

Using Perpetuem Solids



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We believe that [Perpetuem Solids](#), while they can be used as your sole source of calories, are best used as a part-time, solid-food source of calories. They are designed primarily to augment your use of the Hammer Nutrition liquid fuels, helping you reach your targeted hourly caloric total during exercise/competition, especially that lasting more than two hours.

One of the goals in making [Perpetuem Solids](#) was to have a product that would, well, be solid, but not so hard that chewing it would wear out your jaw, be difficult on your teeth, or irritate your gums. For some people – and this is due to how the tablet is processed – the consistency of Perpetuem Solids may seem to be slightly chalky when first chewed. Again though, our goal was to provide a high quality, solid-food source that was in an easy-to-chew tablet form, and we believe we've found the right combination between the product being too hard versus being somewhat chalky-to-powdery.

As far as the size of a [Perpetuem Solids](#) tablet is concerned, this is as small as we can make it in order to supply an acceptable amount of a calorie donation. Please remember that each tablet contains 33.3 calories, which isn't a huge amount, and that is why the tablet is the size that it is. The best way to deal with the tablet size is to not try and chew & swallow the entire thing whole. Instead, break it in half or into smaller chunks; you'll find that doing this is almost effortless.

Once chewed, the tablet will – at least to some degree – create a semi-paste-like consistency, some of which may stick to your teeth (think of it as being a little food for later!). Seriously, this is something that, all things considered, we believe is a minor inconvenience, especially compared to the gelatinous chew/cube energy products, which are loaded with refined sugar. For many, many months we tried to make a chewable, gelatinous version of [Hammer Gel](#). However, after numerous tries we realized it simply could not be done without the inclusion of copious amounts of refined sugar, which we definitely were opposed to doing. That's why we designed [Perpetuem Solids](#), which is the same exact, time-proven formula as Perpetuem in the powder form – high quality calories from complex carbohydrates, GMO-free soy protein, a special soy-derived healthy fat, plus all of the complementary auxiliary nutrients. No refined sugar, no artificial colors, no artificial flavors, no artificial sweeteners.

Lastly, like any solid food source, you will need to wash [Perpetuem Solids](#) down with water or fluid from your fuel bottle. Some athletes have commented that they've found them to be a bit hard to get down; however, the overwhelming response we've received – both from our "working men" mountain bike team as well as from other athletes who have used Perpetuem Solids – is that this is not a significant issue at all. The key is to consume them during periods of reduced intensity (not in the middle of a tough climb or during a sprint!) and, as mentioned earlier, to eat them gradually – chipping away at them, not trying to consuming the entire tablet at one time.