



# Athletic Performance

A Guide to Optimize Exercise Training\*

- Promote Energy, Strength and Endurance\*
- Enhance Exercise Recovery\*
- Support Cardiovascular Function\*
- Protect Joints and Ligaments\*

PURE AMBASSADOR ATHLETE  
SEAN YOUNG - POLE VAULT  
2012 OLYMPIC GAMES HOPEFUL



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

## ATHLETIC SUPPORT

Athletes ranging from enthusiastic amateurs to elite professionals know that combining a healthy diet and proper hydration will help them achieve their personal best. With unique metabolic needs, every athlete can also benefit from nutritional support through dietary supplementation. Nutritional supplements provide an effective means to support high energy requirements and protect cardiovascular, immune and musculoskeletal systems from the high demands of daily exercise regimens.\*

Pure Encapsulations health professional-exclusive athletic supplements are elite in their category, offering only the most pure, bioavailable and researched ingredients. Furthermore, our full-label disclosure policy and lack of fillers, additives and artificial ingredients make Pure Encapsulations products a logical match for any level of athlete.\*



### **THE PROGRAM**

Full range of products for targeted exercise performance and training support.\*

#### *Foundation—For Every Athlete*

Athletic Pure Pack / Athletic Nutrients  
WheyBasics  
HMB Plus

#### *Pre-Exercise Energy*

##### **ENDURANCE ACTIVITIES**

CranLoad™ Sport  
Electrolyte/Energy formula

##### **STRENGTH/POWER ACTIVITIES**

Creatine powder  
Kre-Alkalyn®  
Nitric Oxide Support

#### *Post-Exercise Recovery*

##### **MUSCLES**

L-Glutamine  
BCAA (Branched Chain Amino Acids)

##### **LIGAMENTS + JOINTS**

Ligament Restore

# FOUNDATION – FOR EVERY ATHLETE

## Athletic Pure Pack

With Metafolin® L-5-MTHF

### DAILY PACKET

#### Indications:

- ✓ Supports energy, muscle recovery and immune function for healthy athletic activity\*


#### Vitamin/Mineral Distinctions:

- ✓ 3 capsules of *Athletic Nutrients* combined with extra *vitamin C* to support nitric oxide activity and immune function\*
- ✓ Trace minerals, including *manganese* and *copper*, for healthy connective tissue integrity\*
- ✓ Featuring *Metafolin® L-5-MTHF*, the naturally occurring, universally metabolized form of folate for healthy red blood cell function\*

#### Special Features:

- ✓ *Omega-3 fatty acids* to support healthy cytokine balance\*
- ✓ 1,375 mg *Kre-Alkalyn®*, 145 mg *CoQ<sub>10</sub>* and 50 mg *alpha lipoic acid* to support metabolic acid buffering, ATP synthesis and muscular adaptations to resistance and endurance training\*
- ✓ *Grape seed* and *superfruit antioxidants* to neutralize the effects of free radicals generated during training, lessening occasional muscle soreness and fatigue\*
- ✓ 1,000 mg *L-glutamine* for healthy muscle preservation and immune function\*

#### Athletic Nutrients

3 vegetable capsules contain  v 00

ascorbyl palmitate (fat-soluble vitamin C)	60 mg
ascorbic acid	125 mg
calcium (citrate)	100 mg
vitamin D <sub>3</sub>	500 i.u.
d-alpha tocopherol succinate (vitamin E)	50 i.u.
vitamin K <sub>1</sub>	50 mcg
thiamine HCl (B <sub>1</sub> )	12.5 mg
riboflavin (B <sub>2</sub> )	12.5 mg
riboflavin 5' phosphate (activated B <sub>2</sub> )	6.25 mg
niacin	12.5 mg
niacinamide	25 mg
pyridoxine HCl (B <sub>6</sub> )	6.25 mg
pyridoxal 5' phosphate (activated B <sub>6</sub> )	6.25 mg
folate (as Metafolin®, L-5-MTHF)	200 mcg
methylcobalamin (B <sub>12</sub> )	500 mcg
biotin	400 mcg
pantothenic acid (calcium pantothenate) (B <sub>5</sub> )	25 mg
iodine (potassium iodide)	100 mcg
magnesium (citrate)	100 mg
zinc (citrate)	7.5 mg
selenium (selenomethionine)	100 mcg
copper (glycinate)	1 mg
manganese (citrate)	1 mg
chromium (polynicotinate)	100 mcg
potassium (phosphate)	50 mg
boron (glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	50 mcg
choline bitartrate	25 mg
inositol	25 mg
mixed carotenoids (providing beta carotene, lycopene, lutein and zeaxanthin)	5,000 i.u.

#### EnergizeATP Factors

Kre-Alkalyn® (pH balanced creatine)	375 mg
coenzyme Q <sub>10</sub>	25 mg
alpha ketoglutarate	25 mg

#### MuscleRestore Complex

n-acetyl-L-cysteine (free-form)	75 mg
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alpha lipoic acid (thioctic acid)	50 mg
L-carnosine (beta-alanyl-L-histidine)	25 mg

#### PowerProtect Antioxidants

PowerGrape® grape (vitis vinifera L.) extract (whole fruit)	100 mg
superfruit antioxidant blend	25 mg
(from mangosteen, açai, noni, pomegranate and quebracho extract)	
green tea (camellia sinensis) extract (leaf) (decaffeinated)	25 mg
(providing 70% epigallocatechin gallate (EGCG))	

other ingredients: potato starch

#### EPA/DHA essentials

1 softgel capsule contains	20 g
calories	10
calories from fat	10
total fat	1 g
fish oil concentrate (anchovies, sardines)	1,000 mg
providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
vitamin E (d-alpha-tocopherol)	10 i.u.
other ingredients: gelatin capsule	

#### Kre-Alkalyn®

2 vegetable capsules contain  v 0	
Kre-Alkalyn® (pH balanced creatine)	1,000 mg
other ingredients: vegetable capsule	


#### Ascorbic Acid 1,000 mg

1 vegetable capsule contains  v 00	
ascorbic acid	1,000 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg
other ingredients: vegetable capsule	

#### CoQ<sub>10</sub> 120 mg

1 vegetable capsule contains  v 0	
coenzyme Q <sub>10</sub>	120 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
other ingredients: vegetable capsule	

#### L-Glutamine 1,000 mg

1 vegetable capsule contains  v 00	
L-glutamine (free-form)	1,000 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg
other ingredients: vegetable capsule	

Take 1 packet per day (9 capsules), with meals.

	quantity	order code
Athletic Pure Pack	30 packets	APPB3

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.  
Kre-Alkalyn® is a registered trademark of Biocetual Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).  
PowerGrape® is a registered trademark of the "Actifs Innovants" division of Naturex.

## Athletic Nutrients

Also available as a stand-alone product

	quantity	order code
Athletic Nutrients	180	ATN1

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# FOUNDATION – FOR EVERY ATHLETE

## WheyBasics

\*21 grams of whey protein per serving

WheyBasics provides 21 grams of highly purified, undenatured whey protein per serving in a great-tasting, naturally flavored formula. Whey protein naturally contains high levels of l-glutamine and branched chain amino acids, as well as immunoglobulins and lactoferrin to support nutritional health and immune system function.

### Features include:

- 21 grams protein per serving
- 3 grams l-glutamine per serving
- 4.75 grams branched chain amino acids, including 2 g l-leucine per serving
- Low in fat and < 1% lactose
- Instantized for easy mixing

### Nutritional considerations include:

- Supports immune function with protein, l-glutamine, lactoferrin and immunoglobulins\*
- Promotes healthy weight management in combination with diet and exercise\*
- Supports sports nutrition with protein, l-glutamine and branched chain amino acids for healthy muscle function and muscle recovery\*
- Encourages overall daily wellness with high quality protein nutrition\*

**Recommendations:** Add 1 serving to water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

### 1 scoop contains

calories	90
fat	0 g
sodium	45 mg
carbohydrate	1 g
dietary fiber	0 g
sugars	<1 g
protein	21 g
stevia	70 mg

Contains milk, soy

other ingredients: whey protein isolate, soy lecithin, natural vanilla bean flavor

serving size: **WheyBasics Vanilla Bean flavor: 24 g (1 scoop)**

servings per container: **18**

**\*\*Warning: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision.**

	quantity	order code
WheyBasics Vanilla Bean flavor	432 g	WBV4

## HMB Plus

\*Helps maintain lean body mass

HMB (beta-hydroxy beta-methylbutyrate), a metabolite of the branched chain amino acid leucine, has been the subject of over 30 clinical studies. The benefits of HMB on lean body mass have been demonstrated in both young and aging cohorts with diverse backgrounds of physical conditioning. HMB provides powerful support for maintaining muscle mass when combined with an exercise program. By supporting the integrity of muscle fibers and protecting important contractile proteins, HMB helps maintain muscle strength. HMB also directly supports protein synthesis by maintaining healthy growth factor signaling and ribosome activity in muscle cells. Both HMB and alpha lipoic acid support intramuscular antioxidant status and maintain inflammatory balance. Alpha lipoic acid helps maintain muscle mass by supporting reduced glutathione pools and encourages metabolic homeostasis by promoting normal glucose uptake. Well-known for its role in bioenergetics and ATP repletion, creatine activates different pathways to support both aerobic and anaerobic exercise adaptations. Specifically, creatine supports healthy gene expression and growth factor activity to promote protein synthesis. Kre-Alkalyn® is a pH-balanced creatine that does not require a loading phase for maximum benefit.

*HMB Plus supports healthy protein metabolism to support lean body mass and strength gains when combined with exercise training.*

Kre-Alkalyn® is a registered trademark of Bioceutical Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).

### three vegetable capsules contain

calcium beta-hydroxy beta-methylbutyrate (HMB)	1,500 mg
Kre-Alkalyn® (pH balanced creatine)	500 mg
alpha lipoic acid (thioctic acid)	50 mg

**3-6 capsules daily, in divided doses, with or between meals.**

	quantity	order code
HMB Plus	180	HMB1



# PRE-EXERCISE ENERGY – ENDURANCE

## CranLoad™ Sport

liquid-filled capsule

*\*Novel fruit blend with green tea caffeine and medium chain triglycerides for optimal athletic performance*

CranLoad™ Sport features various ingredients with the ability to provide support for high-intensity sports activity and recovery.\*

### **CranLoad™: A novel, proprietary cranberry and grape seed blend**

- In a pilot trial involving elite athletes, CranLoad™ provided statistically significant support for healthy flow-mediated dilation (FMD) in healthy athletes at rest, an effect similar to arginine administration.\*
- In a double-blind, placebo-controlled, cross-over trial, CranLoad™ helped maintain healthy blood lactate levels in high-profile athletes, suggesting the potential for enhanced recovery.\*

### **Caffeine: Derived from green tea**


- Provides support for energy and mental focus.\*
- Supports metabolic capacity and provides antioxidant protection for working muscles.\*

### **Medium Chain Triglycerides (MCT):**

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

CranLoad™ is a trademark used by Pure Encapsulations under license.

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

three Caplique® Capsules contain  00

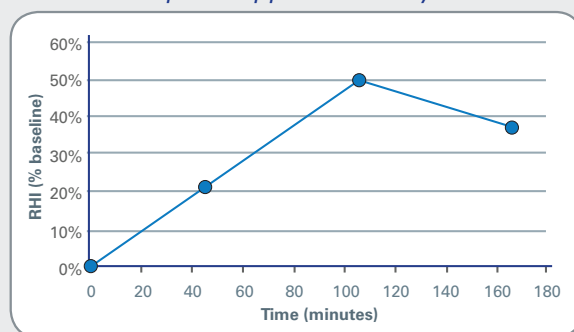
CranLoad™ proprietary blend ..... 765 mg  
providing cranberry (*Vaccinium macrocarpon*)  
extract (fruit) and grape (*Vitis vinifera*) extract (seed)  
green tea (*Camellia sinensis*) extract (leaves) ..... 250 mg  
standardized to contain 20% caffeine ..... 50 mg  
other ingredients: rice maltodextrin,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

**3 Caplique® Capsules per day, 30–60 minutes before a workout.**

	quantity	order code
CranLoad™ Sport	90	CLS9

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.

### *CranLoad™ Sport supports healthy blood flow\**



PURE AMBASSADOR ATHLETE  
WERNER LEITNER - TRIATHLETE 2008

*Following a single dose of CranLoad™ Sport, endothelium-dependent dilation of blood vessels was measured in human volunteers. Acute and sustained support for blood flow, assessed by reactive hyperemia index (RHI), was evident over a 170-minute period.\**

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# PRE-EXERCISE ENERGY – ENDURANCE

## Electrolyte/Energy formula

*\*Helps replenish electrolytes lost during exertion; supports physical and mental stamina*

- Combines sodium, chloride, potassium, calcium and magnesium to replenish electrolytes lost during exercise; supports muscle function, retains hydration, may lessen the perception of exertion\*
- Provides glucose and maltodextrin, important pre-exercise sources of rapidly available energy; spares glycogen stores and delays fatigue\*
- Contains the energizing cofactors malic acid and alpha ketoglutarate, both Krebs cycle intermediates\*
- Includes vitamin C to protect muscles from free radicals generated during exercise and to enhance tissue recovery\*
- Promotes mental focus under stressful conditions and may also help promote physical endurance with the amino acid l-tyrosine, a neurotransmitter precursor\*
- Especially for strenuous or prolonged exercise at least 1-2 hours in length

### two scoops contain **V**

calories .....	60
carbohydrate .....	14 g
sugars (glucose) .....	7 g
other (maltodextrin) .....	7 g
ascorbic acid .....	200 mg
calcium (citrate) .....	100 mg
magnesium (citrate) .....	100 mg
chloride (as sodium chloride) .....	150 mg
sodium (as sodium chloride) .....	100 mg
potassium (phosphate) .....	100 mg
alpha ketoglutarate .....	200 mg
malic acid .....	200 mg
l-tyrosine (free-form) .....	500 mg

other ingredients: maltodextrin, glucose, natural lemon-lime flavor

**serving size: 17 g (2 scoops)**

**servings per container: 20**

**2 scoops, mixed in 8–10 oz water, 20 minutes before intense exercise.  
Take an additional 2–4 scoops during training or an event if needed.**

	quantity	order code
Electrolyte/Energy formula	340 g	EEF3



# PRE-EXERCISE ENERGY – STRENGTH/POWER

## Creatine powder

*\*Fuel for strength and conditioning support*

- Increases optimal work output, strength and conditioning during short-duration, high-intensity exercise; encourages lean muscle mass\*
- Regenerates the primary energy molecule, ATP, which is immediately available to muscles\*
- Serves as a buffer, delaying the point at which lactic acid causes muscle fatigue and discomfort\*

each scoop contains **V**

creatine monohydrate.....4 g

**Up to 20 grams per day, in divided doses, mixed with a beverage, for 5–7 days. Thereafter, the maintenance dose is 5–15 grams per day, in divided doses.**

	quantity	order code
Creatine powder	500 g	CRM5
	250 g	CRM2

## Nitric Oxide Support

*\*Supports working muscles*

- Contains arginine, a nitric oxide precursor, to support healthy circulation and delivery of oxygen to working muscle\*
- Provides citrulline to delay the onset of muscle fatigue, maintain acid-base balance, promote aerobic energy production in muscle cells during exercise, and enhance arginine and nitric oxide production\*
- Includes vitamin C to enhance nitric oxide activity and provide blood vessel endothelial antioxidant protection\*

one scoop (5.4 g) contains **V**

L-arginine (from arginine alpha ketoglutarate (2:1)).....2,050 mg  
citrulline (from citrulline malate).....715 mg  
ascorbic acid .....200 mg  
stevia .....30 mg  
other ingredients: xylitol, natural lemon-lime flavor, Lo Han (Momordica grosvenori fruit extract)

**serving size: 5.4 g (1 scoop)**

**servings per container: 30**

**1 scoop per day, mixed with water, 20 minutes before exercise.**

	quantity	order code
Nitric Oxide Support	162 g	NOS16

## Kre-Alkalyn®

*Patented, alkaline creatine*

*\*No loading phase required*

Kre-Alkalyn is a patented, next-generation, alkaline creatine, also referred to as “The Metabolic Acid Buffer™.”

Its key features include:

- Alkaline pH creatine, providing enhanced support for lactic acid and metabolic acid buffering\*
- Enables a high concentration of cellular creatine to be absorbed
- Lower effective dose
- Requires no loading phase
- Does not cause water retention
- May be taken daily for sustained energy

Several case study reports involving professional male football players and endurance athletes indicate that it supports energy, endurance, stamina, muscle comfort and body composition. In a random, double blind clinical trial, Kre-Alkalyn® pH balanced creatine supported muscular performance in Olympic-level weight lifting athletes.

*Kre-Alkalyn® helps to enhance energy and strength and lessen muscle soreness due to lactic acid.*

Kre-Alkalyn® is a registered trademark of Bioceutical Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).

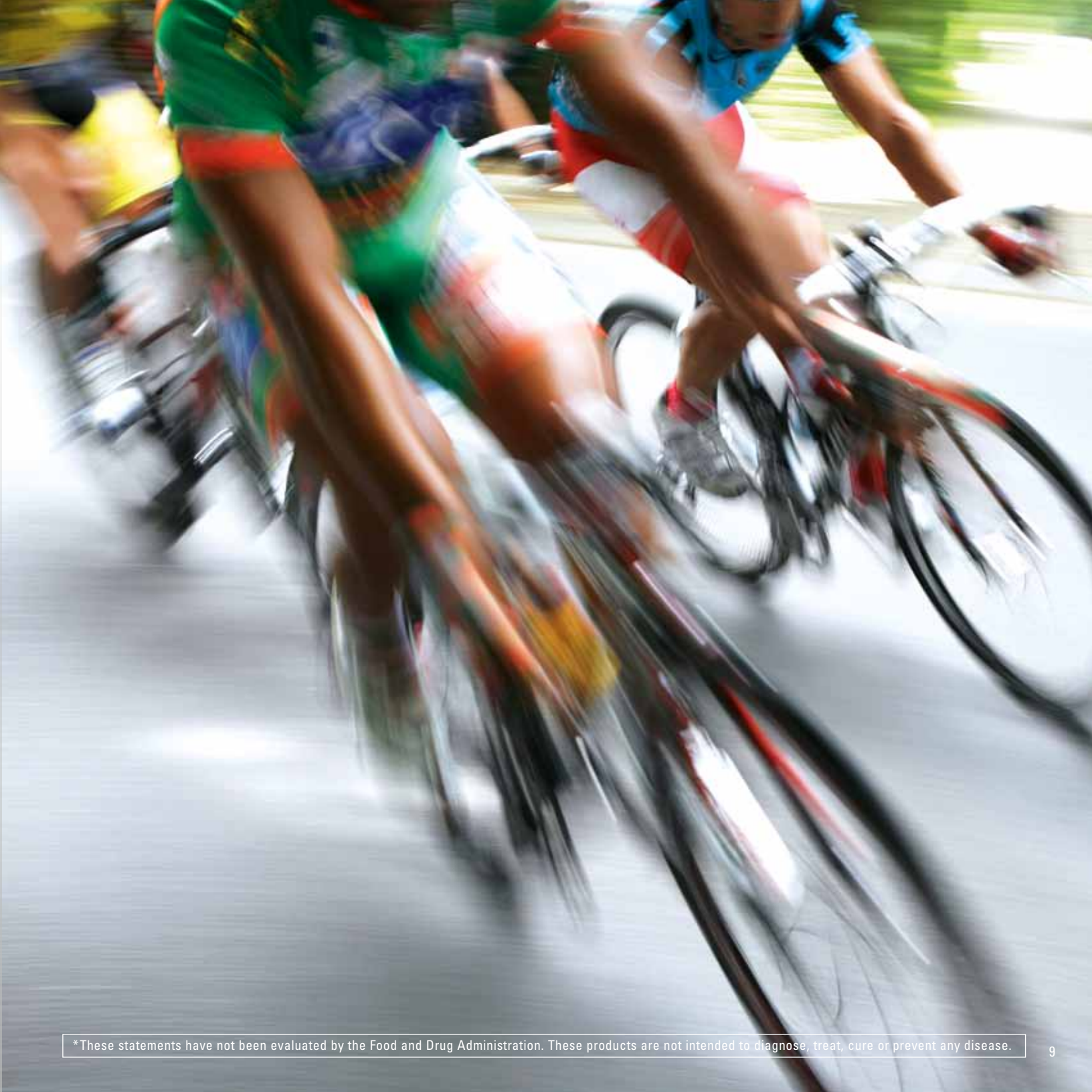
three vegetable capsules contain  **00**

Kre-Alkalyn® (pH balanced creatine).....1,500 mg

**3 capsules a half hour before a workout on training days. On non-training days, take 1–3 capsules in the morning.**

	quantity	order code
Kre-Alkalyn®	180	KRE1





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# POST EXERCISE RECOVERY – MUSCLES

## BCAA (Branched Chain Amino Acids) powder

\*Promotes muscle function during exercise

- Has a sparing effect on muscle glycogen and muscle protein during prolonged bouts of exercise; decreases lactate production\*
- Moderates the progression of central nervous system fatigue during exertion, supporting mental performance\*
- Provides the only amino acids to be delivered directly to skeletal muscle for direct protein synthesis and repair\*

one rounded scoop (3.3 g) contains **V**

branched chain amino acids (free-form).....	3,000 mg
providing:	
l-leucine.....	1,500 mg
l-isoleucine.....	750 mg
l-valine.....	750 mg

**1/2-1 scoop per day, mixed with 10 oz. of water or juice.**

servings per container: **68**

	quantity	order code
BCAA powder	227 g	BCAP

## BCAA (Branched Chain Amino Acids) capsules

each vegetable capsule contains **V 00**

branched chain amino acids (free-form).....	600 mg
providing:	
l-leucine.....	300 mg
l-isoleucine.....	150 mg
l-valine.....	150 mg

**2-4 capsules per day, in divided doses, between meals.**

	quantity	order code
BCAA capsules	250	BCA2
	90	BCA9

## L-Glutamine 1,000 mg

\*Muscle mass and gastrointestinal tract support

L-Glutamine is the most abundant amino acid in the body. In times of metabolic stress, glutamine is utilized by the body for tissue repair, gastrointestinal tract support, and natural defense system function. Glutamine plays a large role in maintaining healthy intestinal integrity by enhancing the intestine's protective mucosal lining. In addition, glutamine is important in the preservation of muscle mass.

*L-Glutamine nutritionally supports the mucosal lining and the healthy functioning of the gastrointestinal tract, as well as lean muscle mass.*

each vegetable capsule contains **V 00**

l-glutamine (free-form) .....	1,000 mg
ascorbyl palmitate (fat-soluble vitamin C).....	10 mg

**1-3 capsules per day, in divided doses, between meals.**

	quantity	order code
L-Glutamine 1,000 mg	250	LG12
	90	LG19

## L-Glutamine 500 mg

each vegetable capsule contains **V 1**

l-glutamine (free-form) .....	500 mg
ascorbyl palmitate (fat-soluble vitamin C).....	5 mg

**2-6 capsules per day, in divided doses, between meals.**

	quantity	order code
L-Glutamine 500 mg	90	LG59

## L-Glutamine powder

each scoop contains **V**

l-glutamine (free-form) .....	3 g
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**2-6 teaspoons per day, in divided doses, between meals.**

	quantity	order code
L-Glutamine powder	227 g	LGP



# POST EXERCISE RECOVERY – LIGAMENTS + JOINTS




## Ligament Restore

*\*Combines glucosamine, collagen, amino acids, vitamin C and herbs to maintain healthy tendons, ligaments and joints*

- Provides glucosamine sulfate as a building block for tendons, ligaments, and joints\*
- Contains BioCell Collagen®, a naturally occurring blend of hyaluronic acid (HA), chondroitin sulfate, glucosamine sulfate and amino acids to promote cartilage synthesis and joint integrity\*
- Encourages collagen formation with l-lysine and l-proline, forming the “glue” that holds collagen together\*
- Includes silica and vitamin C as cofactors for connective tissue matrix formation and repair\*
- Maintains joint comfort with devil’s claw and curcumin\*
- Helps recovery from strains and sprains or overall wear and tear\*
- Best taken daily to maintain connective tissue resiliency\*

**BioCell Collagen** is a registered trademark of BioCell Technology LLC, Anaheim, California, USA. U.S. Patents 6,025,327; 6,323,319; 6,780,841 and other U.S. and foreign patents pending.

four vegetable capsules contain  00

glucosamine sulfate (crab, shrimp) .....	1,500 mg
hydrolyzed collagen complex (chicken sternal cartilage).....	400 mg
providing (typical):	
hydrolyzed collagen 60%.....	240 mg
l-proline (free-form) .....	500 mg
l-lysine HCl .....	500 mg
ascorbic acid .....	200 mg
silica (from Bambusa vulgaris (bamboo) extract (stem)) .....	15 mg
devil’s claw (Harpagophytum procumbens) extract (root).....	100 mg
(standardized to contain 5% harpagosides) .....	(5 mg)
turmeric (Curcuma longa) extract.....	100 mg
(standardized to contain 95% curcuminoids) .....	(95 mg)
ascorbyl palmitate (fat-soluble vitamin C).....	40 mg

**4 capsules per day, in divided doses, with 8–10 oz water, with meals.**

*Refrigerate after opening.*

	quantity	order code
Ligament Restore	240	LR2
	120	LR1

*PURE AMBASSADOR ATHLETE  
TOM PAPPAS - DECATHLON  
GOLD MEDAL WINNER AT THE  
2003 WORLD CHAMPIONSHIPS*

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*PURE AMBASSADOR ATHLETES  
SHAUNA ROHBOCK + VALERIE FLEMING  
BOBSLED - 2010 OLYMPIC GAMES*

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