



# GEM PHARMA

## Short & Middle Distance Racing Product Guide

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
With Water		 <b>RESPIRATORY PLUS</b>	 <b>RESPIRATORY PLUS</b>	 <b>ALL IN ONE TONIC</b>	 <b>ALL IN ONE TONIC</b>		 <b>RECOVERY PLUS</b>
With Food	 <b>RECOVERY PLUS MUSCLE POWER</b>	 <b>MULTIVIT B12 + MUSCLE POWER</b>	 <b>MULTIVIT B12 + MUSCLE POWER</b>	 <b>MULTIVIT B12 + MUSCLE POWER</b>	 <b>RACE BOOSTER (Over 200km Races Only)</b>	 <b>RACE BOOSTER</b>	 <b>VITA MINERAL 1000</b>
			 <b>BATH SALT (Morning Bath)</b>				

**RACE DAY**

