

German Triathlete Annett Finger about Peronin

Peronin – my fuel for crossing the Alps

If you are an avid sportsperson yourself who occasionally takes parts in contests, you will know just how important proper nutrition is and that your intake must be sufficient. As cheese sandwiches and sausages are not really what I need for this purpose, I look around for high-quality alternatives.

I have found the solution for crossing the Alps: Peronin.

Peronin is an all-in-one food that satisfies rigorous performance requirements and contains added vitamins and minerals. It has been successfully used for years by extreme sportspersons in mountain and desert running contests, ironman competitions, expeditions, and many other long-distance and ultra sports types. Just right, exactly what I was looking for.

Ninety-six percent of the powder, consisting of medium-chain triglycerides, is absorbed by the body within about six minutes. Unlike conventional food, it does not have to first be split inside the stomach, but is directly assimilated. Peronin thus provides a fast and lasting energy supply.

I myself discovered Peronin because of my good previous experiences with Trek'n Eat products and also simply because I was looking for a new taste. Especially cocoa and vanilla are a welcome change from the otherwise very sweet isotonic beverages.

PS: My absolute favorite is cocoa – I'm typical compulsive sweet-eater 😊

www.annett-finger.de

Top 10 Ironman Regensburg 2010

Top 5 German Middle-distance Championship 2010

German Long-distance Vice-champion

Challenge Roth 2009



Further information

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