



**We develop the  
best nutrition for  
athletes.**

## Hydration.

If you are dehydrated, the blood thickens and its volume decreases. This causes you to exert more effort to pump an adequate amount of blood to the working muscles with each heartbeat. Ionic drinks, aside from carbohydrates, contain electrolytes as an energy source, which are important for fluid balance, conduction of nerve impulses and muscle contraction. The electrolytes allow a balanced transfer of water across the cell membrane by means of a sodium-potassium pump.

If you plan to train, wrestle or race for longer than 45 minutes, use an ionic drink, preferably in a hypotonic concentration.

## Recovery.

During the „recovery window“, glycogen and protein synthesis is approximately three times faster than later in the period. Therefore, „The earlier you drink a recovery drink, the shorter the recovery time and the sooner you will be ready for the next performance.“



**IONOGEN**  
liquid ionic concentrate

**Main benefits:**  
High content of L-carnitine. Lower energy content. Dissolves well. Up to 50 litres of drink from 1 litre of concentrate.  
**Package:** 1000 ml / 50 l  
**Flavours:** Lemon, Orange, Pink Grapefruit, Raspberry, Forest Fruit



**MINERAL DRINK**  
powdered ionic concentrate for performance up to 1.5 hours

**Main benefits:**  
For short- and medium-long sports activities up to 1.5 hours. Optimal electrolyte content.  
**Package:** 30 g/500 ml, 900 g/ 15 l, 4500 g /75 l  
**Flavours:** Lemon, Orange, Grapefruit



**ENERGY DRINK**  
powdered ionic concentrate for performance above 1.5 hours

**Main benefits:**  
For longer endurance exercise. With 20% Palatinose™ for gradual energy release.  
**Package:** 900 g/ 15 l, 4500 g /75 l  
**Flavours:** Lemon, Orange, Grapefruit



**U.E.D. ULTRA ENDURANCE DRINK**  
powdered high energy concentrate for intense and long performance

**Main benefits:**  
For maximum energy intake during intense physical activity (over 60 minutes). Energy is provided by Penco® Carb Mix and MCT oil.  
**Package:** 600 g/ 6 l, 1500 g /15 l  
**Flavours:** Orange, Cherry



**RESTART DRINK**  
recovery drink with juice character

**Main benefits:**  
For complete regeneration of the body after strenuous exercise. It does not contain lactose or milk proteins.  
**Package:** 50g, 700g, 3500g  
**Flavours:** Lemon, Orange,



**AFTER ACTIVITY**  
recovery milk shake

**Main benefits:**  
A unique blend of simple and complex carbohydrates, free BCAAs, whey protein, coenzyme Q10 and antioxidants.  
**Package:** 600g, 1500g, 3000g  
**Flavours:** Vanilla, Choco, Banana, Pistachio



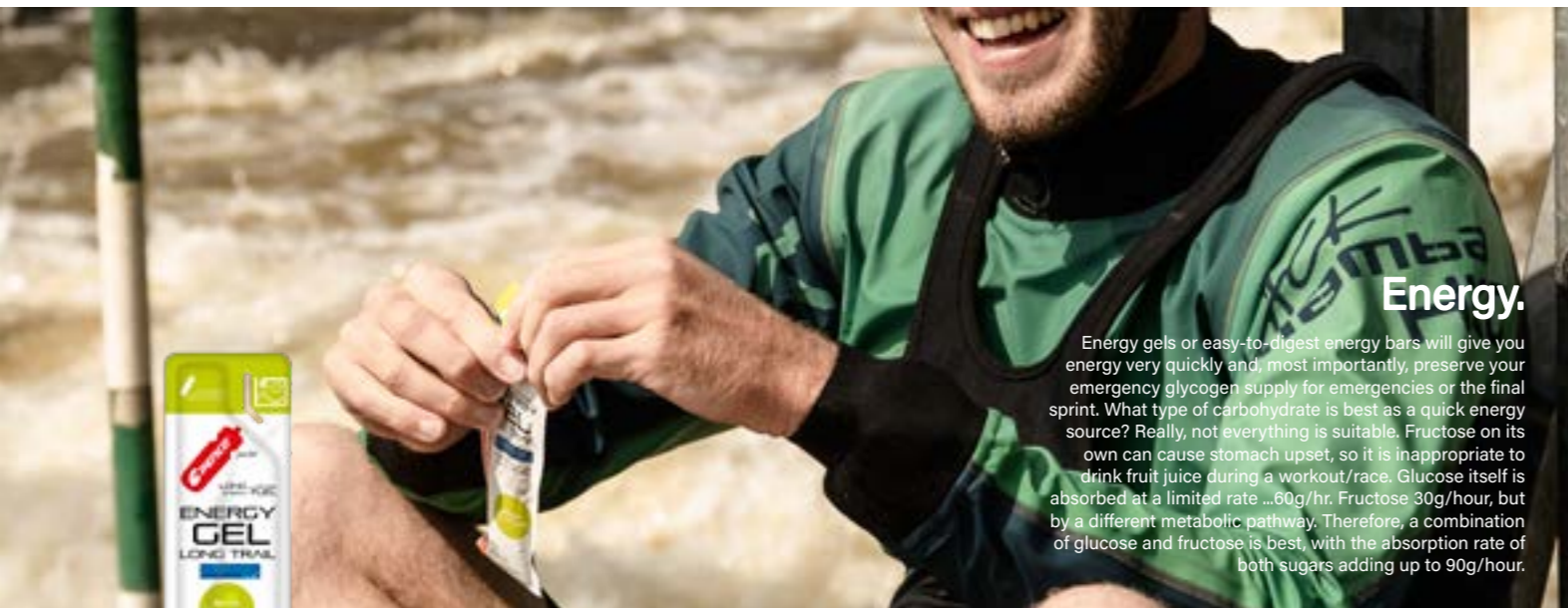
**BCAA INSTANT**  
instant aminoacids

**Main benefits:**  
Highly soluble powdered BCAA mixture in a physiological ratio of 2:1:1 for the preparation of the drink. Preventive against fatigue and fatigue during prolonged exercise.  
**Package:** 330g  
**Flavours:** Grapefruit, Cherry



**WHEY PROTEIN**  
74% protein powdered concentrate

**Main benefits:**  
100% Whey Protein. 37 g of protein per serving. 2500 mg of L-glutamine per serving plus Opti-7- DIGEST.  
**Package:** 1000 g/20 doses, 1950g/39 doses  
**Flavours:** Vanilla, Choco, Strawberry, Pistachio



## Energy.

Energy gels or easy-to-digest energy bars will give you energy very quickly and, most importantly, preserve your emergency glycogen supply for emergencies or the final sprint. What type of carbohydrate is best as a quick energy source? Really, not everything is suitable. Fructose on its own can cause stomach upset, so it is inappropriate to drink fruit juice during a workout/race. Glucose itself is absorbed at a limited rate ...60g/hr. Fructose 30g/hour, but by a different metabolic pathway. Therefore, a combination of glucose and fructose is best, with the absorption rate of both sugars adding up to 90g/hour.



## Other essentials.

Pre-performance porridge Pelupa, which we have been producing for over 30 years, joint nutrition in the form of delicious cranberry lemonade, or time-tested minerals as prevention of cramps. These are really just the most important representatives of our entire range of 140 nutrition products for athletes. Find out more at [www.penco.cz](http://www.penco.cz)



**ENERGY GEL**  
energy gel with Palatinose™

**Main benefits:**  
It contains a unique disaccharide Palatinose™ with a gradual release of energy. Contains no added thickeners.  
**Package:** 35g, 70g, 670g  
**Flavours:** Lemon, Orange, Pink Grapefruit, Raspberry, Salty Caramel, Coffee



**SPORT JELLY BAR**  
energy jelly

**Main benefits:**  
50% fruit, 15% isomaltulose (Palatinose™). Enriched with potassium. Free from preservatives and artificial colours.  
**Package:** 30g  
**Flavours:** Green apple, Cherry



**LONG ENERGY SNACK**  
energy bar

**Main benefits:**  
Gluten-free energy bar. Contains Palatinose™ with a lower glycemic index. Enriched with BCAA and lecithin.  
**Package:** 50g  
**Flavours:** Rum and Coconut, Salty Caramel



**ULTRA ENERGY BAR**  
energy raw bar

**Main benefits:**  
Up to 88% fruit. 10% isomaltulose (Palatinose™), 1% MCT oil. Contains no beet sugar or corn syrup.  
**Package:** 50 g  
**Flavours:** Cocoa and Almond, Apricot



**PELUPA**  
pre-performance porridge

**Main benefits:**  
Instant health food based on corn and honey. Easily digestible. Natural delicious taste without flavourings and colourings. Enriched with iron in organic form.  
**Package:** 1500g, 3000g  
**Flavours:** Cocoa, Honey



**SPORT JOINT CARE**  
instant collagen drink

**Main benefits:**  
Bioactive collagen peptides FOR-TIGEL® and TENDOFORTE®. With glucosamine and hyaluronic acid.  
**Package:** 420g  
**Flavours:** Cranberry



**AC SALTS**  
minerals to prevent cramps

**Main benefits:**  
A unique alkaline nutritional supplement that, along with sufficient fluids, is recommended to improve hydration, reduce the risk of cramps and suppress fatigue.  
**Package:** 120 capsules, 20 capsules



**AC HYDRATION TABS**  
minerals in effervescent tablets

**Main benefits:**  
Practical packaging of effervescent tablets with optimal electrolyte ratio. For longer endurance exercise. No sugars.  
**Package:** 20 tablets  
**Flavours:** Lemon

# Junior range.

An active sports child has a higher energy intake than his/her peers and a higher protein requirement due to faster muscle wear and tear after hard and frequent workouts. Very often, we as parents have difficulties with how to maintain the right body weight in a child or a junior who plays sports, i.e. not to suffer from underweight and poor muscle development.



## JUNIOR SPORT DRINK

powdered ionic concentrate from 6Y

### Main benefits:

Functional drinking regime for children from 6 years of age. Their sufficient supply is essential for the demanding physical performance of children and athletes at a young age.

**Package:** 700 g / 7,5 l

**Flavours:** Lemon, Orange, Fruit mix



## JUNIOR AFTER SHAKE

recovery milk shake from 6Y

### Main benefits:

A unique representative of a regenerating cocktail for sports children from 6 years of age. With 30% protein content Enriched with calcium and vitamin D, which are necessary for normal growth and development of bones in children.

**Package:** 200g, 1500g **Flavours:** Choco, Vanilla, Banana, Choco-cookie



## JUNIOR JOINT CARE

lemonade with collagen peptides for juniors aged 6 and over

### Main benefits:

A watermelon-flavoured powdered concentrate for beverage preparation with Fortigel® bioactive collagen peptides and vitamin C, which supports normal collagen production for proper bone and cartilage function.

**Package:** 450g  
**Flavours:** Meloun



## JUNIOR SPORT MULTIVITAMIN

Multivitamins for sporting children

### Main benefits:

Sucking candies with natural strawberry flavour contain a spectrum of 12 vitamins and calcium. Recommended for proper growth, immunity and psychological well-being. Suitable for young athletes.

**Package:** 150 bonbónů  
**Flavours:** Jahoda



## CONTACTS

### SALES DEPARTMENT, LABORATORIES:

Lázeňská 297, 274 01 Slaný

tel: 222 747 081, 222 747 082

email: [penco@penco.cz](mailto:penco@penco.cz), [pencolab@penco.cz](mailto:pencolab@penco.cz)

### SALES WAREHOUSE, ORDERS, ESHOP

Lázeňská 297, 274 01 Slaný

tel: 222 747 085, 777 752 378

email: [skladpenco@penco.cz](mailto:skladpenco@penco.cz)

### DEALERSHIP SLOVAKIA

IN SPORT, s.r.o. Račianska 23

831 02 Bratislava

email: [ivan.dvorak@sportlab.sk](mailto:ivan.dvorak@sportlab.sk)

### DEALERSHIP HUNGARY

PENCO HUNGARY

Sportszervilág KFT.

1035 Budapest, Miklós u.13.l.4.

[tallar.tamas@penco.hu](mailto:tallar.tamas@penco.hu)

### DEALERSHIP POLAND

MYISO Sp. z o.o.

ul. Os. Na Murawie 9/4  
61-655 Poznań

[www.myiso.pl](http://www.myiso.pl)

[info@myiso.pl](mailto:info@myiso.pl)



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Penco was founded in 1991 by a team of chemists and passionate athletes. They translated their knowledge into formulas and then into the production of sports nutrition. Penco has been developing and manufacturing sports nutrition for over 30 years.