

TECH | Techtalk

Fluid replacement tablets

NUUN is a purely electrolyte tablet for hydration purposes, with no carbs for energy. Quick to dissolve, they have a great flavour, although the cola variety does taste similar to cheap imitation flat cola. The tablets are great for quick hydration before, during and after an event due to Nuun's optimal salt balance.

Motor Tabs Fluid Replacement System uses three energy sodium and glucose balance. Each tablet is three times the size of a standard tablet, hence the large packaging. The flavour is longer lasting.

Zym Catapult contains Guarana, a natural source of caffeine, providing 100mgs for that extra kick. The subtle raspberry taste is refreshing and these help to replace the body's sodium, potassium and magnesium salts to prevent dehydration. A minimal four calories means that energy has to be sourced elsewhere.

Verdict

Nuuns are great for hydration, as are Motor Tabs, with the added advantage of being able to be carried easily on the bike — they just don't dissolve too quickly. Zym's also hydrate well but have an extra caffeine kick.

Nuun Electrolyte
£4.99 tube of 12 tablets Citrus, Cola, Lemon/Lime, Tri Berry

www.nuun.com

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Zym Catapult
£5.99 per tube of 10 Raspberry

Contact
Lambda Sports,
www.gozym.com,
0870 777 4970

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Motor Tabs
£0.99 per tablet, £21.99 box of 24 Fruit Punch, Lemon and Lime, Orange and Grape

Contact
Upgrade, www.upgradebikes.co.uk,
01403 711611

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Cycling
WEEKLY



CYCLEFIT, Covent Garden, London

SECRET SHOPPER



Overall feel:

Not a bike shop as such, more like top-end bespoke bike tailors, cycling's Savile Row.

Form and function:

You can come in off the street for a look and a chat about what they do, but CycleFit is an appointment-based one-to-one consultation with trained technicians to get you a bike fit that matches a whole range of different individual parameters.

Bike lines:

Serrotta for total custom builds. CycleFit is one of the few outlets in the world for custom

Coinago. Its Glider brand frames are built in a wide range of sizes, drawing on its years of experience of varying customer requirements.

Customers:

From weekend warriors to top pros. Injured customers are common. Our bodies are good at tolerating the wrong bike position for years, but eventually something gives, and sadly that is where CycleFit gets a lot of its work.

Staff:

Highly trained and patient, with good people skills. Good listeners, if slightly evangelical.



- Website: www.cyclefit.co.uk
- Repairs? No, workshop is for own build-ups only.
- Memorabilia? Tons. Chris Boardman's Tour time trial bike. Loads of signed jerseys.
- Mail order? No, it's not that kind of shop.
- Where is it exactly? 11-13 Macklin Street, Covent Garden, London, WC2.
- Tel 020 7430 0083, e-mail info@cyclefit.co.uk