

**OPTIMIZE  
ATHLETIC  
PERFORMANCE  
WITH BHIP  
ENERGY!**

# BHIP ENERGY FOR ATHLETIC PERFORMANCE

If you're serious about taking your performance to the next level - bHIP Energy delivers the nutrients you need in a delicious, fast acting, long lasting formula

## BHIP ENERGY ATHLETIC PERFORMANCE BENEFITS:

- \* *B Vitamins For Optimized Energy along with herbal formula with time-released energy for stronger workouts.*
- \* *Amino Acid Stack for Muscular Regeneration, Protein Synthesis, and Recovery*
- \* *Herbal Supplement Blend Promotes Increased Metabolism, Fat Burning, Recovery, and Mental Clarity*
- \* *White Willow Bark Extract Combats Joint / Muscular Pain and Inflammation*

Whether you're a 'Weekend Warrior', Semi-Pro or Professional Athlete - if you're serious about taking your performance to the next level - bHIP Energy delivers the nutrients you need in a delicious, fast acting, long lasting formula that's convenient to carry - anywhere . . . Just mix with water, shake, and enjoy!

Strenuous exercise produces an increase in oxygen consumption in muscular tissues. Unfortunately, as oxygen use increases so does free radical production. Free radicals are the number one cause of decreased athletic performance, recovery time, cellular death, and pre-mature aging. To combat this damage, bHIP Energy provides a plentiful source of nutrients, hydration, and antioxidants.

The ideal diet for the athlete throughout history remains quite controversial. One common trait however remains consistent; the additional stress combined with today's poor nutrient food source value requires an athlete to seek pure forms of essential nutrient supplementation.

bHIP Energy synergistically combines nature's most powerful antioxidants, vitamins and herbal supplements into our Proprietary Energy Formula that provides you the essential nutrients, amino acids, and metabolic enhancers required for optimal energy delivery and continual free radical protection.

Supporting your body's internal free radical scavenger system with high levels of antioxidants in your diet is critical, particularly as you age or perform intense exercise.

bHIP Energy's antioxidant formula continually combats Free Radical Damage.

Free Radicals are scientifically documented to negatively impact Athletic Performance on multiple fronts:

## LACK OF ENERGY & FATIGUE

A high rate of free radical production interferes with your body's ability to produce energy efficiently by damaging cell mitochondria - small membrane-enclosed regions that produce the chemicals cells use for energy - thereby contributing to fatigue & lack of energy.

## MUSCLE FATIGUE, DAMAGE & SORENESS



Free radicals are believed to contribute to muscle fatigue, exercise-induced muscle injury, inflammation and soreness in athletes (Powers and Lennon 1999; Powers, DeRuisseau et al. 2004). Exercise, though healthy in many ways, is known to dramatically increase the amount of free radicals generated by your body.

## **PRE-MATURE AGING**

Free radical damage is now believed to be associated with most chronic disease processes, including heart disease, diabetes, stroke, Alzheimer's disease, arthritis, and DNA damage leading to mutations and some types of cancer. Today, the most widely accepted model of the aging process is cumulative cell damage caused by free radicals.

***Don't let fatigue, lack of energy, and soreness impact your performance!***

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Consult a qualified health care practitioner before consuming or applying any substance for medical purposes.***

