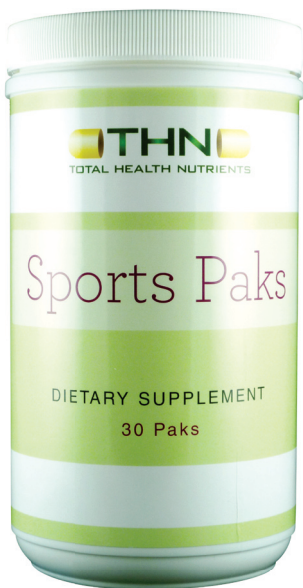




Sports Paks

The vitamin designed
to *boost* energy,
concentration
and performance





Sports Paks 30 p / \$50

Packed with energy-producing vitamins and herbs, athletes of all levels can increase their energy, concentration and performance with Sport Paks, THN's newest formula. It contains:

Acetyl-L-Carnitine (ALC): An amino acid-like molecule that increases energy production by helping fat metabolism. It also increases acetylcholine, an excitatory neurotransmitter, and therefore is crucial for normal brain and nerve function.

L-Tyrosine: A precursor of important excitatory neurotransmitters, including dopamine. Tyrosine can elevate mood and increase energy levels, and may also be helpful with memory function by increasing alertness and concentration.

Ashwaganda: A traditional herb used in Ayurvedic medicine, is used as a general tonic to support energy production and improve mental and physical performance. The active ingredients, with anolides, are thought to have calming properties that can support the body during times of emotional and physical stress.

Vitamin C: Reduces the effects of stress by supporting the adrenal glands and immune system.

Magnesium and potassium: Important intracellular electrolytes, which support muscle function.

Suggested usage: adults: 1 pack on an empty stomach, at least 30 minutes before activity, with at least 8 oz of water (do not take with protein).

One pack contains:

VITAMINS

Vitamin C (ascorbic acid)	500 mg
Acetyl-L-Carnitine	500 mg
L-Tyrosine	500 mg
Ashwaganda (Withania somnifera)	300 mg
Citrus Bioflavonoids	100 mg
Magnesium (aspartate complex)	90 mg
Potassium (aspartate complex)	90 mg
Rutin	50 mg
Hesperidin Complex	25 mg
Acerola	1 mg