

## **Benefits of Nutritional Supplements:**

- Enhances an Optimal Healthy Lifestyle
- Fills in Nutrition Gaps
- Increases Energy
- Safe & Effective Way to Lose Weight
- Healthier Immune System
- Decreases Health Care Cost & Time Cost
- Helps Improve Brain Function
- Protects Muscle Tone
- Prevents Health Problems

## **Benefits of Supplementation for Athletes:**

- Improves Performance & Endurance
- Helps Muscles Repair & Rebuild Faster
- Effective Way to Increase Lean Body Muscle Mass
- Increases Power & Strength
- Helps Keep Body Hydrated to Overcome Cramping, Fatigue & Heat Stroke
- Optimizes & Improves Recovery Time
- Helps Optimize Growth