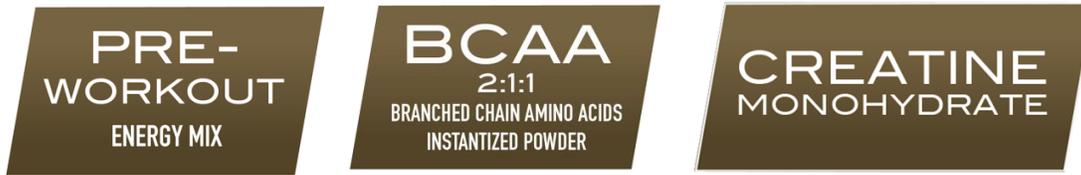


BASICS

10 Performance



What it is:

- **10 Performance** products on the **BASIC** line have a unique nutrient delivery system. These exotic ingredients are designed to ensure the maximum absorption of any supplement while cleansing the body of toxins.
- **BASICS** products include **Pre-Workout**, **BCAA** and **Creatine**.

Why take it:

- The **BASICS** line was created to limit the confusion between what supplements are beneficial and what supplements are essential. Consumers don't know what supplements are going to give them the biggest bang for the buck. The **BASICS** line is here to help you on your journey. All the products on the **BASICS** line will help support your training while assisting your body in recovery.

How BASICS products work:

PRE-WORKOUT

- **HOW IT WORKS:** Effective doses of creatine, beta-alanine, betaine, tyrosine, arginine, and caffeine improve performance and boost mental focus for high-energy, crash-free workouts without the fake flavors and colors that other companies use. Pre-Workout also contains InterCell Technology to increase absorption of these essential ingredients. It is naturally sweetened with Luahana, our unique blend made with organic coconut sap, stevia, and Luo Han Guo.
- **BENEFITS include:** increased energy, boosted mental focus, increased muscular endurance, improved performance, enhanced training capacity
- **INGREDIENTS:**
 - Creatine Monohydrate - A nitrogenous organic acid that occurs naturally in vertebrates. Creatine is used by athletes, bodybuilders, wrestlers, sprinters, and others who wish to gain muscle mass.
 - Beta-Alanine - A non-essential amino acid. The body can make Non-essential amino acids, so they don't have to be provided with food. Amino acids are the building blocks of proteins.
 - Betaine - An amino acid that has been shown to have potential benefits for fighting heart disease, improving body composition and helping promote muscle gain and fat loss. BETAINE aids in liver function, detoxification and cellular functioning within the body.
 - Tyrosine - One of the 20 standard amino acids that are used by cells to synthesize proteins.
 - Arginine - Classified as a semi-essential or conditionally essential amino acid.
- **WHO SHOULD TAKE IT:** Those wanting to improve performance and boost mental focus for a high-energy, crash-free workout.
- **DOSAGE:** 2 level scoops mixed with 6-8 ounces of water 30 minutes before you exercise to give your body time to metabolize it.

BCAA's

- **HOW IT WORKS:** A bonded chain of 3 essential amino acids: leucine, isoleucine and valine which may act as a better transport vehicle for faster absorption. For you, this means a quicker & more efficient recovery. **BCAA's** supports the decrease of protein catabolism (breakdown of protein) for preserving lean muscle mass and reducing soreness after a training session. Leucine, isoleucine, and valine are not produced naturally in the body, so we have to supplement them to enhance protein synthesis and increase muscle growth over time. Our 2:1:1

ratio takes the three amino acids, concentrates them, and bonds them together to maximize muscle recovery, lean muscle building, and enhanced onset time.

- **BENEFITS** include: enhanced protein synthesis, encourages muscle growth, promotes fat loss, decreases muscle damage and promotes recovery.
- **INGREDIENTS:**
 - Leucine - Essential in humans, meaning the body doesn't make it. Leucine must come from our diet. Leucine is a mTOR activator. It is a dietary amino acid with the capacity to directly stimulate muscle protein synthesis.
 - Valine - Like other branched-chain amino acids, it can help with insulin resistance. Valine has been shown to reduce fat and improve insulin sensitivity.
 - Isoleucine - Its primary function in the body is to boost energy and help the body recover from strenuous physical activity.
- **WHO SHOULD TAKE IT:** Those wanting to decrease the breakdown of protein, preserve lean muscle mass and reduce soreness after a training session.
- **DOSAGE:** 1 rounded scoop mixed with 6-8 ounces of water. Consume pre, post or during your workout. On non-training days, consume throughout the day.

CREATINE

- **HOW IT WORKS:** A proven supplement combined with the power of **Hydro Cell** delivery for increasing muscle power, strength and lean muscle mass
- **BENEFITS** include: Promotes lean muscle mass, decreases muscular fatigue, increases strength gains and increases muscular power
- **INGREDIENTS:**
 - **Creatine Monohydrate** - A nitrogenous organic acid that occurs naturally in vertebrates. Creatine is used by athletes, bodybuilders, wrestlers, sprinters, and others who wish to gain muscle mass.
 - **Hydro Cell** Delivery (Organic Aloe Vera (Leaf), Goji (Fruit) Extract, Shilajit).
 - Aloe Vera - Contains glucomannans that can enhance the transportation of nutrients into cells, making those nutrients more bioavailable and active.
 - Lycium Berries (Goji Berry) - Berries contain unique polysaccharides that have been documented to have positive effects on energy levels, athletic performance, stamina, endurance, metabolism, glucose control and cell protection.
 - SHILAJIT - Designed by nature to enhance the absorption, stability and effectiveness of nutrients in the body. Shilajit contains a blend of humic acid, fulvic acid and organic plant materials to nourish cells.
- **WHO SHOULD TAKE IT:** It provides safe nutritional support for athletes seeking peak performance in short duration, high-intensity workouts, by supporting the body's natural ability to regenerate the primary energy immediately available to work the muscle.
- **DOSAGE:** 1 rounded scoop mixed with 6-8 ounces of water before your workout.

FAQ's:

- Is **Creatine** ok for me as a woman to take or will it make me bulky?
 - If you are looking for more muscle definition, then the product is fine for you. A smaller dose of 1.5 grams is an appropriate dosage for a female.
- Why should I consume the **BCAA's** product throughout the day on non-training days?
 - Even when you aren't training, your body is still burning calories and building muscle so you want to keep feeding those muscles.