

	Number of Bottles per hour	Calories	Carbs	Protein	Volumes ml	ounces
Heed	2.0	181.8	45.5	0.0	1000	33.8
Perpetuum	2.0	260.0	54.0	6.0	100	3.4
						0.0
						0.0
subtotals		441.8	99.5	6.0	1100	37.2
Per 100 ml		40.17	9.04	0.55	100	

SPR-3	2.0	266.7	46.7	20.0	1000	33.8
Clif Shot blocks(3 pieces per portion)	1.0	100	24	0		0.0
						0.0
						0.0
subtotals		366.7	70.7	20.0	1000	33.8
Per 100 ml		36.67	7.07	2.00	100	

Sustained Energy	2.0	381.1	81.1	12.0	1000	33.8
Why Protein (scoops)	0.5	45.0	0.5	9.0		0.0
						0.0
subtotals		426.1	81.6	21.0	1000	33.8
Per 100 ml		42.61	8.16	2.10	100	

Targets		
CHO / hr	CHO/100ml	Protein / 100ml
30 - 60 g	4-8 g	1.5 - 2.2 g

Bottle Sizes	
ml	ounces
500	16.9
50	1.7

Product	Cal	Carbs	Protein	ounces	ml
Heed	100	25	0	550	18.60
SPR-3	80	14	6	300	10.14
Perpetuum	260	54	6	100	3.38
Sustained Energy	285.8	60.8	9.0	750	25.36
Whey Protein	90	1	18	120	4.06
Clif Shot blocks	100	24	0		
Clif Oatmeal Raisi	250	43	10		

<-- 2 bottles = 3.33 scoops of SPR-3
plus 3 pieces of shot blocks eaten directly

<-- 2 bottles = 5 scoops of Sustained Energy plus a 1/2 scoop of why protein