

SYSTEM ULRICH LEMMENS

DAY	WATER	FOOD	EXTRA
SATURDAY (ARRIVING HOME)	RECUP OXY+ AMINO VIT B BELGAMAX	FREE-AMINO-ACIDS WONDERMIX REBUILD POWDER	(OR INDIVIDUAL REBUILD CAPSULES IF THE WHOLE TEAM DIDN'T RACE)
SUNDAY	IMPROVER + ANTIFUNGAL	WONDERMIX PROGUT	
MONDAY	IMPROVER + ANTIFUNGAL	OMEGA OIL PROGUT	CAPSULE TRICOLI-STOP
TUESDAY	WONDERMIX	OMEGA OIL MULTIVITRA	
WEDNESDAY BASKETING DAY 600-800KM	BRONCHOPLUS	LICITHIN OIL OXY B POWDER L-CARNITINE COMPLEX	
THURSDAY BASKETING DAY 300-600KM	BRONCHOPLUS	LICITHIN OIL OXY B POWDER L-CARNITINE COMPLEX	