



THE EDGE

ATHLETE EDUCATION SERIES

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800.336.1977 / www.hammernutrition.com

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2015 ALLERGY FORECAST

Conditions ripe for severe pollen counts this spring and summer.

PLUS...

Give airborne allergens the ax with Clear Day and Nasol.

Amy Rappaport celebrates her 2nd place AG finish at the Ironman 70.3 Princeton. Photo: FinisherPix

Zachary Hilton pushes the limits during the San Jose Bicycle Club's Winter Series 2015. Photo: Wendy Shore



*“Using **Clear Day** each morning keeps me allergy free! Without having a runny nose and watery eyes, I can push myself to my limits while racing or training.” Zachary Hilton*



FAST-ACTING ALLERGY RELIEF IS JUST A CAPSULE OR SPRAY AWAY!

CLEAR DAY

Makes exercise more comfortable
60 Capsules - \$22.95 3 or more - \$19.95 ea

NASOL

Soothes nasal passages
30 mL / 200 sprays - \$24.95



ORDER TODAY!

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CLEAR DAY AND NASOL

TACKLE TOUGH AIRBORNE ALLERGENS WITH THIS POWERFUL DUO AND **SAVE BIG!**

Clear Day and Nasol are guaranteed to relieve your toughest allergies to airborne substances quickly, safely, and effectively — without the dangerous side effects of pharmaceuticals.

- Reduce occurrence of allergy symptoms
- Relieve allergy symptoms fast
- Clear nasal congestion

The natural plant compounds in Clear Day provide potent antihistamine, antioxidant, anti-inflammatory, and analgesic benefits. Nasol's proprietary chili pepper-based formula clears sinuses quickly. When you put the power of these two natural products to work for you, you'll be able to train and race more productively, and exercise more comfortably.

Learn more about Clear Day at:
<http://bit.ly/hammerclear>

Learn more about Nasol at:
<http://bit.ly/nasol>

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VOLUME 4.15 // ALLERGY SURVIVAL GUIDE

EXPERT SAYS WORST ALLERGY SEASON AHEAD

Conditions ripe for high pollen counts this spring and summer

Record winter precipitation, rising summer temperatures, and increasing carbon dioxide levels will work together to make the 2015 allergy season one of the worst ever, predicts an expert.

“We may see more grass pollens flowering early and more robustly from a very heavy precipitation in fall and winter, which we've seen in many areas,” says Dr. Clifford Bassett, founder and medical director at Allergy and Asthma Care of New York.

To make matters worse, overall trends of hotter summers and increased carbon dioxide levels also are expected to spike pollen levels. The combination of factors, “I feel, will cause a very robust pollen explosion,” says Dr. Bassett.

What you can do:

With the severe allergy season forecasted for the coming weeks and months, now

is the time to act! Clear Day and Nasol are guaranteed to tackle the toughest airborne allergens quickly, safely, and effectively, without causing the potential side effects associated with pharmaceutical antihistamine and decongestant medications.

Numerous athletes have field-tested Clear Day and Nasol and reported that this combination is extremely effective for:

- Inhibiting allergic reactions to airborne substances
- Reducing existing symptoms associated with airborne allergens
- Clearing nasal passages

When you put the power of these two natural products to work for you, you'll be able to train and race more productively, and exercise more comfortably and enjoyably. We guarantee it! **[HN]**



“I'm a huge fan of using Nasol before races. It definitely helps my performance.”

Damian Stoy on his way to 3rd place overall at The North Face Endurance Challenge Park City Utah 50 mile. Photo: Jeff Ball – The North Face Endurance Challenge Utah



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Q: How do I take Clear Day?

A: We suggest 1-2 capsules every four hours, up to 8 capsules in a 24-hour period.

Q: How quickly does Clear Day work?

A: While response depends on personal physiology, as well as the severity of allergies, most test subjects experienced relief of numerous airborne allergy symptoms within 20-40 minutes after taking a dose of Clear Day capsules.

Q: How do I take Nasol?

A: Shake the bottle well before each use (very important). Spray once into each nostril and sniff up into nasal cavity. Relief will occur 2-20 minutes after use. Cover the Nasol bottle after each use.

Q: How often can I use Nasol?

A: For allergies and headaches, Nasol spray can be used up to 12 times a day. For sinus problems, use Nasol 6-12 times a day for 10-14 days.