

Y 2018

COMPLETE  
R'S GUIDE

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# RUN

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THE ULTIMATE  
**SPRING/  
SUMMER  
2018**  
**SHOE GUIDE**

**RUN INSIDER**  
**PILATES FOR RUNNERS**  
**RECHARGING AT SKYVE**

## The Carbon Advantage

Need a watch as tough as you? The **Luminox Master Carbon SEAL 3800** series, with its many enhanced features, is the masterpiece of the Original Navy SEAL timepieces. The latest Master Carbon SEAL Limited Edition 3803 is made up of Carbon compound using 40 per cent carbon in bar form. This amount of carbon changes everything, making the case lighter, more durable, and exceedingly hypoallergenic. A formal navy blue dial carbon fibre dial features on this edition and completes the look by paying tribute to the brand's long history of using carbon as a main material in their watches. Luminox watches glow up to 25 years in any light condition, and has been the watch of choice for many law enforcement officers and military personnel worldwide.

From **S\$1060** at authorised Luminox retailers



## Power Boost

Designed for endurance athletes, the **BioTech USA Energy Gel** replenishes energy lost during strenuous exercise with low and high complexity macronutrients: triCARB and MCT (Medium Chain Triglycerides). triCARB uses a three-component carbohydrate matrix where as MCT consists of fatty acids, more complex than carbohydrates. BioTech USA Energy Gel is also further enhanced with L-Carnitine, Taurine, Vitamin B6 and minerals.

**S\$12.50 (4 sachets) and \$35.90 (10 sachets)** at [www.Qoolmart.com](http://www.Qoolmart.com)

## Cramp No More

**Cramp-Z** claims to be a new way to prevent muscle cramps, which often happens when muscles get low on magnesium. Cramp-Z restores magnesium to muscles and relieves restless legs with its totally natural ingredients.

**S\$29.90** at [Qoolmart.com](http://Qoolmart.com)



## Better for You than Before

**100PLUS Zero Sugar** is the latest addition to the 100PLUS range of drinks. The new variant refreshes, rehydrates, and replenishes with essential electrolytes that are much needed in hydration, but with no added sugar. It offers zero calories in a daily, functional electrolyte drink that is both refreshing and delightful. 100PLUS Zero Sugar carries the Healthier Choice Symbol by Health Promotion Board (HPB).

**S\$0.80** for 325ml cans, **S\$1.20** for 500ml bottles, and **S\$1.90** for 1.5 litre bottles at all leading supermarkets and convenience stores

