



 Shaklee®

# Sports Nutrition™

Put in the Best, Bring out the Best

## PROBLEM

Sports nutrition products are sold at big-box retailers, drugstores, and even grocery stores. However, many conventional sports nutrition products, especially the most popular retail brands, contain artificial flavors, sweeteners, and preservatives.

Conventional sports products may be untested or they may contain ingredients that are unproven. Rather than testing products in clinical tests or with world-class athletes, many companies choose to introduce new products without scientific substantiation. Additionally, ingredients that can provide important benefits may be missing from some products.

It doesn't make sense to put unproven or untested ingredients in your body at the same time you are asking your body to deliver maximum effort and optimal performance.

## SOLUTION

### **Shaklee Sports Nutrition™ Put in the Best, Bring out the Best**

Shaklee Sports Nutrition products are used at the highest levels of competition so you can trust them every time you take them—before, during, and after your workouts. Train longer. Recover faster. Perform better. And don't worry, these are natural products with no artificial flavors, sweeteners, or preservatives. Everything you need. Nothing you don't. **That's PURE performance.**

## DID YOU KNOW?

### **Sports Nutrition: A Large and Growing Market<sup>1</sup>**

Sports nutrition is a \$5.5 billion market in the United States. The market for products in the sports category has been growing 3%–5% per year for the past several years and is projected to continue this growth rate for the next three to five years. The popularity of sports and the sports nutrition category seems resistant to the economic downturn.

The energy-drink market is growing even faster—at 9% per year—and is the fastest growing segment of the beverage industry.

Sporting goods and services, including sports nutrition products, are going mainstream with young and trendy consumers. Physical activity is increasing for people ages 18 to 34, leading to an increased interest in sports products for these consumers.

## THE SHAKLEE DIFFERENCE

### Always Safe

Natural products with:

- ✓ No artificial flavors, sweeteners, or preservatives
- ✓ No banned substances
- ✓ Exceptional quality control

### Always Works

- ✓ World-class Shaklee-sponsored athletes have won over 100 medals
- ✓ Seven of Time Life's *Greatest Adventures of All Time* were powered by Shaklee
- ✓ Clinically tested with proven results: Physique® and Performance®

### Always Green

- ✓ Environmentally friendly packaging

## 100% Shaklee Guarantee



We stand behind each and every one of our products. The ingredients, purity, safety, and performance of all our Nutrition, Healthy Home, and Personal Care products are 100% guaranteed.

## THE SHAKLEE DIFFERENCE

### Put in the Best, Bring out the Best

Thousands of athletes around the world trust Shaklee Sports Nutrition™. We've got you covered no matter what you play, where you play, or how hard you play. Shaklee powers athletes to push limits and achieve more.

- Shaklee athletes have won more than 100 medals
- Seven of Time-Life's *Greatest Adventures of All Time* were fueled by Shaklee
- Natural products with no artificial flavors, sweeteners, or preservatives
- Clinically tested with proven results
  - Performance® minimizes fluid loss to enhance hydration<sup>2</sup>
  - Performance increases endurance<sup>2</sup>
  - Physique® triggers the anabolic recovery state after exercise<sup>3</sup>
  - Physique restores muscle energy fast<sup>3</sup>

### Shaklee Formulas Meet Market Trends<sup>4</sup>

**Lean and toned** is in: Shaklee products are proven to help you train longer and recover faster so you can stay lean and toned.

**Convenience** is in: Shaklee Energy™ Chews are more convenient than energy drinks to transport and consume.

**Fitness** and **Endurance** are in: Shaklee Sports Nutrition products provide ingredients to help you optimize fitness levels and athletic performance.

**Natural** is in: Shaklee Sports Nutrition products do not contain artificial flavors, sweeteners, or preservatives.

## SCIENCE

### Sports Nutrition at a Glance

#### Energy

Extensive research has shown the benefits of caffeine on improved physical performance. L-theanine, found almost exclusively in tea, and L-tyrosine are two amino acids that have been studied for their effects on mental performance and focus. Some of the many well documented benefits of consuming the ingredients in Shaklee Energy include increased energy, mental clarity, alertness, and focus.\*

#### Fluids<sup>5</sup>

Dehydration is the number one source of decreased performance in trained athletes. Because dehydration can compromise athletic performance, athletes should strive for optimal hydration levels before, during, and after exercise. Drinking small amounts of cool liquids early and often during exercise is recommended. Shaklee Performance is clinically proven to hydrate better than water and to significantly increase endurance.

#### Electrolytes

Electrolytes are minerals that control fluid balance, blood volume, heart rate, and body temperature. Electrolytes help balance the need for fluids with thirst to properly hydrate athletes. The OPTI-LYTE™ blend in Performance contains six electrolytes to support optimal hydration; the leading brand contains only four electrolytes.

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

### Carbohydrates

Hardworking muscles need carbohydrates. The harder and longer you work out, the more your body needs to replenish carbohydrates to generate energy. Carbohydrates should make up at least 50% of an athlete's calories during and after athletic events. Shaklee Performance® and Shaklee Physique® are both excellent sources of carbohydrates.

### Proteins

Muscles are made of protein. Athletes need to consume high-quality, easy-to-digest protein to help repair, rebuild, and build new muscle mass in response to exercise. Extremely high intakes of protein are not necessary to increase muscle growth or performance. Physique provides the right ratio of proteins to carbohydrates and is clinically proven to stimulate an anabolic state that promotes muscle growth and energy recovery after a workout.

BEFORE, DURING,  
AFTER

### The Right Fuel for the Right Time

Shaklee makes it so simple to know what to take and when to take it. We have three Sports Nutrition products, each with its own purpose and each with its own specific timing. From start to finish, we've got you covered!

Athletes make tough demands on their bodies. Get the very most out of your workouts by delivering the right nutrition at the right time. The Shaklee Sports Nutrition™ line makes it simple!



## ENERGY



### Before Exercise

#### Before Exercise: Shaklee Energy™ Chews

You need energy for motivation and to “spark” the metabolic reactions that fuel muscles.

#### Healthy Energy on Demand

Shaklee Energy Chews provide a clean burst of healthy energy to help you get that extra edge when you need it most. Each chew contains a scientific blend of caffeine from natural green tea extract, plus L-tyrosine, L-theanine, B vitamins, and vitamin D, to help:

- + Sustain energy\*
- + Improve performance\*
- + Stay alert\*
- + Sharpen focus\*
- + Improve mood\*

#### Shaklee Energy Chews Include:

- Key nutrients such as energy-releasing B vitamins, the antioxidant vitamin C, and bone-building vitamin D
- Key amino acids L-tyrosine and L-theanine—associated with mental alertness and focus\*
- Natural caffeine from green tea—associated with energy and performance\*

### The Shaklee Difference

- Formulated with natural caffeine from green tea
- Contains no artificial flavors, sweeteners, or added preservatives
- Gluten free
- Just two chews per serving instead of a canned product

Directions: Take 2 chews

Supplement Facts		
Serving Size: 2 Chews		
Servings Per Container: 10		
	Amount Per Serving	% DV
Calories	45	
Calories from Fat	5	
Total Fat	0.5 g	<1%**
Total Carbohydrate	9 g	3%**
Sugars	6 g	†
Vitamin C (as ascorbic acid)	6 mg	10%
Vitamin D <sub>3</sub> (as cholecalciferol)	100 IU	25%
Thiamin (as thiamine hydrochloride)	0.15 mg	10%
Riboflavin	0.17 mg	10%
Niacin (as niacinamide)	2 mg	10%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	0.2 mg	10%
Folate (as folic acid)	40 mcg	10%
Vitamin B <sub>12</sub> (as cyanocobalamin)	0.6 mcg	10%
Biotin (as d-biotin)	30 mcg	10%
Pantothenic Acid (as d-panthenol)	1 mg	10%
Sodium	10 mg	<1%
Caffeine	120 mg	†
N-Acetyl-L-Tyrosine	100 mg	†
L-Theanine	100 mg	†

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value not established.

**OTHER INGREDIENTS:** ORGANIC DRIED CANE SYRUP, ORGANIC BROWN RICE SYRUP, ORGANIC RICE SYRUP SOLIDS, NATURAL FLAVORS, CARNAUBA WAX, SOY LECITHIN, PALM OIL, ORGANIC CORN STARCH, CITRIC ACID, ORGANIC GREEN TEA EXTRACT (CAMELLIA SINENSIS) (LEAF), COLORED WITH TURMERIC OLEORESIN.



**During Exercise**

**During Exercise: Shaklee Performance® Pure Hydration Drink**

A scientific blend of electrolytes to support optimal hydration and our unique mix of carbohydrates to maintain glucose levels for sustained energy output.

**Satisfy Your Thirst for Winning**

Dehydration is the most common cause of fatigue and poor athletic performance. Shaklee Performance is clinically proven to hydrate better than water. Plus, Performance has more electrolytes and provides more energy than the leading hydration drink. Our proprietary OPTI-LYTE™ electrolyte blend plus our unique mix of carbohydrates delivers instant and sustained energy and supports optimal hydration. Take the “endure” out of endurance sports.

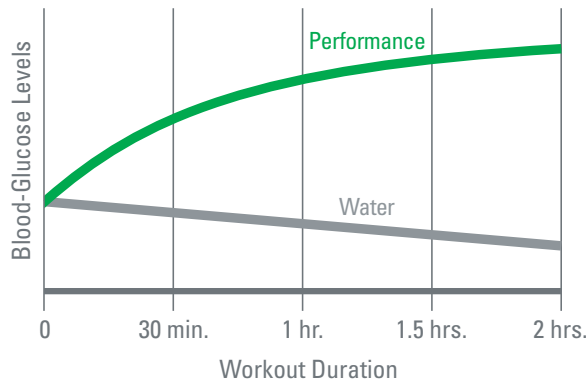
**Clinically Proven to Sustain Energy**

We call it Performance for good reason. Clinical tests with high-level athletes show that Shaklee Performance:

- + Minimizes fluid loss for enhanced hydration
- + Delivers a full spectrum of electrolytes, including calcium and magnesium (not in the leading brand)
- + Maintains blood-glucose levels to sustain intense energy output and to increase stamina

**Shaklee Performance Sustains Energy**

More energy. More endurance. The longer and tougher your workout, the better Performance gets.



**Shaklee Performance Includes:**

- OPTI-LYTE, a proprietary electrolyte blend to support optimal hydration
- A unique mix of carbohydrates to deliver instant and sustained energy

**The Shaklee Difference**

- More electrolytes than the leading hydration drink
- More energy than the leading hydration drink
- Clinically proven
- Natural sweeteners and flavors with no preservatives

**Directions:** Mix 3 tablespoons of powder for every 8 fluid ounces of cold water. Replace lid tightly on canister and store in a cool, dry place. For team use, mix entire canister with 4.75 quarts of water. Refrigerate any unused portion of the mixed drink.

<b>Nutrition Facts</b>			
Serving Size: 3 Tablespoons (28 g)			
Servings Per Container: 19			
<b>Amount Per Serving</b>			
<b>Calories</b> 100		Calories from Fat 0	
<b>% Daily Value*</b>			
<b>Total Fat</b>	0 g		<b>0%</b>
Saturated Fat	0 g		<b>0%</b>
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg		<b>0%</b>
<b>Sodium</b>	130 mg		<b>5%</b>
<b>Potassium</b>	50 mg		<b>1%</b>
<b>Total Carbohydrate</b>	25 g		<b>8%</b>
Dietary Fiber	0 g		<b>0%</b>
Sugars	11 g		
<b>Protein</b>	0 g		<b>0%</b>
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 0%			
Phosphorus 2% • Magnesium 2% • Chloride 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram:			
	• Fat	9	• Carbohydrate 4
			• Protein 4

**INGREDIENTS:** MALTODEXTRIN, FRUCTOSE, GLUCOSE, OPTI-LYTE™ (SODIUM CITRATE, TRICALCIUM PHOSPHATE, POTASSIUM CHLORIDE, MAGNESIUM CARBONATE), CITRIC ACID, NATURAL FLAVORS, COLORED WITH TURMERIC OLEORESIN.

**NO ARTIFICIAL FLAVORS, SWEETENERS, OR PRESERVATIVES ADDED.**



†OPTI-LYTE IS A PROPRIETARY BLEND OF SIX ELECTROLYTES TO SUPPORT OPTIMAL HYDRATION.

## PHYSIQUE



### After Exercise

#### After Exercise: Shaklee Physique® Pure Recovery Shake

A scientific blend of protein and carbohydrates proven to improve glycogen synthesis and stimulate muscle recovery after a workout.

#### More Gain, Less Pain

Work out harder. Recover faster. Repeat. Physique is a pure, natural, high-octane fuel for rapid muscle recovery, endurance, and strength.

+ Helps build firm, lean muscles

+ Helps restore muscle energy

+ Supports muscle repair

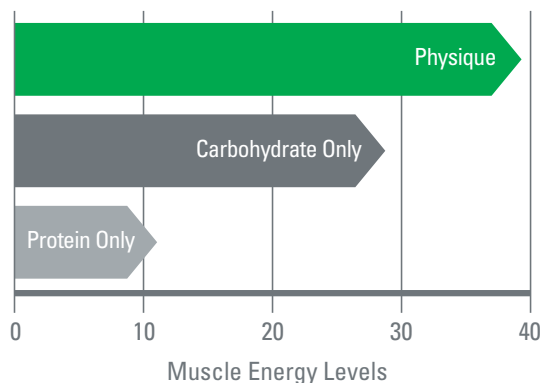
End every workout with Physique because today's finish line is tomorrow's starting line.

#### Clinically Proven to Accelerate Recovery

Physique with BIO-BUILD® has been clinically proven to naturally activate the body's recovery process. Plus, the intelligent-release protein blend allows your body to absorb a full spectrum of amino acids over time to help re-energize depleted muscles.

#### Shaklee Physique Improves Recovery

Recover faster. Recover more completely. Physique restores energy to your muscles when taken immediately after working out and again two hours later.



#### Shaklee Physique includes:

- BIO-BUILD, a proprietary protein-to-carbohydrate ratio to support rapid recovery and lean-muscle building
- Intelligent-release protein blend designed to allow the absorption of amino acids over time.

## The Shaklee Difference

- Helps maximize recovery of muscle energy for your next workout
- Helps maximize insulin production for recovery
- Only 1 gram of fat per serving
- No dietary fiber and moderate level of protein for easier digestion
- Clinically proven
- Natural sweeteners and flavors with no preservatives

**Directions:** Mix 1/2 cup of powder with 8 fluid ounces of cold nonfat milk in a Shaklee Shaker or blender. For a 99% lactose-free beverage, mix 3/4 cup of powder with 8 fluid ounces of cold water.

Nutrition Facts				
Serving Size: 1/2 Cup (57 g) Mix Alone				
Servings Per Container: 15				
Amount Per Serving	Mix Alone	Mix 1/2 Cup + Nonfat Milk	Mix 3/4 Cup + Water	
<b>Calories</b>	210	300	320	
Calories from Fat	5	10	5	
% Daily Value**				
<b>Total Fat</b> 0.5 g*	<b>1%</b>	<b>2%</b>	<b>1%</b>	
Saturated Fat 0 g	<b>0%</b>	<b>0%</b>	<b>0%</b>	
Trans Fat 0 g				
Polyunsaturated Fat 0 g				
Monounsaturated Fat 0 g				
<b>Cholesterol</b> less than 5 mg	<b>1%</b>	<b>2%</b>	<b>1%</b>	
<b>Sodium</b> 80 mg	<b>3%</b>	<b>9%</b>	<b>5%</b>	
<b>Potassium</b> 15 mg	<b>0%</b>	<b>12%</b>	<b>1%</b>	
<b>Total Carbohydrate</b> 38 g	<b>13%</b>	<b>17%</b>	<b>19%</b>	
Dietary Fiber 0 g	<b>0%</b>	<b>0%</b>	<b>0%</b>	
Sugars 21 g				
<b>Protein</b> 14 g	<b>28%</b>	<b>44%</b>	<b>42%</b>	
Vitamin A	15%	25%	20%	
Vitamin C	100%	100%	150%	
Calcium	10%	40%	15%	
Iron	0%	0%	0%	
Vitamin D	0%	25%	0%	
Vitamin E	25%	25%	35%	
Thiamin	90%	100%	140%	
Riboflavin	80%	100%	120%	
Niacin	100%	100%	150%	
Vitamin B <sub>6</sub>	100%	100%	150%	
Folate	100%	100%	150%	
Vitamin B <sub>12</sub>	90%	100%	140%	
Biotin	100%	100%	150%	
Pantothenic Acid	90%	100%	140%	
Phosphorus	8%	35%	15%	
Iodine	25%	25%	35%	
Magnesium	20%	25%	30%	
Zinc	25%	30%	35%	
Selenium	25%	25%	35%	
Copper	25%	25%	35%	
Manganese	25%	25%	35%	
Chromium	25%	25%	35%	
Molybdenum	25%	25%	35%	
Chloride	0%	8%	0%	
*Amount in Mix.				
**Percent Daily Values are based on a 2,000 calorie diet.				
Your daily values may be higher or lower depending on your calorie needs:				
	Calories	2,000	2,500	
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Potassium		3,500 mg	3,500 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	
Protein		50 g	65 g	
Calories per gram:				
	• Fat	9	• Carbohydrate	4
			• Protein	4

**INGREDIENTS:** BIO-BUILD® (DEXTRASE, MALTODEXTRIN, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), NATURAL FLAVORS, SOY LECITHIN, MAGNESIUM OXIDE, COLORED WITH TURMERIC OLEORESIN, ASCORBIC ACID, XANTHAN GUM, NIACINAMIDE, SELENIUM YEAST, CALCIUM PANTOTHENATE, D-ALPHA-TOCOPHERYL ACETATE, MOLYBDENUM YEAST, VITAMIN B<sub>6</sub>, ZINC OXIDE, VITAMIN A PALMITATE, COPPER GLUCONATE, PYRIDOXINE HYDROCHLORIDE, MANGANESE SULFATE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN, CHROMIUM NICOTINATE, POTASSIUM IODIDE.

**NO ARTIFICIAL FLAVORS, SWEETENERS, OR PRESERVATIVES ADDED.**

†PROPRIETARY PROTEIN-TO-CARBOHYDRATE RATIO TO SUPPORT RAPID RECOVERY AND LEAN-MUSCLE BUILDING.

WHO SHOULD  
USE

**Formulated to Help ALL Types of Athletes**

Whether your passion is endurance sports, adventure, or fitness—we've got you covered. Whether you are a weekend warrior or a world-class athlete—we've got you covered. Whether you like competing as a team, one-on-one, or against yourself—we've got you covered. It doesn't matter if your focus is getting in shape or taking your favorite sport to the next level. Inside. Outside. Around the track or around the house. Shaklee Sports Nutrition™ can help!



**Shaklee Sports Nutrition Is Perfect for Anyone Who Enjoys:**

- |          |          |         |                 |
|----------|----------|---------|-----------------|
| Running  | Jogging  | Walking | Lifting Weights |
| Aerobics | Golfing  | Tennis  | Martial Arts    |
| Bowling  | Softball | Soccer  | Basketball      |
| Skiing   | Hiking   | Biking  | Snowboarding    |

SUGGESTIONS  
FROM SHAKLEE  
HEALTH  
SCIENTISTS  
ON HOW TO  
MAXIMIZE YOUR  
WORKOUTS

**Other Important Tips Before Exercising<sup>6</sup>**

Eating the right pre-event foods has been proven to improve athletic performance. Foods should be high in energy-producing carbohydrates, moderate in protein, low in fat, and familiar to the athlete. Good pre-event foods include sandwiches, salads, pasta, fruits, and vegetables. Meals are best consumed two to four hours before exercise. More rapidly absorbed liquid nutrition shakes (such as Cinch® Shake Mixes) or similar food products may be consumed as little as one hour before an event, depending on how quickly you digest your foods. Before, during, and after events, hydrate with cool liquids in small amounts, early and often.

Studies suggest caffeine benefits exercise by encouraging working muscles to use fat as fuel, thus delaying the depletion of limited carbohydrate fuel stores which supports endurance exercise. Another benefit of caffeine may be to alter the perception of exercise intensity. Some athletes experience reduced fatigue when consuming caffeine prior to exercise. Shaklee Energy™ Chews provide a healthy burst of energy with natural caffeine from green tea extract.

### **Other Important Tips During Exercise**

Research supports the benefits of carbohydrate consumption prior to short-duration events, as well as endurance events lasting more than 60 minutes. Shaklee Performance® is doubly effective because it provides much-needed hydration along with a ready source of carbohydrate fuel for hardworking muscles. We recommend 4–8 fluid ounces of Performance for every 15–30 minutes of training. If carbohydrate foods are to be ingested during prolonged endurance activity, they should be low in fat and protein to minimize digestive distress. Foods such as bananas, oranges, raisins, and other snacks may be consumed in small amounts at frequent intervals in addition to fluids during events lasting an hour or more.

### **Other Important Tips After Exercising**

What you eat after your workout can be just as important as the workout itself. Postevent nutrition should include sources of both protein and carbohydrates. Your meal/snack should be consumed immediately after exercise (no more than 30 minutes after completing exercise) to trigger the anabolic recovery state. This will help you to maximize muscle energy and muscle repair. Physique® is clinically proven to enhance the anabolic rebuilding and recover states after exercise and is a key component of any natural Sports Nutrition program requiring daily training sessions. For maximum recovery, consume Physique immediately after exercise and again two hours later.

## REFERENCES

- 1 Sports Nutrition Virtual Conference Sponsored by Euro Monitor January 2011.
- 2 The Effects of Sodium: Carbohydrate (Na: Carb) Ratios in Rehydration Beverages (RB) on Plasma (PG), Osmolality (PO), Volume (PV), and Subject Tolerance (ST). *FASEB J* 1990;4:A381 (abstr).
- 3 Carbohydrate-Protein Complex Increases the Rate of Muscle Glycogen Storage after Exercise. Zawadzki, Yaspelkis, Ivy. *J Appl Physiol* 1992;72:1854-9.
- 4 Sports Nutrition Virtual Conference Sponsored by Euro Monitor January 2011.
- 5 Exercise and Fluid Replacement. *Medicine & Science in Sports & Exercise*, February 2007; Volume 39, Issue 2. pp. 377-390.
- 6 Nutrition and Athletic Performance. *Medicine & Science in Sports & Exercise*, March 2009; Volume 41, Issue 3. pp. 709-731.