

WORKOUT PERFORMANCE KIT

CERTIFIED



LIPOSOMAL DELIVERY
TECHNOLOGY

NutraRelief



A NEW WORLD OF PERFORMANCE SUPPLEMENTATION

In the pursuit of optimum fitness and performance the goal is to maximize your workout and exercise programs. This begins with nutrition and ends with recovery. We developed a unique source of nutritional products that will not only jump start your fitness and muscle development goals but can provide you with an innovative approach to your pre and post workout and recovery protocols that will give you the winning edge.

IMPORTANCE OF SPORTS NUTRITION IN WORKOUT PERFORMANCE



- Preserve and build muscles
- Maintain and improve bone health
- Maximize oxygen circulation, transport and its utilization
- Maintain optimal nutrition absorption
- Provide energy
- Delay fatigue

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- Magnesium Citrate Liposomal Cream (2oz)
- B12 Vitamin Liposomal Cream (2oz)
- NutraFlow Max Liposomal Cream (2oz)

APPLICATION BENEFITS

➤ Magnesium Citrate:

Magnesium is a cofactor in over 300 reactions in the body.

- Supports restless leg syndrome & cramps
- Supports reduce calcium levels within the arteries
- Supports blood sugar balance
- Supports optimal circulation & blood pressure
- Supports stabilized heartbeat
- Supports cellular energy production
- Supports a calm nervous system
- Supports pain relief & relaxed muscles
- Supports bone density & calcium balance
- Supports joint & ligament flexibility
- Supports deep R.E.M. sleep patterns

➤ B₁₂ Vitamin:

Vitamin B₁₂ acts as a coenzyme in several metabolic processes and is crucial for many simple things such as:

- DNA replication
- Cell division
- Nerve protection and regeneration (in the CNS and brain)
- Hematopoiesis (blood formation)
- Cellular respiration (of the mitochondria)
- Synthesis of neurotransmitters (chemical messengers)

➤ NutraFlow Max:

L-Arginine / L-Citrulline Benefits:

- Supports healthy blood pressure
- Supports sexual health
- Increases circulation
- Supports energy production
- Supports healthy triglyceride levels
- Supports artery health



APPLICATION INSTRUCTIONS

PRE-WORKOUT PROTOCOL:

- **B₁₂ Vitamin:** **Massage (1-2) pumps on clean skin** to inner forearm, wrists or bottom of feet. Also, apply a small pea-size amount on temple areas to support focus and clarity of thought. Apply during the day as B₁₂ is an energy vitamin and may keep you awake if applied in the evening.
- **Magnesium Citrate:** **Massage (2-3) pumps daily on clean skin**, continue until fully absorbed. Choose one skin area to apply cream each night: inner forearm, underneath breast or upper stomach area, leg or feet area especially if experiencing leg cramping or restless leg syndrome. May alternate areas to avoid saturation.
- **NutraFlow Max:** **Massage (1-2) pumps daily on clean skin**, continue until fully absorbed. Apply to body area you wish to provide maximum blood flow and circulation. I.e.; if weightlifting apply to the body part you plan to exercise such as your arms, chest, legs or back. If cycling or running apply to your upper or lower legs.





Superior natural absorption

Benefits of *Liposomal* Delivery Technology



Cellular Compatibility

Liposomes are made of the same material as most cells therefore, your body recognizes them as phospholipid friendly substance.



Increase Absorption

Protects against the harsh environment of the GI tract and increases bioactive uptake absorption.



Self Regulating

Liposomal topicals can optimize cellular uptake and effectiveness and can be easily adjusted to a lower or higher dose to meet individual needs.



Larger Payload

Provides a larger nutrient payload per particle. Offers higher bioavailability and absorption compared to conventional capsules.



Penetration Enhancer

Once applied on the skin, liposomes rupture and diffuse as a lipidic mixture that acts as a penetration enhancer.



Avoids Digestion

Timing of the dose does not require accompaniment or exclusion of food as the absorption via the liposome avoids the digestive process.





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