

—Athletic Program—



A

Athletes, ranging from enthusiastic amateurs to professionals, have become increasingly interested in utilizing nutritional supplements to meet their unique metabolic needs and to help achieve their personal best.

Our athletic products are “elite” in their own way by offering the highest purity and most bioavailable ingredients without being compromised by preservatives, additives, or fillers. They are a logical match for helping to maintain peak condition and optimal physiological function.*

Both recreational and serious athletes can benefit from nutritional support that addresses some of the basic needs of physical exertion, including proper fuel and hydration, as well as protection for the cardiovascular, immune and musculoskeletal systems.*



Introduction

Many of today's athletes incorporate cross training for total body fitness and optimal performance. For instance, endurance athletes spend time strength training with weights while power athletes include cardiovascular workouts to boost endurance and stamina. Our athletic products are divided into three convenient categories, allowing athletes to customize the endurance and/or speed/power components of their programs. The first category includes two core products that form the nutritional foundation for every athlete. The second category contains pre-exercise energy products for endurance as well as strength/power activities. The third offers post-exercise recovery and repair products to counteract the rigors of training.*

Foundation: For Every Athlete

UltraNutrient®
ProBasics™

Pre-Exercise Energy

▶ Endurance Activities

choose from:

Electrolyte/Energy formula
Nitric Oxide Support
BCAAs
L-Carnitine

▶ Strength/Power Activities

choose from:

Creatine
Ribose

Post-Exercise Recovery

▶ Muscles

choose from:

Systemic Enzyme Complex
L-Glutamine

▶ Ligaments, Tendons & Joints

choose from:

Ligament Restore
Cat's Claw

The Foundation

UltraNutrient®

- Contains the most active and bioavailable vitamin and mineral forms for advanced nutritional support*
- Full spectrum B-complex vitamins to charge energy production*
- Vitamin C, vitamin E, beta carotene and reduced glutathione to mediate the pro-oxidant effects of exercise on muscle fibers and delay muscle soreness; also important for healthy immune defense, along with zinc*
- Calcium, potassium and magnesium for healthy muscle contractile function*

- Chromium and other mineral cofactors for healthy carbohydrate and protein metabolism*
- Manganese, boron and copper for healthy ligaments and joints*
- Alpha lipoic acid and CoQ₁₀ for cellular energy and cardiovascular support*
- Hawthorn for healthy blood flow; silymarin and curcumin to support tissue comfort by maintaining healthy cyclooxygenase-2 activity*

REFERENCE: Schroder H, Navarro E, Mora J, Galiano D, Tramullas A. Effects of alpha-tocopherol, beta-carotene and ascorbic acid on oxidative, hormonal and enzymatic exercise stress markers in habitual training activity of professional basketball players. *Eur J Nutr.* 2001 Aug;40(4):178-84.

*In recent studies conducted at Cornell University, scientists revealed that curcumin provides key support for maintaining healthy cyclooxygenase-2 enzyme function, providing potential for musculoskeletal comfort.**

*In a double-blind cross-over trial involving Finnish top-level cross-country skiers, CoQ₁₀ supported performance by enhancing oxygen consumption (VO₂ Max) and improving recovery time.**

six vegetable capsules contain

mixed carotenoids	25,000 i.u.
providing:	
beta carotene.....	14,280 mcg.
alpha carotene.....	450 mcg.
zeaxanthin	90 mcg.
cryptoxanthin	110 mcg.
lutein.....	70 mcg.
vitamin D ₃	400 i.u.
d-alpha tocopherol succinate (vitamin E).....	400 i.u.
ascorbyl palmitate (fat soluble vitamin C).....	100 mg.
pantothenic acid	400 mcg.
(calcium pantothenate) (B ₅).....	100 mg.
niacinamide	100 mg.
thiamine HCl (B ₁)	100 mg.
inositol hexaniacinate (no-flush niacin)	90 mg.
riboflavin (B ₂).....	50 mg.
riboflavin 5' phosphate (activated B ₂).....	25 mg.
pyridoxine HCl (B ₆)	25 mg.
pyridoxal 5' phosphate (activated B ₆).....	25 mg.
methylcobalamin (B ₁₂)	1,000 mcg.
folic acid	800 mcg.**
biotin	800 mcg.
calcium (citrate/malate)	300 mg.
magnesium (aspartate)	200 mg.
potassium (aspartate)	99 mg.
zinc (picolinate)	25 mg.
manganese (aspartate)	10 mg.
boron (glycinate).....	2 mg.
copper (glycinate).....	2 mg.
chromium (polynicotinate).....	500 mcg.
selenium (selenomethionine).....	200 mcg.
vanadium (aspartate).....	200 mcg.
molybdenum (aspartate).....	100 mcg.
alpha lipoic acid (thioctic acid)	100 mg.
Crataegus oxyacantha (hawthorn) extract	100 mg.
(standardized to contain 2% vitexins)	
Zingiber officinale (ginger) extract	100 mg.
(standardized to contain 5% gingerols)	
Silybum marianum (milk thistle) extract	100 mg.
(standardized to contain 80% silymarin)	
Curcuma longa (turmeric) extract	200 mg.
(standardized to contain 97% curcuminoids)	
reduced glutathione	50 mg.
coenzyme Q ₁₀ (ubiquinone)	50 mg.
other ingredients: gelatin beadlet	

**Provides the recommended dose for pregnant or lactating women.

4-6 capsules per day, in divided doses, with meals.

	quantity	order code
UltraNutrient®	360	UVVC3
	180	UVVC1
	90	UVVC9

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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ProBasics™

- Delivers 31 grams of high quality protein per serving and is a source of essential and nonessential amino acids for helping to maintain healthy muscle composition and promote muscle repair*
- Maintains muscle nitrogen balance, decreases lactate production and attenuates protein breakdown with branched chain amino acids (BCAAs)*
- Contains glutathione precursors to neutralize oxidative stress and muscle fatigue*
- Enhances immune system defense with lactoferrin, immunoglobulin G (IgG) and immunoglobulin A (IgA)*
- Easily digested, low in fat, naturally flavored, free of added sugar and contains less than 1% lactose

REFERENCE: Levenhagen DK et al. Post-exercise protein intake enhances whole-body and leg protein accretion in humans. *Med Sci Sports Exerc* 2002 May;34(5):828-37.

*Strength and endurance athletes may benefit from 1.2 to 1.8 grams (g) of protein per kilogram (kg) body weight per day (this could mean between 93-139 grams of protein per day for an athlete weighing 170 lbs). Elite athletes may need as much as 2 g/kg per day. These levels would help to retain positive muscle nitrogen balance, sparing muscle protein and supporting lean mass.**

1 1/2 scoops contain

calories	FV: 151	SBC: 142	CH: 151
fat (all flavors)	<1 g.		
saturated fat	<1 g.		
cholesterol	<1 mg.		
sodium	62 mg.		
carbohydrate	FV: 5 g.	SBC: 4 g.	CH: 7 g.
dietary fiber.....	FV, SBC: 1 CH: 2 g.		
sugars (typical)	2 g.		
protein (all flavors).....	31 g.		
calcium (naturally occurring).....	FV, SBC: 164 mg.	CH: 168 mg.	
phosphorus (naturally occurring)	FV, SBC: 122 mg.	CH: 146 mg.	
magnesium (naturally occurring)	FV, SBC: 38 mg.	CH: 55 mg.	
potassium (naturally occurring)	FV, SBC: 110 mg.	CH: 213 mg.	
stevia	FV, SBC: 40 mg.	CH: 20 mg.	

Contains whey protein isolate (milk), rice protein concentrate, natural flavors, Lo Han (Momordica grosvenori fruit extract); Chocolate flavor also contains cocoa and xylitol.

Recommendations: Add 1 serving to 8 oz of water, milk, or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

serving size: French Vanilla: 39.4 g. (1 1/2 scoops)
Strawberry Banana Crème: 38.2 g. (1 1/2 scoops)
Chocolate: 42.1 g. (1 1/2 scoops)

servings per container: 15

****Warning:** Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, pregnant or nursing women. Notice: Use this product as a food supplement only.

ProBasics™	quantity	order code
French Vanilla	591 g.	PBFV5
Strawberry Banana Crème	573 g.	PBSB5
Chocolate	632 g.	PBCH6



Pre Exercise Energy

▶ For Endurance Activities:

Electrolyte/Energy formula NEW

- Combines sodium, chloride, potassium, calcium and magnesium to replenish electrolytes lost during exercise; supports muscle function, retains hydration, may lessen the perception of exertion*
- Provides glucose and maltodextrin, important pre-exercise sources of rapidly available energy; spares glycogen stores and delays fatigue*
- Contains the energizing cofactors malic acid and alpha ketoglutarate, both Krebs cycle intermediates*
- Includes vitamin C to protect muscles from free radicals generated during exercise and to enhance tissue recovery*
- Promotes mental focus under stressful conditions and may also help promote physical endurance with the amino acid l-tyrosine, a neurotransmitter precursor*
- For strenuous or prolonged exercise; especially important for workouts at least 1-2 hours in length

REFERENCE: Fulco CS, Kambis KW, Friedlander AL, et al. Carbohydrate supplementation improves time-trial cycle performance during energy deficit at 4,300-m altitude. *J Appl Physiol*. 2005 Sep;99(3):867-76.

*In 8 well-trained athletes who ran on a treadmill for 1 hour, consumption of a carbohydrate containing beverage offered a muscle sparing effect.**

two scoops contain

calories	60	
carbohydrate	14 g.	
sugars (glucose).....	7 g.	
other (maltodextrin).....	7 g.	
ascorbic acid	200 mg.	
calcium (citrate)	100 mg.	
magnesium (citrate)	100 mg.	
chloride (as sodium chloride)	150 mg.	
sodium (as sodium chloride)	100 mg.	
potassium (phosphate)	200 mg.	
alpha ketoglutarate	200 mg.	
malic acid	200 mg.	
l-tyrosine (free-form).....	500 mg.	
other ingredients: maltodextrin, glucose, natural lemon-lime flavor		
serving size:	17 g. (2 scoops)	
servings per container:	20	
2 scoops, mixed in 8-10 oz. of water, 20 minutes before intense exercise. Take an additional 2-4 scoops during training or an event if needed.		

	quantity	order code
Electrolyte/Energy formula	340 g	EEF3

Nitric Oxide Support NEW

- Contains arginine, a nitric oxide precursor, to support healthy circulation and delivery of oxygen to working muscle; protects muscles from oxidation and moderates lactate dehydrogenase activity during intense exercise*
- Delivery forms of arginine offer the Krebs cycle intermediates alpha ketoglutarate and malate for enhanced energy production*
- Provides citrulline to delay the onset of muscle fatigue, maintain acid-base balance, promote aerobic energy production in muscle cells during exercise, and enhance arginine and nitric oxide production*
- Includes vitamin C to enhance nitric oxide activity and provide blood vessel endothelial antioxidant protection*
- May also be used post-exercise to support growth hormone synthesis (for healthy muscle composition) and ammonia detoxification to delay fatigue*

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Nitric Oxide Support *continued*

REFERENCE: Schaefer A, Piquard F, Geny B, et al. L-arginine reduces exercise-induced increase in plasma lactate and ammonia. *Int J Sports Med.* 2002 Aug;23(6):403-7.

*In one study, l-arginine provided statistically significant support for moderating plasma lactate and ammonia in addition to enhancing the nitric oxide pathway during exercise.**

one scoop contains

arginine alpha ketoglutarate (2:1)1,500 mg
(providing 1,035 mg arginine) (typical)
di-arginine malate1,500 mg
(providing 1,014 mg arginine)
citrulline malate (providing 720 mg citrulline).....1,000 mg
vitamin C200 mg
stevia20 mg
other ingredients: xylitol, natural lemon-lime flavor, Lo Han (Momordica grosvenori fruit extract)

servicing size: 4.9 g. (1 scoop)

servings per container: 30

1 scoop per day, mixed with water, 20 minutes before exercise.

	quantity	order code
Nitric Oxide Support	147 g	NOS1

BCAA (Branched Chain Amino Acids)

- Has a sparing effect on muscle glycogen and muscle protein during prolonged bouts of exercise*
- Moderates the progression of central nervous system fatigue during exertion, supporting mental performance*
- Maintains lean body mass and muscle power during high altitude training*
- May promote exercise performance in the heat*
- Supports healthy immune function for triathletes and long distance athletes*
- Provides the only amino acids to be delivered directly to skeletal muscle for direct protein synthesis and repair*
- Promotes muscle nitrogen balance and decreases lactate production*

REFERENCE: Bassit RA, Sawada LA, Bacurau RF, Navarro F, Martins E Jr, Santos RV, Caperuto EC, Rogeri P, Costa Rosa LF. Branched-chain amino acid supplementation and the immune response of long-distance athletes. *Nutrition* 2002 May;18(5):376-9.

*Research at the Copenhagen Muscle Research Center in Denmark suggests that BCAA administration before exercise results in significantly greater muscle ammonia, alanine and glutamine production, as well as lower lactate production, than was observed during exercise without BCAA supplementation. These findings indicate the potential for BCAAs to reduce muscle fatigue during exertion.**

BCAA powder

each scoop contains

branched chain amino acids (free-form).....3,000 mg.
providing:
l-leucine.....1,500 mg.
l-isoleucine.....750 mg.
l-valine.....750 mg.

1/2-1 scoop per day, mixed with 10 oz. of water or juice.

	quantity	order code
BCAA powder	227 g.	BCAP

Also available in capsules. See Product Catalog for more details.

L-Carnitine

- Improves the body's ability to utilize fat for energy by shuttling long-chain fatty acids directly into the mitochondria, providing a glycogen sparing effect and delaying time to fatigue*
- Stimulates both skeletal and heart muscle energy metabolism*
- Enhances maximum oxygen consumption (VO₂-Max) and decreases lactate accumulation during exercise*
- The fumarate form offers the additional benefits of fumaric acid, a Krebs cycle intermediate, for extra energy support*
- Best taken one hour before intensive exercise, but may be used on a regular basis

REFERENCE: Arenas J, et al. Effects of L-carnitine on the pyruvate dehydrogenase complex and carnitine palmitoyl transferase activities in muscle of endurance athletes. *FEBS Lett.* 1994 Mar 14;341(1):91-3.

*During a 4-week training period, long-distance runners supplementing with 2 grams carnitine per day experienced enhancement in maximal oxygen consumption via stimulation of pyruvate dehydrogenase complex and carnitine palmitoyl transferase activities.**

L-Carnitine-L-tartrate

each vegetable capsule contains

l-carnitine (free-form) 340 mg.
(from 500 mg. of l-carnitine-L-tartrate)
vitamin C (as ascorbyl palmitate) 12 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)

2-4 capsules per day, in divided doses, between meals.

	quantity	order code
L-Carnitine	120	LC1
	60	LC6

L-Carnitine fumarate

each vegetable capsule contains

l-carnitine (free-form) 340 mg.
(from 586 mg. l-carnitine fumarate)
vitamin C (as ascorbyl palmitate) 12 mg.

2-4 capsules per day, in divided doses, between meals.

	quantity	order code
L-Carnitine fumarate	120	LCF1
	60	LCF6



▶ For Strength/Power Activities:

Creatine

- Increases optimal work output, strength and conditioning during short-duration, high-intensity exercise; encourages lean muscle mass*
- Regenerates the primary energy molecule, ATP, which is immediately available to muscles*
- The pyruvate form combines the benefits of creatine with pyruvic acid, which stimulates glucose extraction from the blood into muscle during exercise; primes the muscle with carbohydrate fuel for greater endurance*
- Has demonstrated the potential to increase the time reported to reach exhaustion and to decrease perceived exertion**

REFERENCE: Romer LM, Barrington JP, Jeukendrup AE. Effects of oral creatine supplementation on high intensity, intermittent exercise performance in competitive squash players. *Int J Sports Med.* 2001 Nov;22(8):546-52.

*More than 40 double blind or controlled studies suggest that creatine (15 to 25 grams per day for five or six days) may enhance single or repetitive bouts of short-duration, high-intensity exercise lasting under 30 seconds each.**

Creatine powder

each scoop contains

creatine monohydrate4 g.

Up to 20 grams per day, in divided doses, mixed with a beverage, for 5-7 days. Thereafter, the maintenance dose is 5-15 grams per day, in divided doses.

	quantity	order code
Creatine powder	500 g.	CRM5
	250 g.	CRM2

Also available in capsules as Creatine Pyruvate. See Product Catalog for more details.

Ribose

- Helps keep ATP levels at their peak, promoting rapid energy repletion for intense exercise; supports both skeletal and cardiac muscle energy metabolism*
- Regenerates ATP earlier in the pathway than creatine, making the two compounds a synergistic combination*
- May increase power during short, intense bouts of exercise*

Use of D-Ribose by Pure Encapsulations is authorized by Bioenergy, Inc. under U.S. Patents 4,605,644; 4,719, 201, and patents pending.

REFERENCE: Effect of Ribose supplementation on nucleotide depletion following high-intensity exercise in human skeletal muscle. *Bioenergy, Inc. Research Report, Ball State University* 1999.

*In one small trial, volunteers performing bicycling exercises reported less muscle stiffness and cramping following exertion when supplemented with ribose. In a random double-blind crossover study, the effect of ribose supplementation in eight subjects undergoing intense cycle training emphasized the importance of muscle ribose concentrations for regenerating ATP.**

each scoop contains

d-ribose 2.2 g.

1-2 scoops per day, in divided doses, with or between meals.

	quantity	order code
Ribose	250 g.	RI2
	100 g.	RI1

Post Exercise Recovery

▶ For Muscles:

L-Glutamine

- The most abundant amino acid in the body, glutamine is especially useful for muscle repair after physical and metabolic stress*
- Maintains healthy lean muscle composition*
- Spares muscle protein breakdown by converting to glucose when additional energy is needed*
- Enhances healthy white blood cell function to restore immune defense post-exertion*

REFERENCE: Bowtell JL, et al. Effect of oral glutamine on whole body carbohydrate storage during recovery from exhaustive exercise. *J Appl Physiol.* 1999 Jun;86(6):1770-7.

*Intense exercise lowers blood levels of glutamine, which can remain persistently low with over-training. In order to maintain plasma glutamine levels, muscle cells break down to provide amino acids as substrates for glutamine resynthesis. Supplementation with glutamine may help spare muscle protein.**

L-Glutamine powder

each scoop contains

l-glutamine (free-form)3 g.

2-6 teaspoons per day, in divided doses, between meals.

	quantity	order code
L-Glutamine powder	227 g.	LGP

Also available in capsules. See Product Catalog for more details.



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Systemic Enzyme Complex

- Contains proteolytic enzymes to moderate bradykinin formation, the arachidonic cascade and prostaglandin E2 production to maintain musculoskeletal comfort*
- Helps mediate temporary muscle soreness and joint pain associated with exercise*
- Provides boswellia, maintaining healthy 5-lipoxygenase enzyme activity for powerful tissue comfort support*
- Includes rutin to preserve connective tissue integrity*

REFERENCE: Miller PC, Bailey SP, Barnes ME, Derr SJ, Hall EE. The effects of protease supplementation on skeletal muscle function and DOMS following downhill running. *J Sports Sci.* 2004 Apr;22(4):365-72.

*Proteolytic enzymes have been found to support muscle comfort and recovery of contractile function, as indicated in one placebo controlled human study involving athletes.**

three vegetable capsules contain

pure pancreatin (porcine) (lactose-free) (50,000 USP units protease)	176 mg.
protease 6.0 (60,000 HUT)	120 mg.
bromelain (2,400 gdu/g)	120 mg.
papain (800 TGU/mg)	120 mg.
rutin	100 mg.
trypsin (porcine) (1:150) (11,250 USP units)	75 mg.
chymotrypsin (porcine) (2,550 USP units)	3 mg.
boswellia serrata extract (gum resin)	250 mg.
(standardized to contain 70% boswellic acids)	175 mg.
vitamin C (as ascorbyl palmitate)	30 mg.


3-6 capsules per day, in divided doses, between meals.

	quantity	order code
Systemic Enzyme Complex	360	SYC3
	180	SYC1
	90	SYC9

▶ For Ligaments, Tendons and Joints

Ligament Restore NEW

- Provides glucosamine sulfate as a building block for tendons, ligaments, and joints; enhances the natural repair processes of healthy connective tissue*
- Contains BioCell Collagen II®, a naturally occurring blend of hyaluronic acid (HA), chondroitin sulfate, glucosamine sulfate and amino acids to promote cartilage synthesis and joint integrity*
- Encourages collagen formation with l-lysine and l-proline, which are hydroxylated to form hydroxyproline and hydroxylysine, forming the "glue" that holds collagen together*
- Includes silica and vitamin C as cofactors for connective tissue matrix formation and repair*
- Maintains healthy eicosanoid metabolism with devil's claw and curcumin; supports joint flexibility, function and comfort*
- Helps recovery from strains and sprains or overall wear and tear*
- Best taken daily to maintain connective tissue resiliency*

†  is a registered trademark of BioCell Technology LLC, Anaheim, California, USA. U.S. Patents 6,025,327; 6,323,319; 6,780,841 and other U.S. and foreign patents pending.

REFERENCE: Lippiello L. Glucosamine and chondroitin sulfate: biological response modifiers of chondrocytes under simulated conditions of joint stress. *Osteoarthritis Cartilage.* 2003 May;11(5):335-42.

*A randomized, double blind, placebo-controlled clinical trial conducted in Germany at the University of Kiel suggested that a devil's claw extract encouraged back, shoulder, and neck flexibility. Two additional German clinical studies indicated that an extract of devil's claw helped promote hip, knee, and non-radicular back mobility and function.**

four capsules contain

glucosamine sulfate (crab, shrimp)	1,500 mg.
(from 2,000 mg of glucosamine sulfate 2KCl (sodium free))	
hydrolyzed type II collagen complex [†] (chicken sternal cartilage)	400 mg.
providing (typical):	
hydrolyzed type II collagen 60%	240 mg.
chondroitin sulfate 20%	80 mg.
hyaluronic acid 10 %	40 mg.
l-proline (free-form)	500 mg.
l-lysine HCl	500 mg.
ascorbic acid	200 mg.
silica (from bambusa vulgaris (bamboo) extract (stem))	15 mg.
devil's claw (harpagophytum procumbens) extract (root)	100 mg.
(standardized to provide 5% harpagosides)	(5 mg.)
curcuma longa (turmeric) extract (root)	100 mg.
(standardized to provide 97% curcuminoids)	(97 mg.)
vitamin C (ascorbyl palmitate)	40 mg.

4 capsules per day, in divided doses, with meals.

	quantity	order code
Ligament Restore	120	LR1

Cat's Claw

- Promotes joint comfort, in part by maintaining healthy cyclooxygenase activity and prostaglandin metabolism*
- Protects from oxidative stress and supports healthy cytokine production*
- Associated with enhancing immune system cell function, including phagocytosis and macrophage activity*
- Provides potential cardiovascular support by maintaining healthy vascular and platelet function*

REFERENCE: Sandoval M et al. Anti-inflammatory and antioxidant activities of cat's claw (*Uncaria tomentosa* and *Uncaria guianensis*) are independent of their alkaloid content. *Phytomedicine.* 2002 May;9(4):325-37.

*Knee comfort during physical activity was enhanced with cat's claw use in one study and was attributed to its ability to moderate free radicals and prostaglandin production.**

each vegetable capsule contains

cat's claw (<i>Uncaria tomentosa</i>) extract	500 mg.
(standardized to contain 3% oxindole alkaloids and 15% polyphenols)	
vitamin C (as ascorbyl palmitate)	10 mg.

Not to be taken by pregnant or lactating women.

1-6 capsules per day, in divided doses, with meals.

	quantity	order code
Cat's Claw	180	CCL1
	90	CCL9



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