

Hammer Gel Raspberry Usage Instructions

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* **The Obvious:** Fill the Hammer Flask, which will give you about 5-6 servings equaling 500-600 calories. Take the flask and a water bottle or two out and consume 1-2 servings per hour while you exercise.

* **Mixed with Water:** Hammer Gel mixes very easily right in your water bottle and can replace any powdered energy drink mix. Mix 1-3 servings in a 20-24 ounce water bottle and consume as needed while you exercise.

* **Post Workout Recovery:** It is a very wise idea to supplement with 50-100 grams of carbohydrates and 15-20+ grams of protein within 30-60 minutes of finishing a workout or event. Instead of using an over priced, sugar and artificial ingredient filled recovery drink mix, you can make your own. Use 2-3 servings of Hammer Gel with 1 scoop of Hammer Pro Whey or 2/3 of a scoop of Hammer Pro Soy. This will give you 48 to 92 grams of carbs and 18.5 to 21 grams of protein in an economical and great tasting post workout beverage.

* **Mix and Match Flavors:** Mixing Hammer Gel flavors is fun and can give you an almost limitless variety of custom flavors. Some of the more popular combinations are:

Banana + Chocolate or Espresso = Banana Split.

Orange + Vanilla = Orange Creamsicle.

Raspberry + Orange + Banana = Fruit Punch.

Raspberry + Espresso = Raspberry Mocha

Plain mixed with any other flavor to make it more mild for long term use.