

## The correct quantity of Caffélatex and Végélatex for each cyclist

What is the right quantity of Caffélatex or Végélatex sealant for Off-Road, Road, Gravel, cyclo-cross tyres? This question is more complex than it seems.

### Cyclo-cross Tyre Size (Tubeless or Tubular\*)

Quantity Caffélatex [ml]	Quantity Végélatex [ml]	ETRTO 622- (700C – 28") [mm]
40	48	33

*\*Inside inner tube: same as chart*

*Tubeless-Ready: + 5 ml*

### Road/Gravel Tyre Size (Tubeless or Tubular\*)

Quantity Caffélatex [ml]	Quantity Végélatex [ml]	ETRTO 622- (700C – 28") [mm]	ETRTO 584- (650B – 27,5") [mm]
30	36	23	25
30	36	25	28
35	42	28	32
35	42	32	38
40	48	38	42
40	48	42	47
45	54	47	50

*\*Inside inner tube: same as chart*

*Tubeless-Ready: + 5 ml*

### Off-Road Tyre Size (Tubeless\*)

Quantity Caffélatex [ml]	Quantity Végélatex [ml]	ETRTO 622 (29") [mm] (inch)	ETRTO 584 (650B – 27,5") [mm] (inch)	ETRTO 559 (26") [mm] (inch)
45	54	47 (1,75)	50 (2,00)	54 (2,10)
50	60	50 (2,00)	54 (2,10)	57 (2,25)
60	72	54 (2,10)	57 (2,25)	60 (2,35)
70	84	57 (2,25)	60 (2,35)	65 (2,60)
85	102	60 (2,35)	65 (2,60)	70 (2,80)
100	120	65 (2,60)	70 (2,80)	75 (3,00)
115	138	70 (2,80)	75 (3,00)	80 (3,20)
130	156	75 (3,00)	80 (3,20)	85 (3,40)
145	174	80 (3,20)	85 (3,40)	90 (3,60)
160	192	85 (3,40)	90 (3,60)	95 (3,80)
175	210	90 (3,60)	95 (3,80)	100 (4,00)
190	228	95 (3,80)	100 (4,00)	105 (4,20)
205	246	100 (4,00)	105 (4,20)	110 (4,40)
220	264	105 (4,20)	110 (4,40)	115 (4,60)
235	282	110 (4,40)	115 (4,60)	120 (4,80)
250	300	115 (4,60)	120 (4,80)	125 (5,00)

Tyre sealants are a must-have for the performance-oriented cyclists, to avoid the feared and annoying punctures. The big question is: how much sealant do I need?

Parameters that influence the necessary quantity of sealant:

Several parameters should be taken into account, for example the outside humidity, temperature and tyre inflation routine/regularity. However, the main factors are:

- tyre size: width and diameter;
- tyre type: if tubeless, tubeless-ready, tubular or tube-type (so that the sealant is injected into the inner tube).

With that in mind, we decided to create an easy tool to select the right sealant quantity: iCaffelatex, a free App (for both Android and iOS smartphones).

**iCaffelatex app**

Designed for Caffélatex and Végélatex sealants, iCaffelatex calculates the optimal quantity of sealant needed per wheel, based on tyre size and tyre construction (tubeless, tubeless-ready, tubular, etc.).

How to use iCaffelatex:

With an user-friendly interface, it is possible to set the following parameters to find the optimal quantity of sealant:

1. the type of discipline (Off-Road, Road/Gravel, Cyclo-cross)
2. Caffélatex or Végélatex sealant
3. the Tyre Type (tubeless, tubeless-ready, tubular...)
4. the Wheel Diameter
5. the Tyre Width.

Using the recommended quantity is important to avoid an excess of sealant (not really a problem, but you carry more weight), or having too little to function.

In addition, iCaffelatex gives you an idea about the sealant lifespan. iCaffelatex doesn't require Internet access to function.

Sealant quantity and expected life span:

The life span of sealant inside a tyre is directly proportional to its quantity. When you reduce the quantity of sealant, you also reduce its ability to repair punctures, and its life span. Sealant evaporation through the tyre is unavoidable and after a certain time a limited quantity of liquid will remain inside the tyre, unable to provide an active puncture protection. For this reason, regular checks and sealant refills are strongly recommended.

Using our suggested quantity, the expected life span is the following:

**Caffélatex:**

- tubular (or inserted into a butyl/latex/polyurethane inner tube): up to 1 year
- tubeless tyre: 2-6 months
- tubeless-ready tyre: 1-4 months.

**Végélatex:**

- tubular (or inserted into a butyl/latex/polyurethane inner tube): more than 1 year
- tubeless tyre: starting at 3 months, normally exceeding 6 months
- tubeless-ready tyre: starting at 3 months, normally exceeding 6 months