

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



PURE GLUTAMINE

PURE GLUTAMINE POWDER

This is a flavorless, easy-mixing, pure, free amino acid powder.

Clinical studies reveal that Glutamine supplementation can help **support recovery** after intense training by promoting **energy replenishment, maintaining a healthy immune system** and by **maximizing** your body's **buffering capacity** against **lactic acid build-up**.



Facts About Glutamine

- Glutamine is the most common amino acid found in your muscles – over **61%** of skeletal muscle is Glutamine.
- Glutamine consists of **19% nitrogen**, making it the primary transporter of nitrogen into your muscle cells.
- During intense training, Glutamine levels are greatly depleted in your body, which decreases strength, stamina and recovery.
- It could take up to **6 days** for Glutamine levels to return to normal – and Glutamine plays a **key role** in **protein synthesis**.
- Studies have shown that L-Glutamine supplementation can minimize breakdown of muscle and improve protein metabolism.

What Glutamine Powder Can Do For You

Glutamine plays key roles in **protein metabolism, cell volumizing, and anti-catabolism**.

Glutamine also increases your ability to secrete **Human Growth Hormone**, which helps **metabolize body-fat** and support **new muscle growth**.



Glutamine's **anti-catabolism** ability **prevents** the **break-down** of your **muscles**.

This is especially useful for people **'cutting down'** -- especially during summer when they are trying to decrease extra body-fat without losing any muscle.

Because Glutamine levels deplete during workouts, **bodybuilders** and **hard core athletes** are more susceptible to the negative effects of muscle breakdown.

This is why Glutamine supplementation is so important. It's not necessarily to gain more muscle, but for the **'maintenance'** and **replenishment** required by the body to **heal** and **perform again** -- tomorrow.

Recent studies have shown that taking just **2 grams** of L-Glutamine can increase recovery levels by nearly **400%** (or 4-times as fast).



Compare for YOURSELF!

By following correct glutamine usage recommendations, you can help to support consistent progress toward your goals.

Your muscle tissues will be at their most broken down state during and immediately after your workout, so taking glutamine along with your carbs and protein close to your workout will help your body build rather than break down.

Ideally, glutamine should be taken at two critical times - during or immediately after your hard workout session and right before you go to bed at night. Since the body goes into recovery over-drive as you lay down for the night, adding glutamine here can support fast recovery.



Supplement Facts	
Serving Size 1 Heaping Teaspoon (5 gms)	
Servings per Container: 60	
Amount Per Serving	% Daily Value*
L-Glutamine	5 g*
* Daily Value not established Other ingredients: None	

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