












F2C Product	Highlights	Tips
 <p>Pharma-Greens <i>Green Apple</i> <i>Lemon Lime</i> <i>Mango</i> <i>Strawberry Kiwi</i> <i>Unflavored</i></p>	<ul style="list-style-type: none"> • pH balancing • Aids in recovery from training & racing as well as injury healing • Increases energy & focus • Reduces oxidative stress • Supports immune function • All-natural and non-GMO • Flash frozen raw 	<ul style="list-style-type: none"> • Most beneficial taken first thing in the morning on an empty stomach; wait 15min before consuming anything (to allow for pH balancing) • (1) 8oz serving of Greens is equivalent to 6-7 servings of fruits & vegetables • Can be taken post-workout / post-race to aid in recovery
 <p>Ultra-Durance <i>Orange</i> <i>Unflavored</i></p>	<ul style="list-style-type: none"> • Reduces lactic acid up to 22% • Improves aerobic threshold • Speeds muscle recovery • Reduces muscle soreness 	<ul style="list-style-type: none"> • Can be taken alone or added to protein for same benefit • Tingling may occur, which is natural – it means the ultra-durance is working! • Increase dosage 2 days prior to & 1 day post-race for best results
 <p>Hydra-Durance <i>Lemon-lime</i> <i>Mango</i> <i>Raspberry</i></p>	<ul style="list-style-type: none"> • Ultra-low osmolality • Real fruit flavoring • Scientifically developed blend of all key electrolytes • Designed for rapid absorption • Contains no artificial colors • Contains no preservatives 	<ul style="list-style-type: none"> • Hydra-Durance has a lower osmolality than blood in the muscle tissue; the difference is what causes water to be absorbed more effectively into the muscle tissue • Dehydrating muscle by only 3% leads to a 12% decrease in strength • Healthy for the whole family • Can be used anytime

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 <p>Electro-Durance <i>Unflavored</i></p>	<ul style="list-style-type: none"> • Improves electrolyte balance • Helps reduce / eliminate cramps • Contains all the key electrolytes: sodium, potassium, magnesium, chloride & calcium – all from the most absorbable sources • Contains 84 trace minerals that are essential to maintain proper energy balance 	<ul style="list-style-type: none"> • Enhances hydration • Enhances recovery • Improves performance • Can be taken alone or added to Glyco-Durance • Can be taken under tongue for the fastest transmission • Take 1-3 licks every 5miles on the bike / every 1mile on the run to aid hydration • Can be used as replacement for table salt to season food
 <p>Glyco-Durance <i>Green Apple</i> <i>Mango</i> <i>Strawberry Kiwi</i> <i>Unflavored</i> <i>Glyco Raw</i></p>	<ul style="list-style-type: none"> • Fast-absorbing carbohydrates from the highly-branched Cyclic Dextrin blend • Scientifically-developed blend of all key electrolytes • Contains F2C blend Sustamine® and Cluster Dextrin® • Non-GMO and all natural • Lowest serum osmolality 	<ul style="list-style-type: none"> • Mix in a regular bottle of 200-300cal or a super bottle of up to 1200cal • Can be frozen in bike bottle without separating after the solution thaws • Can mix unflavored Glyco with any flavored Glyco to personalize taste profile • Can mix Glyco-Durance RAW with Electro-Durance and / or flavored Glyco-Durance to achieve optimal blend of electrolytes & preferred flavor to meet individual fueling needs
 <p>Endurance 5:1 <i>Tropical Mango</i> <i>Strawberry Banana</i></p>	<ul style="list-style-type: none"> • Contains Cluster Dextrin®, Sustamine® and F2C Protein Matrix • Scientifically-developed blend of all key electrolytes • Lowest serum osmolality • Non-GMO; gluten- & soy-free • 5:1 carb to protein ratio race formula 	<ul style="list-style-type: none"> • Can mix 2-4 scoops for bike bottles of 350-700 calories • Fast-absorbing electrolytes, carbohydrates & protein • Sustained release of glucose for improved endurance • Can be frozen in a bottle • Can be used for recovery • Can be used for breakfast

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 <p>Rehab 3:1 <i>Chocolate</i> <i>Vanilla</i></p>	<ul style="list-style-type: none"> • 3:1 carb to protein recovery and development formula • Rapid absorption • Replenish glycogen stores • 6-stage cold ultra-filtered protein matrix • Ideal immediately post-workout • Soy-free • All natural, non-GMO 	<ul style="list-style-type: none"> • Best used within 30 minutes post-training or post-race • Ideal for off-season training • Use to increase focus & performance in training • Can be used as calorie load for recovery just before sleeping
 <p>Pharma-Pure Natural <i>Chocolate</i> <i>Vanilla</i> <i>Unflavored</i></p>	<ul style="list-style-type: none"> • 100% all-natural ingredients • 100% whey protein isolate • 27g protein in a 30g serving • No added sugar or any fillers • Lactose- and gluten-free 	<ul style="list-style-type: none"> • Highest biological value of any protein available • Excellent for recovery • Fastest absorption of all the proteins • Mixes quickly in water • Available in 2lb and 5lb size containers
 <p>Vegan-Pure <i>Chocolate</i> <i>Vanilla</i></p>	<ul style="list-style-type: none"> • 100% raw vegan protein • Complete protein source • Contains balance of all essential amino acids • Naturally flavored and sweetened • Dairy-Free • Gluten-Free • Soy-Free • Non-GMO 	<ul style="list-style-type: none"> • Contains blend of 60% hemp protein plus pea, brown rice, chia & flaxseed proteins • Much easier digested than pea-based proteins • 17g protein per 8oz. serve • Mixes easily in water • Tastes great mixed with almond milk, cashew milk or coconut water • Great for smoothies • Great mouth feel • Best-tasting vegan protein in the industry!!

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 <p>Whey-Pure Energy <i>Banana Cream Pie</i> <i>Chocolate Explosion</i> <i>Strawberries & Cream</i> <i>Tahitian Vanilla</i></p>	<ul style="list-style-type: none"> • 100 calories per serving • Contains whey protein isolate & energy-boosting natural herbs • Gluten free • Non-GMO & soy-free • Naturally flavored & sweetened • Free from all artificial hormones including rBST and rBGH 	<ul style="list-style-type: none"> • Thermogenic, metabolizing ingredients include: green coffee bean extract, CLA, L-Carnitine, flaxseed powder & Garcinia Cambogia • Supports weight mgmt. • Great as a snack or smoothie • 19g of protein per 8oz serve
 <p>JumpStart TR</p>	<ul style="list-style-type: none"> • Maximize energy without jitters • Increases levels of epinephrine and norepinephrine • Accelerates weight loss • Increases metabolism of stored energy sources (i.e. fat) 	<ul style="list-style-type: none"> • Thermogenic ingredients: green tea & sweet red pepper extracts, raspberry ketone and oleuropein • Provides an energy boost for long training days & racing • Best if taken with food