

## **Fitness Fuel**

Fitness Fuel is a unique mixture of whey protein and nutrients that can't be found on your local health food store, gym or smoothie shop. Designed by a physician for those individuals who are looking for the highest quality performance supplement, Fitness Fuel is blended from the highest quality pharmaceutical grade supplements, is gluten free, with no fillers, additives, or artificial sweeteners, and with hormone-free and antibiotic-free New Zealand whey protein.

### **The benefits include:**

- Provides energy and building blocks for your muscles
- Reduces muscle damage and inflammation that occur during exercise
- Increases stamina, performance and endurance
- Promotes muscle growth
- Reduces fatigue, soreness and recovery time
- Provides powerful antioxidants needed during exercise

### **In a 24-32 ounce bottle, add the following:**

4-6 ounces of fresh orange or apple juice (preferable organic & fresh-squeezed)  
12-16 ounces filtered water  
1 Tablespoon organic, raw honey  
1 packet of Fitness Fuel

Ten minutes into your training session start drinking the energy drink and drink 2-4 ounces periodically throughout your exercise then finish immediately after your training session. You can increase the water content for longer workouts.

The ingredients and benefits of each are as follows:

- **Orange juice and raw honey** – provides carbohydrates in the form of glucose and fructose. These help to maintain normal blood sugar during energy expenditure.
- **Whey protein** (20 grams) – contains amino acids and protein for muscle building plus precursors for glutathione to help reduce excessive stress and inflammation.
- **Amino acid blend** – increases muscle mass and muscle protein synthesis, reduces muscle damage and accelerates muscle recovery.
- **D-Ribose** – provides immediate ATP for energy production, improves mitochondrial and cardiac function, protects cells and increases glutathione production.
- **Carnitine** – antioxidant action protects the muscles from damage, decreases fatigue and enhances muscle performance and endurance.
- **Glutamine** – increases muscle growth, immune function and exercise performance.
- **Vitamin C** – reduces cortisol levels during exercise and reduces inflammation.
- **Taurine** – decreases muscle soreness and muscle damage during and following high intensity exercise.
- **L-Arginine** – increases exercise capacity by improving blood flow.
- **Cordyceps** – improves stamina and performance by enhancing through multiple mechanisms in the heart, blood vessels and muscle cells