

Just like sportsmen and women, not all supplements are equal

Most energy supplements merely provide water, carbohydrates and electrolytes. However there is much more to effective energy release within the body. Additional peptides, energy-catalysts and glycogen boosters are what separates mediocre energy boosters from SOLAL Technologies' state-of-the-art Energy Plus™

Research published in sports, physiology and medical journals shows that adding peptides to carbohydrate sports drinks help athletes perform significantly better by further reducing fatigue, prolonging endurance^{1,2,3} and reducing muscle damage.⁴ Peptides also enhance recovery^{1,5} and replenish carbohydrate energy stores (known as glycogen) after exercise.¹

ENERGY PLUS

ENERGY • ENDURANCE • STRENGTH • HYDRATION • RECOVERY • CARBO-LOADING

Peptide enriched carbohydrate and electrolyte energy drink. Ideal for use before, during and after exercise for:

► **DARE TO COMPARE: Energy Plus** supplies much more than any other energy drink on the market:

Carbohydrates – for instant and prolonged energy supply

Peptides – to boost glycogen, prolong endurance and hasten recovery

Glutamine – for recovery and endurance

Arginine – to enhance oxygen supply to the muscles

Taurine and antioxidants – to reduce muscle damage

HMB – to speed muscle recovery, reduce lactic acid build-up and boost endurance

Carnitine, ribose and B-vitamins – to catalyse the release of energy from carbohydrates

Electrolytes – to help prevent muscle cramping

Vitamin C – for immune support

Alkalisng – to reduce lactic acid build-up to reduce muscle fatigue

Calcium and magnesium – for bone health and enhanced muscle function.

Muscles need more than protein for growth and recovery

For optimal muscle growth and recovery, you need a near 2:1 ratio of protein to carbohydrates, taken within 45 minutes post training or an event to prolong the insulin response, which transports protein to muscle fibres for rebuilding and growth. Glutamine may stimulate the release of growth hormone for muscle recovery and growth, and blunts a rise in cortisol, a hormone that can cause muscle loss. Arginine stimulates the nitric oxide pathway, which improves bloodflow and oxygen supply to help feed and repair muscles, and remove waste byproducts. Arginine is also needed for the synthesis of creatine and to stimulate the secretion of growth hormone.

MUSCLE PLUS

MUSCLE BUILDING • TONING • STRENGTH • RECOVERY

High protein and low fat – more than 40g of cold-processed quick acting whey and long lasting casein proteins

Branched chain amino acids (BCAAs) – 7g, for muscle growth and repair

Glutamine, arginine and colostrum – to stimulate muscle growth

12 essential vitamins and probiotics – for general health and immunity

Magnesium and calcium – for optimal muscle function and bone health

Antioxidants – to reduce free radical muscle damage

Alpha lipoic acid and vitamin B-complex – catalyse the conversion of protein into muscle and carbohydrates into energy.

The information presented above is the opinion of SOLAL Technologies.

References include:

1. Williams, et al. Effects of recovery beverages on glycogen restoration and endurance exercise performance. J Strength Cond Res. 2003;17:12-19
2. Saunders MJ, et al. Effects of a carbohydrate-protein beverage on cycling endurance and muscle damage. Med Sci Sports Exerc. Jul 2004;36(7):1233-8
3. Ivy JL, et al. Effect of a carbohydrate-protein supplement on endurance performance during exercise of varying intensity. Int J Sport Nutr Exerc Met. 2003;13:388-401
4. Ready S, et al. The effect of two sports drink formulations on muscle stress and performance. Med Sci Sports Exerc. 1999;31:5119
5. Ivy JL, et al. Early post exercise muscle glycogen recovery is enhanced with a carbohydrate-protein supplement. J Appl Physiol. 2002;93:1337-44

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- NO STIMULANTS
- NO ASPARTAME
- SAFE FOR COMPETITIVE USE
- NO BANNED SUBSTANCES



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