



Vitamin B6

- Supports mood and brain function
- Supports proper function and development of the brain and nervous system.
- Makes an impact on the central production of both serotonin and GABA neurotransmitters in the brain, with important compounds for mood regulation, in addition to depression, pain, fatigue, and anxiety prevention.

Vitamin B12

- Supports red blood cell formation
- Studies have shown benefits with preventing anemia
- Supports brain health
- Studies have shown to help with preventing brain atrophy and memory loss
- Supports cognitive function
- Supports energy boost
- Supports healthy hair & skin

Magnesium

- Essential for bone formation and health
- Supports heart health

- Studies have shown to lower risk of arrhythmia (abnormal heart rate)
- Studies have shown to lower risk of heart attack and stroke
- Studies have shown to lower risk of cardiovascular disease
- May be used to relieve migraines (people who experience migraines may have lower levels of magnesium)
- Used to reduce depression and anxiety

Sodium - Chloride

One of the most important electrolytes in the blood. It helps keep the amount of fluid inside and outside of your cells in balance. It also helps maintain proper blood volume, blood pressure, and pH levels in your body fluids.

If you lack in levels of chloride you can become sick and dehydrated.

Hydromax Glycerol (Patented Ingredient)

Used patented technology to lower body temperature and keep your cells hydrated longer without a decrease in bodily fluids. Meaning that you can stay hydrated for a longer duration of time without having the decrease in bodily fluids such as sweat which is a result of increased body temperature due to activity which Hydromax decreases core body temperature and also decreases the amount of urination to retain nutrients longer within the body to utilize when your body needs it the most during any long activity.

- Glycerol has been shown to decrease core body temperature and heart rate in exercising individuals.
- Delay the need for hydration promoting hyperhydration (retaining water for longer periods of time) during activities during the day preventing dehydration.
- Enhanced performance in environmental heat and humidity.
- Suggests improved efficiency in exercise, thermoregulation and decreased physiological stress.

Astragin (Patented Ingredient/Complex)

Astragalus Root & Tienchi Ginseng Extract Root

- Studies have shown to increase the absorption and bioavailability of amino acids and peptides in the bloodstream
- Promotes gut health, immune health, and nutritional profile
- Promotes protein synthesis in muscle
- Promotes glucose metabolism and mitochondrial functions
- May be used to regulate appetite

Peak O2 (Patented Ingredient & Mushroom Complex)

Cordyceps

- Studies have shown to strengthen the immune system and respiratory health
- Promotes the production of Natural Killer Cells, which are one of the body's first lines of defense against infection and illness.
- The immune protected effects help against a wide range of diseases to the common cold.
- Increased oxygen taken in by the lungs
- Studies have shown to alleviate respiratory conditions and illnesses
- Studies have shown to help aid respiratory distress and weakness
- Heart health
- Promote and increase of blood flow in the coronary vessels to the heart
- May stabilize heart beat and correct heart arrhythmia
- Studies have shown that cordyceps may prevent atherosclerosis, heart attacks and strokes.
- Studies have shown to lower cholesterol levels
- Boosts energy and cognitive function
- Enhances cellular energy production
- Improves stamina
- Increases the amount of oxygen uptake in the body
- Decreases fatigue and tiredness

Unfortunately, Cordyceps supplements on the market are at risk of poor quality with addition of other substances for fillers.

To avoid this, look for the USP (United States Pharmacopeial) or NSF (National Sanitation Foundation) / NSF for Sport seal. These are third-party, non-profit organizations that ensure supplements contain what they claim, without impurities.

The EnduroSport Pre-Action currently holds the NSF seal.

<https://www.nsf-sport.com/our-mark.php>

Reishi (Mushroom)

- Boost the immune system
- Can help alleviate fatigue and combat with stress such as muscle aches, pains, and irritability
- Can help lower blood pressure
- Improve recovery and sleep
- Contains cholesterol Lowering compounds
- Could improve liver function
- Rich in antioxidants that have properties that can reduce risk of disease and premature aging

Unfortunately, Reishi supplements on the market are at risk of poor quality with addition of other substances for fillers.

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King Trumpet (Mushroom)

- Contains vitamin D that promotes overall health and bone health
- Contains compounds that help for Immune System Support
- May function as cholesterol lowering dietary agent
- Research and clinical studies that King Trumpet has been effective against certain strains of Influenza Viruses.
- Contains anti-inflammatory properties

Unfortunately, King Trumpet supplements on the market are at risk of poor quality with addition of other substances for fillers.

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Shiitake (Mushroom)

- Studies show improved immunity health (alleviates the common cold, flu)
- Studies show Improved gut health
- Contains anti-inflammatory properties
- May help lower blood pressure and alleviate stomach aches
- Studies have shown to lower blood cholesterol level

Unfortunately, Shiitake supplements on the market are at risk of poor quality with addition of other substances for fillers.

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Lions Mane (Mushroom)

- Powerful antioxidant and anti-inflammatory
- May reduce depression and anxiety
- Improved mood and focus
- Promotes learning, memory, and attention
- Supports brain health and cognitive function
- Stimulates the creation of two important compounds: nerve growth factor (NGF) and brain-derived neurotrophic factor (BDNF).
- Nerve Growth Factor (NGF) plays an important role in forming myelin, the sheath around nerve cells that helps brain cells do their job.
- Brain-derived neurotrophic factor (BDNF) increases brain plasticity, which helps your brain cells stay resilient in the face of stress and aging.

Unfortunately, Lions Mane supplements on the market are at risk of poor quality with addition of other substances for fillers.

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Turkey Tail (Mushroom)

- Studies have shown to improve immunity health (Production in Natural Killer Cells)
- Clinical studies have shown anti-cancer and anti-tumor properties within Turkey Tail
- Rich in antioxidants

Unfortunately, Turkey Tail supplements on the market are at risk of poor quality with addition of other substances for fillers.

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ElevATP (Patented Ingredient)

Contains Ingredients: Ancient Peat and Apple Fruit

Top Benefits of ElevATP

- Supports athletic performance and body composition
- Supports power output and training volume
- Helps reduce performance decrements associated with overreaching
- Supports lean muscle and strength
- Supports healthy aging
- Supports ATP production
- Supports mitochondrial structure and function
- Supports cellular responses and antioxidant defenses
- Supports healthy gut microbiota

What is ElevATP?

ElevATP® is a proprietary, clinically researched combination of a water extract of “ancient peat” (fossilized plants) and apple extract. The ancient peat contains 70

plant-derived inorganic microelements. It is especially rich in carbon, magnesium, nitrogen, oxygen, and sulfur. The apple extract is made from apple peel and contains 10 apple polyphenols. ElevATP® was designed to support mitochondrial energy-producing processes to stimulate cellular energy production in the form of ATP. Having extra ATP allows our cells to do more things better, upregulating health, performance, and metabolism.

Where is ElevATP Sourced From?

- ElevATP® is a clinically tested product with human studies for sports performance, body composition, and elevating cellular energy in the form of ATP.
- Created by FutureCeuticals, Inc., an industry leader in the research, development and manufacture of fruit, vegetable, and grain-based products.
- ElevATP® was awarded ingredient of the year in the sports nutrition category by Nutraingredients-USA Awards for 2018.
- ElevATP® is Non-GMO Project Verified, vegan, GRAS (generally recognized as safe) and gluten free.
- ElevATP® is a registered trademark of VDF FutureCeuticals, Inc. ElevATP® products are protected by US patent no. 9,327,005, used under license.

Nitrosigine (Patented Ingredient)

Contains **Arginine** which is one of the essential amino acids that play vital roles on the body such as:

- Increasing nitric oxide
- Promotes blood flow
- Removing ammonia from the body
- Immune function
- Wound healing properties

Contains **Silicon** which is an unreactive, colorless compound that is naturally found in foods such as cucumbers and avocados.

- Supports strengthening connective tissues of the brain
- Supports endothelial relaxation
- Supports bone health
- Studies have shown to improve memory
- Some studies have shown to stabilize the pancreas's release of insulin

- It has been tested and shown to significantly increase nitric oxide (NO) production more substantially over commonly used ingredients such as: Arginine AKG, Agmatine Sulfate, Citrulline Malate, L-Arginine, and Citrulline.

How is the patented ingredient of Nitrosigine made?

Nitrosigine is made by combining arginine and silica and stabilizing it with inositol (a vitamin found in plants). This prevents the breakdown of Nitrosigine and makes its effects last longer in the body (up to 6 hours).

Nitrosigine has been studied and has shown help:

- Boost key factors related to increased blood flow. More specifically increasing nitric oxide levels and promoting blood vessel relaxation.
- Time optimized. Works within 15 minutes and increases blood arginine levels for up to 6 hours.
- Increases energy rapidly and safely.
- Improve mental acuity and focus by 33%.
- Create greater “pumps” by delivering more oxygen and nutrients to working muscles while also removing waste products.
- Combat muscle damage from exercise by reducing creatine kinase levels by 56%.

Rhodiola Rosea Extract* (Root) (Patented Ingredient)

- Studies have shown that it is effective in fighting off fatigue and other symptoms associated with stress.
- Studies have shown to improve many symptoms of depression, by influencing the neurotransmitters that affect mood and emotion.
- May increase mental performance during mentally stressful and physically strenuous times.

Unfortunately, Rhodiola supplements on the market are at risk of poor quality with addition of other substances for fillers.

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