



Disclaimer

The following information in this document has not been evaluated by the FDA and is not intended to prevent, diagnose, treat, or cure any disease. This document is intended purely for informational purposes for supplements that may provide nutritional benefits.

Adreset - Adreset is an herbal combination of rhodiola, cordyceps, and asian ginseng. It is great for its recuperative properties. These herbs have been shown in research support the HPA axis and boost energy for those who are either adrenal fatigued and/or who are making a lot of demands on the body, whether that be physical or psychological. Cordyceps, for example, is best known for its ability to enhance stamina, and the Chinese women's Olympic marathon team can attest to that, as they gold-medaled the year they began using cordyceps. The addition of cordyceps to ginseng is a powerful combination, since ginseng, likewise, has benefits for stamina, energy, and recuperation. Rhodiola is used throughout Europe, particularly in Russia, for its ability to help the body cope with various stressors. One doctor/athlete said that when he incorporated the use of Adreset, he was able to match his best 5k time AFTER he had already performed his swim event and his bicycle event during a triathlon, with almost no training.

Arginine Plus - Combines arginine with glycine and folate (5-MTHF). Designed clinically for circulatory health, this product doubles as a nitric oxide support formula for promotion of endurance and strength. Because arginine supports nitric oxide, another application may be ED.

ArginCor – ArginCor is the powdered equivalent to Arginine Plus, except that it is enhanced with magnesium glycinate and beet root extract to more fully support cardiovascular health and muscle function and recovery. Clinically, this product is used for the nutritional support of those with sexual performance issues (blood flow) and cardiovascular health (blood pressure). But the combination of L-arginine, L-glycine, magnesium, folate, and beet extract in this product also helps with the building and toning of muscle tissue by supporting growth hormone production and nitric oxide status. To put it in the words of one doctor, “This product makes my workouts insane!”

BCAAs - Metagenics BCAAs is formulated with a 2:1:1 ratio of leucine to isoleucine to valine. Branched-chain amino acids can be an important part of workout recovery—helping to support muscle protein synthesis and reduce temporary muscle soreness after exercise.

Biosom Spray – This is a DHEA spray. DHEA is a precursor to testosterone and could provide benefit for athletic performance for older athletes whose hormone levels have dropped. Biosom delivers DHEA as a unique biosomol technology which delivers the molecule encased in a layer of lecithin, which allows for a slower, more sustained release, preventing sudden hormone spikes and subsequent crashes. Each spray provides 5 mg of DHEA, allowing for more flexibility in dosing.

Creatine UP – Creatine has become known far and wide as the next best thing to anabolic steroids for strength, explosiveness, stamina, and muscle cell volume (size). Clinical applications also abound, such as support for cognition, sarcopenia, and blood sugar, neurological conditions, and post-concussion treatment. *Creatine UP* is a unique version featuring betaine, which also supports muscle cell volume, and taurine, which is an ergogenic aid that helps to prevent muscle damage and protein catabolism during exercise.

CoQ10 ST - While Co Q 10 is now a very expensive supplement, it is very helpful for stamina for the endurance athlete because of helping to fuel the mitochondria. Lance Armstrong used 12 per day of our 100 mg version! Available in 100 mg cap and 200 mg cap. Also available in the form of the 300 mg chewable, **NutraGems**.

Endura - Endura is an excellent electrolyte rehydration drink. It comes in lemon/lime and orange. This is one of the products Lance Armstrong has used. Especially good for endurance athletes like long-distance runners, football, basketball, etc.

Glutagenics - L-glutamine is one of the essentials in sports nutrition. L-glutamine is one of the primary nutrients the body uses to repair muscle. Glutagenics contains 3,500 mg of glutamine in powder form. It also adds aloe and licorice, both of which have soothing properties. Recommend 1 teaspoon before and after heavy exertion.

His Synergy - Herbal adaptogen for supporting testosterone production. Clinically this product is recommended for men with virility issues, and for women who have imbalances in testosterone compared to estrogens. As far as sports is concerned, this product may help with muscle growth and energy output because of its support of testosterone.

Ketogenics Shakes - The ketogenic diet is emerging as an efficient way to burn energy. Since glucose burns fast and produces a lot of oxidation, many athletes have begun to experiment with the ketogenic diet since ketones and fats provide a “cleaner” (produces much less oxidation), more sustained source of energy. The Ketogenic Shakes provide 20 grams of protein, 14 grams of fat (including medium-chain triglycerides), and only 5 grams of carbs. Chocolate and vanilla. Very tasty!

L-Carnitine w/ Chromium - Studies have consistently shown enhanced changes in body composition (more muscle, less fat) with the use of chromium for those exercising. L-carnitine is thought to be especially good for fat loss, while there may be some evidence that it also enhances muscle growth.

MCT Powder - Medium Chain Triglycerides (MCTs) are shorter chain fats that are able to enter the inner mitochondrial space where they produce acetyl-CoA, which in turn produces more ATP and more robust ketone production. MCT oil would be a good source of sustained energy for the athlete.

MitoVive - Designed for mitochondrial support, this product doubles as an absolutely exquisite formula for recuperation after workouts or athletic events, muscle repair, and fuel during or before workouts or athletic events. Features nutrients essential for mitochondrial fuel, such as L-carnitine, magnesium, taurine, etc.

Perfect Protein - Powdered drink mix with blend of all essential amino acids for those with a need for added protein in the diet, such as bodybuilders or those wishing to add muscle. Chocolate and vanilla. Comes in both a whey version and a vegetarian pea/rice version.

Phosphatidylserine (PS) – Phosphatidylserine is an amino acid derivative that is present in all cells, with the highest concentration in neurons. While the most popular clinical applications have been support for patients with mood, cognition/memory, and stress-related symptoms (usually anxiety), the research is also beginning to emerge on its benefit for stamina, overall energy, exercise recovery, and injury recovery. Several studies have shown that PS reduces the amount of negative hormonal response to exercise. In other words, the PS treated athletes had an improved testosterone to cortisol ratio compared to the untreated groups. This outcome would be especially beneficial to the endurance athlete.

Ultra Meal Advanced Protein - Ultra Meal Advanced Protein is a meal replacement which comes in a powdered drink mix. It provides a good mix of protein, good carbs, and a full spectrum of micronutrients and phytochemicals. It is a mix of pea and rice protein and is *very* tasty. It is also enhanced with extra leucine, an amino acid that is especially helpful in muscle growth and support for older individuals. The clinical application of the product is age-related sarcopenia, so the athletic application is a natural crossover. Comes in chocolate and vanilla.

Ultra Protein Bars – Similar to the application of the Ultra Meal Advanced Protein drink mix, the Ultra Protein bars are an alternative to those who want to take something easy on-the-go. It is a low-glycemic-impact , high-protein product that comes in double chocolate and peanut butter.

Wellness Essential Men's Vitality - This is a combination of 4 supplements in packet form: Multigenics w/o iron for general support, EPA-DHA Extra Strength for general support, and Tribulus Synergy and Zinc AG for performance enhancement (both sexually and on the sports end, depending on the need).

For more information on these products, go to www.Metagenics.com for detailed product descriptions and ingredients.