

## ▶ From 1 month before the race



Runners' bodies suffer more damage than we imagine from daily hard training. In particular, it is easy to become ill when doing intense exercise in preparation for a marathon. Lactic acid bacterium B240<sup>®</sup> to protect your body is recommended as part of your preparation. Continuing to take Lactic acid bacterium B240 up until race day is recommended. Drink it to help create a barrier for your body to take on the race in peak condition.

### BODY MAINTÉ JELLY



Conditioning nutrition in one sachet including Lactic acid bacterium B240 to protect your body, along with BCAA + Arginine and whey protein to support recovery. Recommended for recovery and maintenance after your daily workout.

Now also available as a drink!  
Contains Lactic acid bacterium B240 and Electrolytes to protect your body from any health risks, and supporting health management.



Details



## ▶ Immediately before the race



Marathon running consumes a lot of energy in your muscles. To sustain your performance during the race, taking the essential amino acid BCAA (the general name for valine, leucine, and isoleucine) to provide an energy source for your muscles is recommended. Be sure to take at least 2000mg 30 minutes before the start and then supplement your intake partway through longer races.

### Amino-Value Supplement Style



This one sachet contains 2000mg essential amino acid BCAA to support performance and maintain muscle condition during exercise. This is a granule type which can be drunk as it is without water. Packaged in a size that will fit into a pouch or pocket, it is recommended when racing in a marathon to take just before or during the race.

Details



## ▶ During the race



It is understood that dehydration not only increases your risk of heat illness, but also lowers your performance. The critical factor when replenishing fluids and electrolytes lost through perspiration is electrolyte concentration. Choose a drink with a salt equivalent of 0.1-0.2g/100ml. It is also recommended to carry jelly on you to supplement electrolytes as you need them while running.

### POCARI SWEAT / POCARI SWEAT JELLY



Developed with the concept of "a drink for when you sweat". A smooth replenishment of water and electrolytes (ions) lost through sweating. Because it has an ion balance very similar to body fluids, it can be absorbed quickly and gently, making it a health drink that hydrates your entire body. The jelly type is recommended during the race because it can supply water and electrolytes without spilling while running.

Details



## ▶ Immediately after the race



In order to quickly maintain the damaged body after exercise, it is recommended to take Lactic acid bacterium B240 with barrier function and BCAA + arginine and Whey protein which support recovery. Replenish immediately after exercise.

### BODY MAINTÉ JELLY



Indispensable for body maintenance and highly sought after by top athletes who put their bodies to the test. The jelly type is recommended for recovery and maintenance immediately after a race as consuming one sachet provides Lactic acid bacterium B240 with 2,500mg of BCAA + Arginine and 7.5g of whey protein.

Details



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※Lactobacillus pentosus ONRICb0240

