

SYNERGY PRODUCTS AID ULTRAMARATHON RUNNER



For Marcel Höche, a Synergy sponsored athlete, racing is his life. At 22, the German ultrarunner is one of the youngest competitors in the sport. He is the German National Champion for the under-23s in ultrarunning and in 2015 he set a Best Performer 12h run for his category - no competitor his age was running farther than him in a 12-hour period.

For most, finishing a marathon is an incredible feat of endurance and strength, but for ultramarathon runners, 26.2 miles is just the beginning. Ultramarathons range from anywhere between 31.1 miles to hundreds of miles and can take multiple days to complete.

Marcel fell in love with competitive sports at 7-years old and ran his first ultramarathon when he was only 19. Since then, he has held a sincere passion for racing. His training is extensive and tedious, with daily routines constantly switching between long distance runs and speed sessions that allow him to push his body to its limits as an athlete. Due to the heavy physical toll ultramarathons face, Marcel began using Synergy products. *“When I started to train harder, I changed my diet and Synergy’s products have really helped me,” he said.*

Marcel uses Mistica each day to help with the physical stress the sport places on his body. He is also a firm believer in ProArgi-9+, using the products multiple times throughout the day both in training and in competition.

“I like e9 a lot! It has everything I need in a tough situation,” Marcel said. “Minerals, energy and amino acids. It really is a perfect mixture of everything that I need to perform well.”