



CranLoad™ Sport

INTRODUCED 2011

What Is It?

CranLoad™ is a novel fruit blend developed as part of an extensive research program with the Institute of Nutraceuticals and Functional Foods (INAF) and Laval University, Quebec. It delivers a unique cranberry and grape seed blend that has been the subject of two pilot trials involving high-profile, elite athletes. CranLoad™ Sport combines CranLoad™ with caffeine naturally derived from green tea and medium chain triglycerides (MCTs) in a liquid-filled Caplique® capsule to support high-intensity sports activity and recovery.*

CranLoad™ Sport Special Features

CranLoad™: Proprietary Blend of Cranberry and Grape Seed

- Offers unique vascular support with a proprietary blend of A-type and B-type proanthocyanidins, polyphenols and other compounds*
- Supports healthy blood vessel dilation and blood flow*
- Maintains healthy blood lactate levels to enhance recovery*

Green Tea and Caffeine

- Promotes energy and mental focus*
- Supports metabolic capacity through the utilization of fatty acids for energy*
- Enhances antioxidant defenses*

Medium Chain Triglycerides (MCT)

- Provides easily-absorbed lipid fuel substrates for working muscle*

Uses For CranLoad™ Sport

Healthy Blood Flow: Cranberries and grapes are particularly generous sources of proanthocyanidins and polyphenols. In addition to being powerful antioxidants, these compounds offer specific vascular support mechanisms that are associated with enhanced endothelial function. As training intensity is known to be directly correlated to blood flow and impeded by accumulation of

muscle lactate, nutrients that facilitate and upregulate blood flow could be utilized as a means to enhance high-intensity sports performance. CranLoad™ supports nitric oxide synthase (NOS) activity in the vascular endothelium. NOS generates nitric oxide, which increases blood flow to muscles during exercise. In a pilot trial involving elite athletes, CranLoad™ supplementation increased flow-mediated dilation (FMD). FMD, assessed by brachial artery diameter, reflects blood vessel diameter and is indicative of blood flow to muscles and lactate clearance and recovery. Specifically, the pilot study indicated a statistically significant increase in FMD as a percentage over baseline within 30 minutes and remained elevated for 2 hours. (Figure 1) The peak increase in brachial artery diameter following consumption of the CranLoad™ beverage was 2.8% at 60 minutes. A similar physiological effect has been demonstrated with arginine in which supplemental arginine at doses ranging from 3-21 g increased FMD on average 1.98%.*

Increased FMD with CranLoad™

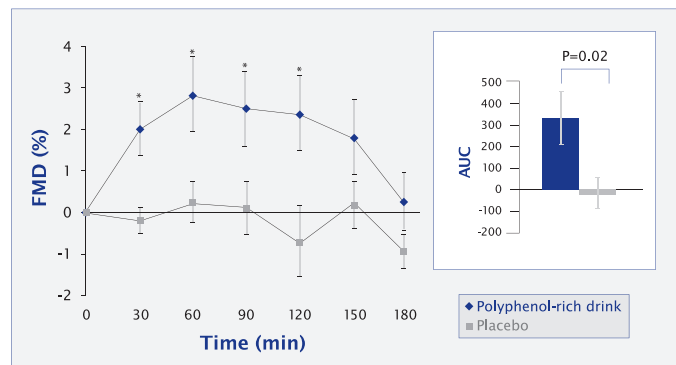


Figure 2. Flow-mediated dilation (FMD) variation from baseline after intake of the polyphenol-rich drink and placebo; *P<0.05 versus baseline and placebo at specified time points. The insert presents the area under the curve (AUC) of the change in FMD over time above baseline (time 0) values. The Y axis is in % min.*

(continued)

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

Athletic Recovery: In a double-blind, placebo-controlled, pilot study, the effects of pre-exercise CranLoad™ administration was investigated in high-profile athletes. The athletes performed a 3 km stationary cycling time trial after consuming either CranLoad™ or a placebo. Results of the pilot study show a significant decrease in blood lactate in those athletes consuming CranLoad™ compared to placebo. (Figure 2) This study supports the concept that CranLoad™ enhances blood flow and is associated with enhanced lactate clearance during high-intensity exercise. This outcome suggests enhanced recovery.*

	CranLoad™	Placebo	% diff	P
Lactate (mmol/L)				
Post warm up	1.7 ± 0.5	2.4 ± 1.2	-30.1%	0.01
Post 3 km TT, 0 min	12.1 ± 1.4	13.1 ± 2.1	-7.9%	0.03
Post 3 km TT, 2.5 min	14.1 ± 0.8	14.8 ± 0.9	-4.8%	0.06
Post 3 km TT, 5 min	13.7 ± 0.7	14.1 ± 0.7	-2.5%	0.06

Figure 3. Effects of CranLoad™ on blood lactate pre- and post-exercise. Data from the pilot study reveals a 30% reduction in blood lactate following warm up, and reduced lactate is maintained throughout exercise.*

What Is The Source?

CranLoad™ is derived from a proprietary blend of cranberry extract derived from *Vaccinium macrocarpon* fruit and grape seed extract derived from *Vitis vinifera*. Green tea extract is derived from *Camellia sinensis* leaves and standardized to contain 20% caffeine.

Caplique® Capsule is a registered trademark used by Pure Encapsulations under license.

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.

Recommendations

Pure Encapsulations recommends 3 Caplique® Capsules daily, 30-60 minutes before a workout.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. In research studies, grape seed extract has been associated with headache, abdominal pain, sore throat, nausea and cough, but these effects occur at rates similar to placebo. Caffeine can cause insomnia, restlessness, gastric irritation, headache or arrhythmia. Rare case reports have suggested that large amounts of green tea extract may be associated with liver health concerns. Discontinue use and consult a healthcare professional if you have a liver disorder or develop symptoms of liver trouble such as abdominal pain, dark urine or jaundice. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Cranberry, grape seed and green tea may be contraindicated with blood thinning medications. Individuals on anti-diabetes medications should have their blood glucose levels monitored. Green tea extract may interfere with the absorption and effectiveness of a number of medications including certain heart, antidiarrheal, and cold or hay fever medications. Consult your physician for more information.

CranLoad™ Sport

three Caplique® Capsules contain  00

CranLoad™ proprietary blend..... 765 mg
 providing cranberry (*Vaccinium macrocarpon*)
 extract (fruit) and grape (*Vitis vinifera*) extract (seed)
 green tea (*Camellia sinensis*) extract (leaves) 250 mg
 standardized to contain 20% caffeine 50 mg
 other ingredients: rice maltodextrin, magnesium hydroxide, medium chain
 triglycerides, vegetable capsule

3 Caplique® Capsule per day, 30-60 minutes before a workout.



— Your Trusted Source —

490 Boston Post Road, Sudbury, MA 01776 USA

P: 800-753-2277 • F: 888-783-2277 www.PureEncapsulations.com • csservice@pureencapsulations.com