High Performance Drink

Pre and Post Workout Nutrition

GOOD LIFE Pharmacy Recommended by Angie Svoboda, Pharm D.

DESCRIPTION

High Performance Drink is specially formulated to provide the nutrients necessary for energy and endurance to be able to train harder and achieve performance goals faster.

FUNCTIONS

Extensive studies of elite athletes have demonstrated that for maximum gain during workouts and for maximum productivity during workouts, pre and post-nutrition must be supplied to the body and provide the appropriate nutrients at the appropriate time. High Performance Drink, taken before and after a workout, will help provide energy, encourage glycogen restoration, enhance muscle repair, reduce muscle soreness, prevent muscle burning and improve overall performance and recovery. Taken prior to a workout, High Performance Drink contains all of the nutrients needed to assure the body is prepared for an intense workout. Taken post workout, High Performance Drink contains the scientifically documented nutrients needed to enhance muscle recovery. In addition High Performance Drink contains potent antioxidants, anti-inflammatory herbs, and specialized nutrients to reduce free radical damage to muscle, optimize muscle repair, and increase cellular energy and recovery.

INDICATIONS

Some of the nutrients of significance that are regularly discussed in the athletic literature and available in High Performance Drink are:

- L-Leucine which serves as a precursor to HMB (beta-hydroxy beta-methylbutyrate). Both HMB and alpha lipoic acid support intramuscular antioxidant status. HMB also serves to increase muscle mass, strength and functionality.
- Branch-Chain Amino Acids (BCAA) (leucine, isoleucine and valine) make up more than one-third of muscle protein. BCAA has a sparing effect on muscle glycogen and muscle protein during prolonged bouts of exercise and aids in decreasing lactate production. BCAA also moderates the progression of central nervous system fatigue during exertion and supports mental performance. Finally, BCAA provides the only amino acids that can be delivered directly to skeletal muscle for direct protein synthesis and repair.
- Flax Seed Oil provides 50% Omega-3 fatty acids and helps to reduce inflammation, reduce estrogen, and serves both an anti-catabolic and anabolic function as well.
- Vitamins A, C, E and Selenium are powerful anti-oxidants which reduce oxidative damage from exercise, as well as buffer the acid pH caused by intense exercise.
- 5-Loxin and Ginger extract are natural, non-toxic, anti-inflammatory herbs/spices. They have been compared to prednisone and ibuprofen for comparable anti-inflammatory effect. Chronic inflammation brought about by intense training schedules interferes with recovery and repair and is associated with overall muscle degeneration.
- Arginine supports nitric oxide formation which is important for healthy dilation of blood vessels, circulation, and blood flow. In trials arginine has demonstrated the potential to support endothelial function, platelet function, exercise tolerance, and sexual function.
- Creatine increases optimal work output, strength and conditioning during short-duration, high-intensity exercise, and encourages lean muscle repair. Creatine also serves to regenerate the primary energy molecule, ATP, which is immediately available to muscles. Finally, creatine serves as a buffer, delaying the point at which lactic acid causes muscle fatigue and discomfort.
- N-Acetyl Cysteine (NAC) supports glutathione synthesis and lessens oxidation of cellular constituents and delayed muscle fatigue. It also supports liver and immune function.
- Lipoic Acid is an anti-oxidant which is found in every cell and serves to turn glucose into energy. Lipoic acid also enhances the transition from anaerobic to aerobic respiration. Aerobic respiration provides sustained energy over longer periods of time. Finally, Lipoic acid helps support and regenerate other anti-oxidants like Vitamins C and E.
- Carnitine is an amino acid found abundantly in skeletal and cardiac muscle. Carnitine functions primarily to support fat utilization, and also acts as a carrier of fatty acids into the mitochondria, where they are oxidized and converted to energy. Carnitine also upregulates androgen receptors, thus improving recovery from workouts.
- D-Aspartic Acid is an amino acid that accumulates in the pituitary and creates an increase in LH circulation, resulting in an increase in natural testosterone production for workout recovery.

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- Magnesium is involved in ATP production from fatty acid oxidation, post-contractile muscular relaxation, and bone remineralization.
- Zinc is important in protein synthesis, healing, supporting immune function, and increasing free testosterone levels.

FORMULA (WW #10350)

1 Scoop (14.35 g) Contains:

Calories	53
Total Carbohydrate	4 g
Dietary Fiber	1 g
Sugar	1 g
Vitamin A	5,000 IU
Vitamin C	194 mg
Vitamin E	120 IU
Calcium	100 mg
Magnesium	10 mg
Zinc	7 mg
Selenium	50 mcg
Sodium	14 mg
L-Glutamine	5 g
Creatine Monohydrate	2 g
D-Aspartic Acid	1.5 g
L-Arginine HCl	1 g
L-Carnitine HCl	500 mg
L-Leucine	500 mg
L-Isoleucine	250 mg
L-Valine	250 mg
5-Lioxin® (Boswellia serrate extract, standardized to 30% AKBA)	200 mg
N-Acetyl-L-Cysteine	100 mg
Grape Seed Extract	10 mg

Other ingredients: Natural flavors, stevia, guar gum powder, silicon dioxide, retinyl palmitate, ascorbic acid, D-alpha tocopheryl succinate, calcium citrate, annatto seed powder (color), magnesium citrate, zinc citrate, and Albion® selenium glycinate complex.

SUGGESTED USE

Use one serving pre or one serving post workout, or as recommended by a healthcare professional.

SIDE EFFECTS

CAUTION: If pregnant, nursing, or taking medication, consult your healthcare practitioner before use.

STORAGE

Store in a cool, dry place, away from direct light.
Keep out of reach of children.

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