

PerformanceDrink®with Boost Oxygen

“The Maximizing of Performance”

Not a Sport Drink or Energy Drink “A TRUE PERFORMANCE DRINK”

Drink before performance to enhance performance a novel idea.

Proven clean at Olympic drug doping and WADA. Tested same as water.

Introduction

There are 2 major elements that govern Performance 1) the proper fuel 2) normal water carries under 2 ppm and PerformanceDrink® can carry 10+ ppm as required under special applications. The difference is the oxygen stays in the water for up to 1 year while normally the oxygen will dissipate in a few hours and especially when the water temperature is over 68 degrees F and PerformanceDrink® water will stay at 10+ oxygen.

25% of all oxygen feeds the brain when oxygen and glucose drop the brains ability to function is compromised. Focuses, mental awareness, safety, reactions, endocrine system all are compromised.

The performance of individuals during significant activities is determined by both the mental and physical systems. The activities can also be viewed for preparation, during the activities, and the recovery from the activities.

For both physical and mental activities, the combinations of blood glucose levels and oxygen availability have critical effects. The blood glucose levels can represent a critical conflict between the mental and physical system when you reach exhaustion point in either short or long events. The most efficient energy source for the brain is glucose, yet it is also in great demand by the muscle system. The regulation is done by insulin, but human system does not always make the critical choice, since the system is based on general survival. The body assumes that it is better to outrun the tiger than understand how you were able to do this task.

PerformanceDrink® addresses this problem by sending messages to the system to maintain a normal level of blood glucose, which results in a robust performance at the end of a race / event as well as the beginning. The vision and decision making of the athlete has proven to be more important than just the physical activity.

An additional aspect of performance (day-after-day) involves recovery.

PerformanceDrink® has been providing a special mix that emphasizes the ability of the muscle cells to more rapidly absorb glucose when it is mixed with protein. The allowable time is only 30 minutes after the activity, so it is critical to have a source that absorbs immediately after completion of the activity. This combination will maximize the muscles cell's ability to store glycogen and thereby reduce the need for the body to externally supply the cells. The effectiveness of this concept has been documented, however just a recovery drink is never enough.

Testing

As can be seen in Table 1, PerformanceDrink® reduces the need for extreme amounts of glucose and oxygen as documented by the reduction in both heart rate and lactate levels. Lactate is a byproduct of energy generation from glucose when there is a deficiency in available oxygen. As can be seen, there is a limited increase in lactate as

the energy levels are increased and while the heart rate is lower. (wattage = power) (Normal HR over 2 minutes of exercise is between 140-180bpm). PerformanceDrink® is designed to deliver maximum power during the optimum time. (Feed the body what it requires when it requires it)

Without PerformanceDrink®				With PerformanceDrink®		
Watt Level	HR	Lactate	D heart rate	watts	HR	Lactate
80	121	1.4	5	80	116	1.2
100	126	2.0	7	100	119	2.2
120	133		4	120	129	
140	137	2.4	1	140	136	4
160	150		9	160	141	
180	162	2.7	13	180	149	4
200	170	3.6	11	200	159	1.8
220	175	7.6	9	220	166	6.4
240	184	9.7	10	240	174	10.8
260	192	15.1	10	260	182	11.6

Table 1

As seen in table 2, the body has been able to produce a greater level of external energy and still have a lower Lactate level.

Watts	HR	Lactate	D %	D watts	watts	HR	lactate
111	150	9.4	30	32	143	150	6.1
112	155	5.4	50	56	168	155	4.9
139	160	3.4	46	64	203	160	7.7
157	165	3.2	18.5	29	186	165	7.0
176	170	4.6	10	15	191	170	7.9
203	175	6.7	5	11	214	175	8.2

Table 2

Although research is a way to understand how things function, it is difficult to improve on the finding of the individuals that use the product. It has become a standard for the elite in all sports. Mental function is as critical as motor function. All users have reported a significant benefit from using PerformanceDrink® with maintained concentration and mental awareness. Which relates directly to safety and a more consistent performance. Many sports are won on consistency rather than all out strength. The whole is stronger than any one event. Such as crossfit athletes!

Non motor sports still require concentration and mental awareness but rarely become seriously injured because of being vision compromised (depth of field reduced). Everyone tested in many sports all enhanced their physical performance weather running, cycling, football or any other with 39 custom formulas available for men and ladies. Another unique concept ladies are different than men!

Additional benefits:

- * Higher oxygen levels even in high pollution areas including stadiums or at high elevation
- * Lower Heart rate under same load
- * Lower core body temperature 2 degrees
- * Delayed ACID build up (delay) by average of 20 % at higher wattage
- * Better concentration as Glucose is the only product that feeds the brain / eyes
- * Maintain hydration as glucose holds moisture.
- * Greater work / power out put at a lower heart rate
- * Greater maintained oxygenation flow to cell as glucose pulls oxygen
- * Immune response supported during and after exercise when glucose energy levels would normally drop and immune system would then become compromised (CD4/ CD8)
- * Recovery time enhanced as BGL (blood glucose levels) is maintained before, during and after.
- * Synergy with Rejuvenator formula enhances even greater recovery and strength builder.
- * During warm-ups energy levels are maintained Not Decreased
- * Faster absorption with lower osmolarity formula
- * Especially beneficial in sports that start and stop like NFL/NHL

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