

AES

Athlete Education Series

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PURCHASE

Real Athletes, Real Results!

*"For four days prior to the race, I took 8 capsules a day of **Race Day Boost**. I noticed higher energy and endurance levels. I also improved my time over last year by 5 minutes!" - Caroline C.*

*"Taking **Energy Surge** helped ensure that I wasn't passed on the sprint during my cyclocross race." - Rick T.*

*"Use **Anti-Fatigue Caps** before and during your workout to take care of your body! You can work out longer and harder with this product. Hammer on!" - Todd B.*



1.800.336.1977

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Drew Edsall on his way to a 1st place Mens finish at the NUE True Grit Epic 100. Photo : The Pro's Closet - Stan's Notubes MTB Team



Race Day Boost, Energy Surge, Anti-Fatigue Caps

The ultimate performance-enhancing trio for race days!

You've devoted a lot of time and energy to your training, determined to boost your race day performance several notches this season. If you're truly serious about getting the most from your race experience, setting new personal bests, and perhaps even winning in the process—you need to put the power of Race Day Boost, Energy Surge, and Anti-Fatigue Caps to work for you. While each of these three products in Hammer Nutrition's "Race PR Kit" provides uniquely potent benefits, the synergistic effects of using them in combination will allow you to enjoy breakthrough performances more frequently. We guarantee it!

Race Day Boost

Enhances energy production and decreases acid-induced fatigue

Taken for four days prior to a race or event, Race Day Boost super saturates your body with sodium tribasic phosphate, a remarkable nutrient that significantly enhances functioning of all three of your body's ATP-producing energy systems—the ATP-CP system, the lactic acid system, and the oxygen/aerobic system. When you take your place at the starting line after a four-day load of Race Day Boost, your body's short-, medium-, and long-term energy

production pathways will be firing on all cylinders. What you'll experience is more efficiently produced energy, noticeably effective lactic acid buffering (for less of that unpleasant "burning" feeling!), and increased endurance.

Available in capsule and powder form, the Race Day Boost formula is supported by a wealth of research backing its positive effects on athletic performance. In one study, subjects loaded with sodium tribasic phosphate for four days (1 gram, four times daily). During a 40K time trial, their mean power output increased by 17% and oxygen uptake by 17%, netting an 8% improvement in performance time! An 8% improvement? That's huge!

Race Day Boost is most appropriately named; it absolutely will make an undeniably positive difference when it's time to put all of your hard training to work on race day.

Energy Surge

Instant energy right when you need it

When you put an Energy Surge tablet beneath your tongue and allow it to dissolve, you get a quick boost of energy exactly when you need it. Take Energy Surge anytime you require that extra

- continued on next page

Enjoy increased endurance, instant energy, and less fatigue!

- Race Day Boost, Energy Surge, Anti-Fatigue Caps continues here

burst of energy, such as during your hard workout sessions and definitely during races. For more than two decades, thousands of athletes have attested to the effectiveness of Energy Surge. Now it's time for you to experience its powerful benefits.

Each Energy Surge tablet contains 100 mg of PEAK ATP®, the patented form of adenosine triphosphate (ATP). ATP is the chemical compound (or “energy currency” of the cell) that provides most of the energy needed by your body. It's formed from a long chain of metabolic events in which a variety of substrates are transferred from the foods you eat, primarily carbohydrates. Under normal conditions, your body can produce all the ATP it needs. But during stressful conditions, such as high-intensity exercise, your body rapidly depletes its ATP stores and cannot replenish them quickly enough by normal means.

That's where Energy Surge comes in. It raises ATP levels enough in the blood stream to supply a “priming dose” when cellular ATP stores are becoming depleted and your body can't keep up with the demand. Energy Surge not only provides an energy boost on demand, but it also gets your body's energy production back on track when high-intensity or long-duration exercise have drained its ability to produce ATP normally and consistently. Pretty awesome benefits from such a small tablet!

Anti-Fatigue Caps

Reduces ammonia-induced fatigue for greater endurance

Whether you're doing short or long workouts and races, excess ammonia is considered a primary culprit—perhaps THE primary culprit—in premature fatigue. One supplement expert states, “Ammonia is toxic to all cells, reduces the formation of glycogen, and inhibits the energy cycle.” A study that examined changes in blood ammonia levels in humans during exercise determined that the higher the blood ammonia level, the poorer performance will be.

Fortunately, there's an antidote to excess ammonia—Anti-Fatigue Caps, a truly unique product that combines potent amounts of two powerful, well-known ammonia-scavenging nutrients: potassium/magnesium aspartate and OKG. Taking Anti-Fatigue Caps before any workout or race, and every hour during prolonged bouts of exercise, minimizes or neutralizes the performance-inhibiting effects of excess ammonia. The result? Vastly enhanced exercise performance, no matter how long your workout or race.

Summary

For years, endurance athletes like you have been inundated with tons of “overpromised but under-delivered sports supplements.” Not surprisingly,

after wasting a lot of money on these ineffective products, many athletes never use them again, convinced that all ergogenic aids are little more than expensive snake oil. However, the products in Hammer Nutrition's “Race PR Kit”—Race Day Boost, Energy Surge, and Anti-Fatigue Caps—have been in high demand by athletes for many years. If these products had not worked precisely as we said they would and athletes had stopped demanding them due to poor results, they too would have disappeared a long time ago.

The fact is, these three race-day performance enhancers flat-out work—especially when used in combination—regardless of the duration of your race. We are so sure that you will be pleased that we guarantee your satisfaction. Think of Race Day Boost, Energy Surge, and Anti-Fatigue Caps as the “icing on the cake” products in your supplement arsenal. They'll allow you to maximize your benefits from all of your hard workouts, your training aids and methods, and the Hammer Nutrition fuels and supplements you're already taking. If you're ready to achieve more personal records in your races (and who isn't?), it's time to put the Hammer Nutrition “Race PR Kit” to work for you. Order your supply of these three genuine, guaranteed-to-work, performance-enhancing products today, test them in training, then be prepared to experience the kind of race results you've been waiting for! **HN**

Become a VIP!

Call 1.800.336.1977 and join today!

FREE clothing! FREE shipping!

Hassle-free resupply! SAVINGS on EVERYTHING!

“Prerace I enjoyed Apple-Cinnamon Hammer Gel on oatmeal (three hours before race start) and HEED and Endurolytes (within an hour of race start). I also had my usual daily doses of Premium Insurance Caps, Super Antioxidant, Xobaline, Tissue Rejuvenator, Mito Caps, Boron, Enduromega, and Race Caps Supreme.”

Hammer VIP Melanie Mociun on her way to winning her AG at the 2014 Stanford Treeathlon. Photo : Kathryn Biglow

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Go WAY beyond your race expectations!

Breakthrough race performances are as easy as 1, 2, 3! Watch your performance skyrocket beyond what you thought possible!



Race Day Boost (RDB) – RDB saturates your body's cells with sodium phosphate, which buffers lactic acid like no other substance can, while also maximizing your body's energy production efficiency. Test RDB in training 2-4 weeks prior to a major event, and then follow the same loading dose protocol for the four days prior to your event, taking 2 capsules of Race Day Boost with food or juice four times per day (8 capsules total/day).



Energy Surge – This is a “use as needed” product, so don't be shy about taking it frequently during your workouts and races. Whenever you need an extra burst of energy (such as prior to “dropping the hammer” on your competitors), and especially if energy levels are flagging after an intense effort (e.g., after blasting up a climb), Energy Surge works quickly and powerfully.



Anti-Fatigue Caps – Whether your workouts and races are purely aerobic, mostly anaerobic, or anywhere in between, your body will produce lots of ammonia, which can devastate your performance. Anti-Fatigue Caps is THE antidote for ammonia! If workouts or races are shorter than two hours, take 2-4 capsules prior. If longer than two hours, take 2-4 capsules pre-exercise, followed by 1-2 capsules every hour thereafter. Ammonia-induced fatigue will be history!

The Race PR Kit

The ultimate formula for race days!

It's time to take your races to the next level.

We've got the products that are guaranteed to do just that! Race Day Boost, Energy Surge, and Anti-Fatigue Caps not only allow you to obtain maximal benefits from your training sessions, but their potent effects will blow your doors off (and your competitors' too!) on race day!

With this 1-2-3 trio in your race arsenal, PRs will no longer be wishful thinking, they'll be plentiful!



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.



Order Today!

Race PR Kit - \$49.95
Race Day Boost - 64 Capsules
Energy Surge - 30 Tablets
Anti-Fatigue Caps - 90 Capsules

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