 capsules

## L - ARGININ

aminoacids in capsules



### Based on expert studies:

\* Increases blood flow to muscle tissue \* Increases lactic acid removal from overloaded muscle \* Stimulates defense system \* Increases sexual performance.

**Packaging:** 120 capsules, 200 g

## BCAA LIQUID

liquid aminoacids



orange  
FLAVOUR

cherry  
FLAVOUR



### Main advantages:

\* Liquid mixture of L-leucine, L-valine and L-isoleucine in an ideal physiological ratio of 2: 1: 1 with taurine \* The effects are intensified by the high content of vitamin B6, which contributes to normal nervous system activity and energy metabolism.

**Packaging:** 1000ml/ 50 doses

## BETA ALANINE

aminoacids in capsules



### Based on expert studies:

\* Allows you to train longer and with greater intensity \* Helps reduce muscle fatigue and fatigue.

**Packaging:** 120 capsules

## L - GLUTAMIN

aminokyselina v prášku



### Based on expert studies:

\* Prevents the decline of immunity after endurance performance \* Creates favorable conditions for the anabolic process \* Increases the level of growth hormone.

**Packaging:** 350 g/ 30 doses

# DIETS A FAT BURNERS

## LADY SLIM

cocktail for weight loss



choco  
FLAVOUR

vanilla  
FLAVOUR

### Main advantages:

\* Nutritionally balanced diet enriched with L-carnitine, hydroxycitric acid, vitamins, minerals and trace elements \* Helps reduce and maintain body weight.

**Packaging:** 420 g / 7 doses



## SLIM EFFECT

liquid fat burner



lemon  
FLAVOUR

pink  
grapefruit  
FLAVOUR

cherry  
FLAVOUR



before activity

### Main advantages:

\* Liquid fat burner and stimulant based on natural extracts of Garcinia cambogia fruit (60% HCA, hydroxycitric acid) and orange tree Citrus aurantium (95% Synephrine, a safe ephedrine analog), also used in traditional Chinese medicine. \* Recommended for weight reduction and overall body stimulation.

**Packaging:** 500 ml/ 20 doses



## L - KARNITIN LIQUID

liquid fat burner



orange  
FLAVOUR

forest  
fruit  
FLAVOUR



before activity during activity

### Main advantages:

\* Liquid, highly concentrated form of L-carnitine \* Enriched with pantothenic acid (vitamin B5) and trivalent chromium \* Higher pantothenic acid content contributes to normal energy metabolism \* Recommended for removing excess fat reserves, delaying fatigue and optimizing performance.

**Packaging:** 500 ml/ 20 doses



## FAT BURNER

fat burner in capsules



before activity

### Main advantages:

\* Contains a system of four active ingredients (L-carnitine, choline, hydroxycitric acid and trivalent chromium) that complement each other, \* Choline has a beneficial effect on lipid metabolism \* Chromium contributes to maintaining normal blood glucose levels recommended to reduce fat deposits.

**Packaging:** 120 capsules



## L-KARNITIN TARTARÁT

fat burner in capsules



before activity

### Main advantages:

\* Contains pure crystalline form of branded L-carnitine CARNIPURE, which according to studies by Swiss manufacturer Lonza affects the overall condition and readiness of the body for sports performance maximum intensity. \* Supports fat burning during exercise and subsequent weight loss.

**Packaging:** 120 capsules



## VERIVITAL

collagen peptides



choco  
FLAVOUR

vanilla  
FLAVOUR

### Main advantages:

\* Unique combination of bioactive collagen peptides Verisol®, L-carnitine and other active ingredients that help improve the quality of hair, nails and skin.

**Packaging:** 300g / 30 doses.

# JOINT NUTRITION

## GELACYS

gelatine for joints



### Main advantages:

\* Geological hydrolyzate of high biological value enriched with L-cystine, rutin and vitamin C, which contributes to the formation of collagen for normal function of blood vessels, cartilage and skin.

**Packaging:** 120 capsules

## CHONDROVIT

joint nutrition



### Main advantages:

\* Provides 3 important substances naturally found in articular cartilage: glucosamine, chondroitin and hyaluronic acid.

**Packaging:** 120 capsules

## MANGOSTEEN

joint nutrition



### Main advantages:

\* Contains Garcinia mangostana tropical fruit extract with Mangoselect® trademark and glucosamine sulfate. \* Based on testing, the extract manufacturer states that Mangoselect® has anti-inflammatory and pain-suppressing properties in addition to its anti-aging effects.

**Packaging:** 60 capsules

# BOTTLES AND SHAKERS

## SPORT BOTTLE



### Main advantages:

\* Great sports bottle of Dutch brand TACX, type SHIVA. \* Simple design \* Slightly profiled cap ensures simple screwing. \*

The bottle is made of biodegradable plastic.

**Volume:** 500ml, 750ml, 1000ml

## SHAKER



### Main advantages:

\* Waterproof shaker, with screw cap. \* Made of high quality PP polypropylene without BPA. \* Impact resistant, suitable for dishwashers and microwave ovens. \* Stainless steel ball for easy mixing.

**Volume:** 600ml

## SOFT FLASK



### Main advantages:

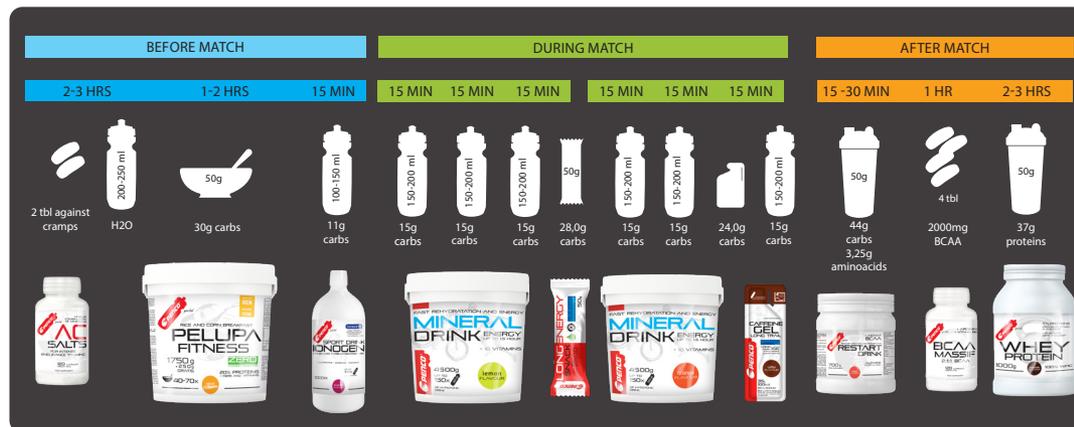
\* Great help when using Penco® Energy Gel in an economical package. \* The reservoir has a content of 200ml, it is sufficient for 5 doses Penco® Energy Gel.

**Volume:** 50ml

# NUTRITION TIMING ENDURANCE SPORTS



# NUTRITION TIMING TEAM SPORTS



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## ATHLETES WITH WHOM WE CLOSELY COOPERATE

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**SIMONA KRIVÁNKOVÁ**  
triatlon



**FILIP LANGER**  
florbal



**PETR LETÁK**  
downhill



**TOPFOREX ATT INVESTMENT**  
professional cycling team



**HC SPARTA PRAHA**  
hockey team



**CZECH HANDBALL**  
professional handball players



**AC SPARTA PRAHA**  
professional cycling team



**MICHAL KANĚRA**  
MTB



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Penco founded a team of chemists and passionate athletes in 1991.  
They transformed their knowledge into recipes and subsequently the production of sports nutrition.  
Penco has been developing and producing sports nutrition for 30 years.

