

AES

Athlete Education Series

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MADE IN
USA



PURCHASE

Real Athletes, Real Results!

"More than a daily essential—it is a workout essential! On days when my workout requires more than a short recovery effort I take multiple Race Caps Supreme to ensure I am hitting on all cylinders!"

- Todd B.

"I use Race Caps Supreme and Endurolytes regularly for teaching my indoor cycling classes, as well as for training—they are amazing and always allow me to dig deeper."

- Chris G.



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Trisha Drobeck on her way to 2nd overall at the Freezer Burn 10 Miler.

Photo : Vo von Sehlen, The Runners Edge

Race Caps Supreme

The health and performance supplement for every day—not just race day!

Whether you're a full-time competitive athlete, a recreational athlete who participates in athletic events, or someone whose primary goal is to stay fit and enjoy optimal health, Race Caps Supreme is the product you need! For 27 years and counting, Race Caps Supreme has supplied benefits such as these:

- Higher energy levels during workouts and all day long, without the unpleasant stimulant side effects that come from the ingredients in many other supplements
- Noticeable increase in endurance
- Less muscle soreness and enhanced recovery after training sessions
- Antioxidant support for optimal immune system function
- Key nutrients that help optimize cardiovascular system health and protect against many types of degenerative diseases

No other athletic-specific supplement available delivers the range of benefits that Race Caps Supreme can; it continues to be the athlete's supplement of choice, withstanding the test of time in a market flooded with other products that overpromise but under-deliver. The nutrient blend in Race Caps Supreme aids in both athletic performance enhancement AND overall health – a one-two punch formulated for hard-training athletes, but also highly beneficial for everyone, especially those age 30 and older.

Coenzyme Q10 and Idebenone—the cornerstones of Race Caps Supreme's effectiveness

Coenzyme Q10 (CoQ10) - Known also as ubiquinone (from the word "ubiquitous," meaning it exists just about everywhere), CoQ10 is a vitally important substrate (think "spark plug") for the efficient production of energy from your food and oxygen intake. CoQ10 affects the function of your mitochondria, the energy-producing "furnaces" in your cells. Exercise rapidly depletes CoQ10, so when you take Race Caps Supreme, it's like putting fresh spark plugs into your body, ensuring clean, efficient energy production. This translates into higher energy levels, increased endurance, and improved recovery.

CoQ10's importance goes far beyond athletic performance enhancement. One nutrition expert bluntly states, "Without CoQ10 or a good substitute, human life quickly ends." Thus, CoQ10's role in maintaining clean, efficient energy production is clearly crucial for optimal health, especially with regard to cardiovascular and brain health and a strong immune system. As to CoQ10 and cardiovascular health, one well-known cardiologist is quoted as saying, "I have long considered CoQ10 a wonder nutrient because of its ability to support heart health."

Additional benefits attributed to CoQ10 include:

- continued on next page

Enhancing energy, endurance, and recovery since 1987!

- Race Caps Supreme continues here

- Helping to lower blood pressure
- Promoting healthy teeth and gums
- Supporting healthy skin by providing protection against UV radiation
- Improving blood circulation
- Alleviating asthma and allergy symptoms
- Mitigating chronic fatigue syndrome

As we age, both our bodily supply of CoQ10 and our ability to synthesize this nutrient from food diminish. CoQ10 levels in humans peak at around the age of 20 and then decline with each passing year. It is believed that by the age of 40, the body has 40% less CoQ10 than at age 20, and 60% less at age 70. In fact, it is estimated that as many as 75% of people over the age of 50 in the U.S. could be deficient in CoQ10, making supplementation of this crucially important nutrient absolutely essential for the majority of us.

Idebenone – Some experts suggest that idebenone, a superb complement to CoQ10, may be even more powerful than CoQ10. Dr. Bill Misner explains:

“Idebenone supplies all of the same benefits as CoQ10 [acting as a “spark plug” for the production of energy (ATP), as well as being a potent antioxidant] plus some distinct advantages based on its more complex chemical structure. Idebenone favorably affects blood flow in the brain, benefiting verbal fluency, creativity, and memory. Idebenone enhances endogenous norepinephrine production by facilitating cellular uptake of tyrosine. This suggests that idebenone may indirectly improve the uptake and reproductive role of tyrosine in thyroid hormone production. Thyroid hormone deficiency is a factor in performance and body mass index.”

Other “brain benefits” attributed to idebenone include improved cognition and mood, reduced damage from Parkinson’s disease and Alzheimer’s disease, and a role in the prevention of damage caused by excitotoxins (a class of substances produced from the consumption of ingredients such as MSG and some artificial sweeteners), which can impair neuronal functioning. In addition, idebenone appears to positively affect liver mitochondrial

function, suggesting that it would support and enhance the detoxification functions of the liver.

Perhaps the most remarkable feature of idebenone is its unique ability to operate under hypoxic (low oxygen) conditions, helping to produce and maintain high energy levels without creating free radicals. Under the same cellular hypoxic conditions that can cause CoQ10 to act as a pro-oxidant, idebenone helps prevent free radical damage while still supporting ATP production.

Summary

Whether you’re a hardcore competitor, a recreational athlete, or a health-conscious individual, we guarantee that you’ll receive powerfully noticeable benefits from daily supplementation with Race Caps Supreme. The tremendous volume of solid, science-based research that defines and supports the formula, along with

the overwhelmingly positive feedback we’ve received from literally thousands of satisfied clients, clearly indicates that Race Caps Supreme has no equal. It is THE supplement you’ll want to start taking right away and stay on for life. Unlike the “here today, gone tomorrow” products that advertise plenty but deliver little, Race Caps Supreme will positively affect your performance and health. We guarantee it! **HN**



Become a VIP!

Call 1.800.336.1977 and join today!

FREE clothing!

FREE shipping!

Hassle-free resupply!

SAVINGS on EVERYTHING!

“For my FIRST triathlon, the Hammer tri kit and fueling products were right there with me. The temps were above 100°F but Endurolytes and Perpetuem kept me feeling great. After the finish and my Recoverite, I was a happy camper. Thanks!” Jackie Steinberger, Hammer VIP



A daily essential NOT just for racing!

Although the name might suggest otherwise, Race Caps Supreme is not just for race days. This unique blend of powerfully beneficial nutrients should be taken every day for life for optimal athletic performance and overall health. Along with the formula's "cornerstone" combination of CoQ10 and idebenone, the other nutrients in this product—vitamin E, trimethylglycine (TMG), inosine, glycerol phosphate, Krebs cycle intermediates, and Enzyme Enhancement System™ digestive aids—provide so many health benefits that we highly recommend taking Race Caps Supreme daily, whether you're training or not. These ingredients work synergistically to help you attain optimal health. (For more details on each nutrient, please read the article "The Hammer Nutrition Daily Essentials Formula" listed under Essential Reads on the home page of www.hammernutrition.com.)

To achieve the very best results, follow these recommended dosages:

Athletes younger than 20 years old OR those weighing less than 150 lbs. :

- Non-workout days – 1 capsule daily with food.
- Workouts under 2 hours – 1 capsule 30-90 min. prior to workout (with or without food). 1 capsule after workout with Recoverite or food.
- Workouts over 2 hours – 1 capsule 30-90 min. prior to workout (with or without food). 1 capsule per hour during workouts that exceed 2 hours. 1 capsule after workout with Recoverite or food.

Athletes weighing more than 150 lbs. :

- Non-workout days – 1 capsule twice daily with food.
- Workouts under 2 hours – 2 capsules 30-90 min. prior to workout (with or without food). 1 capsule after workout with Recoverite or food.
- Workouts over 2 hours – 2 capsules 30-90 min. prior to workout (with or without food). 1-2 capsules per hour during workouts that exceed 2 hours. 1-2 capsules after workout with Recoverite or food.



**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.



Race Caps Supreme - Guaranteed since 1987

Though the number of performance and health products on store shelves has reached an all-time high, one supplement has stood the test of time: Race Caps Supreme. For more than two-and-a-half decades, this unique nutrient blend has been delivering benefits that athletes and active people like you are looking for, including:

- Higher energy levels
- Increased endurance
- Improved recovery

In addition, Race Caps Supreme positively impacts several aspects of overall health, discussed further in this Athlete Education Series.

Without question, no other athlete-specific supplement available provides the range of benefits that Race Caps Supreme does, for enhancing both athletic performance and overall health.

Order Today!

Race Caps Supreme

90 Capsules - \$48.95

3 or more bottles - \$44.95 each

1.800.336.1977

www.hammernutrition.com

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