

Supplements are NOT Created Equal

Consider this: If you read the **list of ingredients** on a box of Betty Crocker and Duncan Hines brownies you'll find they are almost exactly the same. However, bake one at **500 degrees** for **two hours** and the other at **350** for **40 minutes**.... and you end up with **two very different brownies**.

That's the difficulty for most consumers to understand the differences between a **quality nutritional supplement** and an inferior product. The *ingredients seem to be the same*.

Beyond the manufacturing processes, **raw materials** are available in a range of different qualities -- from so called "**pharmaceutical grade**" to **pure garbage**. To make matters worse, some companies actually create formulations that simply don't make sense -- as the nutrients are **out-of-balance** -- or in some cases, actually **prevent** or **interfere** with **absorption** of food.

Not for Every Body...

Super-premium supplements have a **single focus**. To provide the highest quality ingredients available for **physically active people** and **athletes**. These super-premium nutritional products are **NOT** for the general consumer. In fact, for the deconditioned, inactive population they would be considered "over-kill."

Manufacturing Protocol

This all natural product line was created and developed by California-based OFNP, Inc and Sporteosis, Inc., under the guidance of **John E. Logsdon**, a homeopathic researcher and sports nutrition expert and innovator.

Today, this unique, patented product line is overseen by **Ed Lieskovan**, Pharm.D., MBA, Dir. Analytical Instrument Chemistry at OFNP, Inc.; and **William Register, Ph.D., N.D.** Director of Technical Services at SporTeosis.

All research and development is conducted through several laboratories in S. California and at OFNP and SporTeosis. All raw ingredient suppliers are required to supply "certificates of analysis" and are, again, re-tested at an independent licensed laboratory before manufacture.

Actual manufacturing processes are contracted out to several facilities in Southern California that manufacture under the **FDA's** strict **GMPs** (Good Manufacturing Practices) as well as adhere to our own guidelines and proprietary manufacturing process protocols.

Supplements for Physically Active People

Here's the difference: Deconditioned, inactive people interested only in growing hair, skin and nails probably meet their "**low metabolism**" needs through food alone. Or, at best, might consider an inexpensive daily multi-vitamin.

However, research has proven that **physically active people** have much **higher metabolic requirements**. The **amount** and **quality** of your caloric intake, in conjunction with vitamin supplementation, is of utmost importance.

An Analogy

Imagine you're invited to drive up to a mountain lakeside cabin to spend the weekend. But then, a few days later you are asked to tow a boat up the mountain for everybody to use. You say "yes". But now, you start to think about the condition of your car. Do you have enough air in your tires? When did you last change your antifreeze? What about the oil and transmission fluid? How much gas will your car burn and should you use a higher octane? These are valid thoughts because you are about to **add physical stress** to your vehicle.

The same holds true when you begin an exercise program. You **increase physical stress** on your body. And, when you increase physical stress on your body, **fueling it** (through proper nutrition) becomes a **major consideration**.

Supplements accomplish **two things**. They help in the **digestion** and **utilization** of foods, thus creating "**higher octane fuel**" for your body. Second, they ensure that all **nutritional gaps** are filled allowing your body to **efficiently** and **effectively burn fat, build lean muscle tissue** and **fully adapt** to **increased physical stress**.

These are **super-premium vitamin supplements**. Only the **highest quality ingredients** are used such as **Pancreatine 5x** (digestive enzymes), **polynicotinate** (instead of picolinate) and **whey protein** instead of lower cost substitutes.

These formulations are NOT available to multi-level organizations, discount health food stores, drug stores, supermarkets or other retail venues.

Despite the marketing hype and edorsments, **super premium supplements** are what **fitness pros, coaches** and **athletes** actually use, themselves, for **reducing body-fat, gaining lean muscle** and **enhancing overall fitness** and **athletic performance**.



S U P E R - P R E M I U M
F O R M U L A T I O N S



S U P E R L - C A R N I T I N E F O R M U L A

Super L-Carnitine Formula

Carnitine is a vitamin-like nutrient related to the **Vitamin-B** family. It is a physiological substance **essential** for energy production. This energy production process takes place in the **mitochondria** of the cell.



Although **Carnitine** was first isolated in **1905**, researchers only recently discovered Carnitine's **extensive metabolic attributes, nutritional importance** and its role in **fat-burning**.

I.B. Fritz and **K.T.N. Yue** (1), physiologists from the **University of Michigan**, discovered that Carnitine actually **accelerates fat-burning**. It does so by helping fat **penetrate** the **walls** of the **mitochondria** of the muscle cells.

Carnitine Function

In more technical terms, the **primary function** of Carnitine is to facilitate the **transport** of **fatty acids** from the cell's **cytoplasm across the mitochondria membrane** to the **interior** of the **mitochondria** where oxidation occurs. (Fat-burning process.)

Another way to look at Carnitine is to think of it as the **“doorman”** to the **Muscle Hotel**.

Once fat has traveled through your bloodstream to the muscle tissue, the Super L-Carnitine Formula **helps open the door** -- making it much **easier** for fat to **enter the cellular areas** of the muscle where **oxidation** (fat burning) will actually take place.



The Rate of Fat Utilization

This process **increases** the **rate of fat utilization** for **fuel**. This is especially **advantageous** when your body is in **fat metabolism**.

Without Carnitine as a **carrier** or “shuttle” it is much more **difficult** for **fatty acids** to **penetrate** the **membrane** of the **mitochondria**. This will result in a **decreased rate of fat utilization and energy**.

Another Benefit

Carnitine also helps to **remove** by-products of fatty acid metabolism and other **toxic compounds** from within the cells.

Carnitine and Athletic Performance

In a pilot study involving college students, subjects receiving 300 mg doses of L-carnitine experienced dramatic increases in aerobic capacity as determined by the MaxVO2 (maximal volume of oxygen consumed).

This explains why Super L-Carnitine is used for both athletic performance (especially endurance athletes including cyclists and runners and ironman competitors) and weight-management -- efficient transport and energy expenditure.

Dietary Sources of Carnitine

Total Content of Carnitine mg / 100 grams Raw Food

Sheep	210.00
Lamb	78.00
Beef	64.00
Pig	30.00
Rabbit	21.00
Chicken	7.50

Meat is by far the richest source of carnitine, with sheep at the top of the list. However, meats high in Carnitine are often **high in fat**. That's why supplemental Carnitine is often a better solution.

Pre & Post-Workout Formulation

The Super L-Carnitine is a **PRE** and **POST-workout** formulation. **What does this mean?**

Typically, a fitness enthusiast will take **1 Tablespoon** (per 100 lbs or 45kg) with plenty of water **30 minutes before** (pre) a cardiovascular workout (of at least 40 minutes continuous duration) and then another equal dose **directly after** (post) workout.

Even after you've completed the workout, your body continues to burn fat for up to **2 to 4 hours!**

Suggested use: Take one (1) tablespoon for every 45 kg (100 lbs.) of body weight. Total dosage to be split before and after each exercise session.

In Combination with Lipotropic Plus

Super L-Carnitine is often used in combination with the **Lipotropic Plus Formula** to aid in the **break-down** (emulsification) **transport** and **final oxidation** of fat as it is used for energy during fat metabolism.

Supplement Facts

Serving Size 1 Tablespoon (15mL) • Servings Per Container 32

Amount Per Serving	% Daily Value*	
Calories	16	1 %
Total Carbohydrates	4 g	1 %
Sugar	0 g	0 %
Vitamin B6 (as Pyridoxine HCl)	5 mg	250 %
Chromium (as Chromium Polynicotinate)	50 mcg	42 %
L-Carnitine	500 mg	*

*Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Purified Water, Vegetable Glycerine, Citric Acid, Stevia, Natural Raspberry Flavor, Sodium Benzoate and Potassium Sorbate.
CONTAINS NO: Sugar, Dairy, Eggs, Peanuts, Tree Nuts, Fish, Shellfish, Soy, Wheat, Gluten or Yeast

1. Fritz, I.B., Yue, K.T.N. , "Long Chain Carnitine Acyl Transferase and the Role of Acylcarnitine Derivatives in the Catalytic Increase of Long Chain Fatty Acid Oxidation," Journal of Lipid Research 4 (1963): 279-288