



WHY TAILWIND?

- All products are Gluten-Free, Non-GMO, Vegan, Soy & Dairy Free
- You burn roughly 500-600 calories per hour during an activity.
 - Your body can only absorb ~200-300 calories per hour during exercise and uses your glycogen storage reserves, which need to be replenished.
- Simplifies the nutrition process for any activity.
- Made for Athletes by Athletes in Durango, Colorado



RAPID HYDRATION

- Perfect blend of electrolytes and Vitamin C
- Hydrates you faster than water alone.
- Best for lighter efforts & everyday hydration.
- No artificial sweeteners.
- Rapidly replenishes electrolytes.
- Mix with 16-24oz of water.



ENDURANCE FUEL

- Carbs + electrolytes to fuel intense efforts.
- Electrolyte profile mimics the composition of sweat.
- Light taste, great during training, or racing.
- Maximizes the absorption of water.
- Doesn't cause stomach issues.
- Mix with 20-24oz of water.

RECOVERY MIX

- Take within 30-60 minutes after the activity.
 - referred to as the "Golden Hour"
- Great flavors and can mix hot or cold.
- Mix with 16 oz of water.
- Rebuilds both muscle tissue (more intense exercise) and mitochondrial protein (endurance exercise).

FOUR KEY ASPECTS OF RECOVERY MIX

1. Rehydrate and restore – shortens your down time.
2. Quickly replenish depleted glycogen stores.
3. Rebuild damaged muscle tissue.
4. Complete protein – fast acting and 3 x more effective than Whey.

