

AES

Athlete Education Series

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PURCHASE

Real Athletes, Real Results!

"Premium Insurance Caps doesn't upset my stomach even on empty. It allows for extra dosing depending on exercise demand and I can even give it to my kids. I love the versatility." - John M.

"Premium Insurance Caps, Mito Caps, and Race Caps Supreme—absolutely essential to my training and overall health. I don't go a single day without my Hammer Nutrition regimen." - Dave H.

"The difference that Race Caps Supreme makes on a hard 4-hour training ride or a 12-hour race is unreal! The ability to grind mile after mile and the overall power increase is fantastic." - Tom L.



1.800.336.1977

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Jennifer Reschke on her way to 1st in her AG at the Monticelloman Triathlon.
Photo : Neil Gallivan



Daily Essentials

The ultimate combination for peak athletic performance and health

While there are many supplements in the Hammer Nutrition line, all with specific benefits and fulfilling specific needs, Hammer Nutrition's Daily Essentials—Premium Insurance Caps, Race Caps Supreme, and Mito Caps—provide the widest range of benefits for both athletic performance and overall health. These three supplements are the cornerstone of the Hammer Nutrition line, and they should be the foundation of your supplement program. Take them every single day, whether training or not, and you will enjoy improved energy, performance, and health.

Why you need the Daily Essentials

1. **Replenish vitamins and minerals** – needed for optimum overall health; athletes and active people deplete these critical nutrients in greater amounts than sedentary people
2. **Supply a wide range of antioxidants** – vital for neutralizing free radicals and reducing the cellular destruction they cause
3. **Enhance energy** – provide key substrates for the efficient production of energy

4. **Support mitochondria** – critical for athletic performance and overall health

Premium Insurance Caps

Our diets, no matter how good we believe they are, most likely do not provide the micronutrients needed for optimum overall health. (See inside, "The myth of the balanced diet.") That's why taking a multivitamin/mineral supplement is a wise strategy; it helps bridge the gap between what you should be receiving and what you're actually getting from the foods you consume. Consuming the best possible diet as consistently as possible, and augmenting that with a multivitamin/mineral supplement plus additional antioxidants and complementary nutrients, is the best way to cover your nutritional bases.

It's up to you to eat adequate amounts of fresh, wholesome foods as consistently as possible. And for a high-quality vitamin/mineral supplement, you need look no farther than Premium Insurance Caps. Unlike many products that contain inadequate Referenced Daily Intake (RDI) amounts of nutrients (keep in mind that the RDI is the minimal standard for preventing nutrient-deficiency diseases), Premium Insurance

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- Daily Essentials continues here

Caps is formulated with Optimum Daily Intake (ODI) amounts of the highest quality vitamins and minerals to supply your body with the quantities it needs for optimal health. An impressive array of complementary nutrients and digestive enzymes is also included.

Race Caps Supreme

For more than 25 years, Race Caps Supreme has been the athlete's supplement of choice, withstanding the test of time in a market flooded by other products that don't deliver the promised results. This powerful blend of nutrients, with the substrates Coenzyme Q10 (CoQ10) and idebenone as its primary ingredients, aids both athletic performance and overall health—a one-two punch formulated for hard-training athletes, but also highly beneficial for everyone 30 years and older. Race Caps Supreme stands alone as a safe, effective formula for:

- Higher energy levels, without the unpleasant stimulant side effects
- A noticeable increase in endurance
- Enhanced recovery and less muscle soreness
- Antioxidant support for healthy immune system function
- Key nutrients for cardiovascular system health

In addition to CoQ10 and idebenone, Race Caps Supreme contains key auxiliary components—vitamin E, trimethylglycine (TMG), inosine, glycerol phosphate, and Krebs cycle intermediates—to complement those two powerhouse nutrients. Its Enzyme Enhancement System™ and Bioperine™ ensure maximum nutrient absorption.

The combination of nutrients in Race Caps Supreme works synergistically to provide you with numerous athletic and general health benefits, unmatched by any other athlete-specific supplement. Several years ago, Dr. Bill Misner wrote, "The objective in formulating the original Race Caps was to provide the ultimate ergogenic aid, not only for improved cardiovascular-musculoskeletal performance on the field of competition, but also to benefit the overall health of the athlete. With Race Caps Supreme, the desired outcome of this objective has

been realized to its fullest." Everyone can benefit from consistent use of this product—and it's an absolute essential for athletes.

Mito Caps

Space limits what could take hundreds of pages to fully describe the benefits of the nutrients contained in Mito Caps. Its formula is based on the studies of Dr. Bruce Ames regarding mitochondrial functioning, aging, deterioration, and regeneration. Mito Caps contains the two antioxidants used in these landmark studies, acetyl l-carnitine (ALC) and R-alpha lipoic acid (R-ALA), as well as several other complementary ingredients—dimethylaminoethanol (DMAE), para-aminobenzoic acid (PABA), vitamin E, vitamin B6, and vitamin C. The patented Enzyme Enhancement System™ is also included to aid in complete absorption of these nutrients.

ALC and R-ALA are extraordinary antioxidants that also play a key role in helping mitochondria (the energy-producing organelles in every cell of your body) work more efficiently and stay healthy. The importance of maintaining proper functioning of the mitochondria is explained by Dr. Bill Misner: "The longer you can stimulate the lifespan or health of the mitochondria, the longer you will live and the better you will perform in endurance events. The athlete who has the most healthy/efficient active mitochondria is the athlete who performs at their best.

"Mito Caps is a plausible and safe supplemental intervention that may reduce mitochondria substrate depletion imposed by age and endurance exercise stress. I have taken these substrates without any known side effects . . . except less fatigue, better endurance performance, and less required sleep. Very few substrate molecules function biochemically inside mitochondria cells. Endurance athletes should realize how incredibly important it is to affect mitochondria and that everything formulated in this compound influences mitochondria cell biochemistry function synergistically and remarkably. Mito Caps is a product that I recommend to be taken year-round."

Summary

The combination of the three Daily Essentials provides a tremendous range of benefits that can help you achieve peak athletic performance and excellent overall health. Together, they provide benefits that no other supplement combination can come close to matching. Premium Insurance Caps, Race Caps Supreme, and Mito Caps are products that everyone, athletes and non-athletes alike, will benefit from. They should be the foundation of your daily supplement program! **HN**



EndurOmega: Essential for heart, muscles, and much more!

Rich in two essential omega-3 fatty acids, EndurOmega provides extraordinary benefits for athletic performance and overall health. In fact, we believe the benefits of this supplement are so important that we're also offering a more comprehensive Daily Essentials Kit to include this essential supplement. EndurOmega should be part of everyone's daily regimen.

The high-quality, third party-tested fish oil in EndurOmega provides one of the absolute strongest defenses against cardiovascular disease, including heart attack, stroke, and atherosclerosis. Research shows that fish oil also benefits brain function and mood, reduces joint soreness, and aids skeletal, muscle, and kidney health.

EndurOmega is the ideal complement to the other Daily Essentials. Its essential fatty acids increase absorption of the two key substrates in Race Caps Supreme (Coenzyme Q10 and idebenone), support lung function, and provide impressive anti-inflammatory benefits. For enhanced endurance and superior health, EndurOmega is essential!

Become a VIP!

FREE clothing! FREE shipping!
Hassle-free resupply!

SAVINGS on EVERYTHING! Call 1.800.336.1977 and join today!



THE MYTH of the “balanced diet”

You’ve read it in magazines, books, and online, and have heard it repeatedly on TV: “Eating a balanced diet will provide all the nutrients you need—supplements aren’t necessary.”

But it’s simply NOT true. The fact is, no research exists to support the claim that a “balanced diet” will supply all the nutrition you need for optimal health and athletic performance.

Don’t get us wrong; we’ve always advocated eating the best diet possible. But even if you strive to eat an assortment of vegetables, fruits, grains, and healthy proteins and fats—what many nutritionists would consider a “balanced diet”—we still firmly believe supplementation is vital. Here are just a few reasons why:

- **Decline in soil quality** - According to Bill Misner, Ph.D., “In the past 50 years, chemo-agricultural farming has depleted 90% of the soil’s original minerals,” diminishing the nutrient content of most modern foods.
- **Fresh? Not likely** - Very few of us have regular access to fresh, locally grown foods. Much of our diet comes from food harvested when unripe, and then transported thousands of miles. By the time it reaches the market, it’s already several days old; and by the time you buy and consume it, it’s older still—and nutritionally depleted.
- **Lifestyle challenges** - Even if we could obtain all the nutrients we need from our diet, very few of us are able to follow that ideal diet consistently. On days when time is short, processed convenience foods and not-so-healthy restaurant selections often are the dietary default.

That’s why taking supplements is so critical. Supplements, particularly Hammer Nutrition’s Daily Essentials, help bridge the gap between what you require and what you actually get from your diet.



FREE Consultation!
Contact a Client Service Advisor today.
1.800.336.1977

For more in-depth information on this subject and many others, check out *The Endurance Athlete’s GUIDE to SUCCESS* and *The Hammer Nutrition Fuels & Supplements—Everything You Need To Know*, both available in hard copy or as a free pdf download from our website, www.hammernutrition.com.



SAVE! Give your body a nutrient boost!

The Daily Essentials Kit Save up to \$56.60!

SIZE	PRICE	Kit contains:
1-MONTH KIT	\$94.95	Premium Insurance Caps (210), Mito Caps, and Race Caps Supreme
3-MONTH KIT	\$269.95	



The Daily Essentials Kit Plus Save up to \$66.45!

SIZE	PRICE	Kit contains:
1-MONTH KIT	\$117.95	Premium Insurance Caps (210), Mito Caps, Race Caps Supreme, and EndurOmega (180)
3-MONTH KIT	\$349.95	



Order Today!

Daily Essentials Kit

SIZE	PRICE
1-MONTH KIT	\$94.95
3-MONTH KIT	\$269.95

Kit contains: Premium Insurance Caps (210 capsules), Mito Caps, and Race Caps Supreme

Daily Essentials Kit Plus

SIZE	PRICE
1-MONTH KIT	\$117.95
3-MONTH KIT	\$349.95

Kit contains: Premium Insurance Caps (210 capsules), Mito Caps, Race Caps Supreme, and EndurOmega (180)



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