







F2C Product	Highlights	Tips
 <p>Rehab Performance & Repair</p>	<ul style="list-style-type: none"> • Clinically studied 1:1 ratio of NMN and TMG at the max dosage of 1200mg • Increased ability to utilize oxygen in the muscles, increased ventilatory threshold (higher intensities for longer) • Enhanced recovery supporting muscle repair, reducing inflammation and fighting oxidative stress • Supports cellular health and repair 	<ul style="list-style-type: none"> • Best taken with food preferably higher in fat in the morning • Dosage: For athletic performance take 1 scoop daily • Dosage: For wellness or maintenance take ½ scoop daily • Taking more than 1 scoop per day will not increase performance or benefits • Peak benefits seen with 4 weeks of product use
 <p>Organic Pharma- Greens</p>	<ul style="list-style-type: none"> • pH balancing • Aids in recovery from training & racing as well as injury healing • Increases energy & focus • Reduces oxidative stress • Supports immune function • High ORAC value • All-natural and non-GMO Flash frozen raw 	<ul style="list-style-type: none"> • beneficial taken first thing in the morning on an empty stomach; wait 15min before consuming anything (to allow for pH balancing) • (1) 8oz serving of Greens is equivalent to 6-7 servings of fruits & vegetables Can be taken post-workout / post-race to aid in recovery







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 <p>Hydra-Durance</p>	<ul style="list-style-type: none"> • Ultra-low osmolality • Real fruit flavoring • Scientifically developed blend of all key electrolytes • Designed for rapid absorption • Contains no artificial colors • Contains no preservatives 	<ul style="list-style-type: none"> • Hydra-Durance has a lower osmolality than blood in the muscle tissue; the difference is what causes water to be absorbed more effectively into the muscle tissue • Dehydrating muscle by only 3% leads to a 12% decrease in strength • Healthy for the whole family • Can be used anytime



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  <p>Electro-Durance</p>	<ul style="list-style-type: none"> • Improves electrolyte balance • Helps reduce / eliminate cramps • Contains all the key electrolytes: sodium, potassium, magnesium, chloride & calcium – all from the most absorbable sources • Contains 84 trace minerals that are essential to maintain proper energy balance 	<ul style="list-style-type: none"> • Enhances hydration • Enhances recovery • Improves performance • Can be taken alone or added to Glyco-Durance • Can be taken under tongue for the fastest transmission • Take 1-3 licks every 5 miles on the bike / every 1 mile on the run to aid hydration • Can be used as replacement for table salt to season food
  <p>Glyco-Durance</p>	<ul style="list-style-type: none"> • Contains Karbolyn Endurance® our patented carb source • Lowest serum osmolality, fastest gut emptying time • GI friendly • Made from enzymatically fermented potatoes and rice • Sustalyn® supports increased hydration • Scientifically developed blend of all key electrolytes • Non GMO and all natural 	<ul style="list-style-type: none"> • Can mix in a regular bike bottle 200-300 cal or a Super Bottle of up to 1200cal • Can be frozen without separating after the solution thaws • Personalize your nutrition needs with unflavoured and RAW along with Electro-Durance to achieve optimal blend of electrolytes, carbs and preferred flavor

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 <p>Endurance 5:1</p>	<ul style="list-style-type: none"> • Contains Karbolyn Endurance®, Sustalyn® and F2C Protein Matrix • Scientifically-developed blend of all key electrolytes • Lowest serum osmolality • Non-GMO; gluten- & soy-free • 5:1 carb to protein ratio race formula 	<ul style="list-style-type: none"> • Can mix 2-4 scoops for bike bottles of 350-700 calories • Fast-absorbing electrolytes, carbohydrates & protein • Sustained release of glucose for improved endurance • Can be used for recovery • Can be used for breakfast

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 <p>Rehab 3:1 Complete</p>	<ul style="list-style-type: none"> • 3:1 carb to protein recovery and development formula • Uses Karbolyn Endurance • Scientifically-developed blend of all key electrolytes • Rapid absorption • Replenish glycogen stores • 6-stage cold ultra-filtered protein matrix • Ideal immediately post-workout • Soy-free • All natural, non-GMO 	<ul style="list-style-type: none"> • Best used within 30 minutes post-training or post-race • Ideal for off-season training • Use to increase focus & performance in training • Can be used as calorie load for recovery just before sleeping
  <p>Rehab 3:1 Complete Vegan</p>	<ul style="list-style-type: none"> • 3:1 carb to plant based protein recovery and development formula • Scientifically-developed blend of all key electrolytes • Rapid absorption • Replenish glycogen stores • Organic Vegan-Pure protein source • Ideal immediately post-workout • Soy-free • All natural, non-GMO 	<ul style="list-style-type: none"> • Best used within 30 minutes post-training or post-race • Ideal for off-season training • Use to increase focus & performance in training • Can be used as calorie load for recovery just before sleeping
 <p>Pharma-Pure Natural</p>	<ul style="list-style-type: none"> • 100% all-natural ingredients • 100% grass fed whey protein isolate • 27g protein in a 30g serving • Free from artificial hormones including rBST and rBGH • Antibiotic-free • No added sugar or any fillers • Lactose- and gluten-free • Less than 1 gram of carbohydrates per serving • 	<ul style="list-style-type: none"> • Highest biological value of any protein available • Excellent for recovery • Fastest absorption of all the proteins • Mixes quickly in water • No added single amino-acids

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 <p>Organic Vegan-Pure</p>	<ul style="list-style-type: none"> • 100% raw certified organic vegan protein • Complete protein source • Contains balance of all essential amino acids • Naturally flavored and sweetened • Dairy-Free • Gluten-Free • Soy-Free • Non-GMO 	<ul style="list-style-type: none"> • Contains blend of 60% hemp, pea, brown rice chia and flaxseed proteins • Much easier digested than pea-based proteins • 21g protein per 8oz. serve • Mixes easily in water • Great for smoothies and baking • Great mouth feel • Best-tasting vegan protein in the industry!!
 <p>Pure-Collagen</p>	<ul style="list-style-type: none"> • Grass fed and pasture raised bovine collagen • Antibiotic and hormone free • Dairy-free • Gluten-Free • 10 grams hydrolyzed bovine collagen per serving • Water soluble • Mixes easily 	<ul style="list-style-type: none"> • Builds stronger muscles • Supports bone and joint health • Improves injury recovery time • Mixes easily in water • Great to add to coffee, smoothies • Unflavoured is very neutral tasting
 <p>Glutamine</p>	<ul style="list-style-type: none"> • Glutamine powder by Glutazorb • Absorbed up to 4x better than free form Glutamine • Highly concentrated form of glutamine • Supports glutamine recovery needs during metabolic stress • Aids the digestive tract and immune system • Enzymatically fermented and pH corrected 	<ul style="list-style-type: none"> • Take 2x per day in the morning and evening. • Best taken on its own or with carbs and NOT protein • For best results do not take within 20 minutes of other protein sources

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  <p>Amino-Durance</p>	<ul style="list-style-type: none"> • pH-correct branch chain amino acids • Helps suppress muscle breakdown • Enzymatically fermented • Stable and soluble in liquid • 2:1:1 BCAA formula • Leucine, Isoleucine, Valine • Vegan 	<ul style="list-style-type: none"> • Take pre/post training • Can combine with Kre-Alkalyn and Sustalyn • Do not mix with a protein shake • Not recommended to use while racing •
  <p>Sustalyn Powder</p>	<ul style="list-style-type: none"> • Super hydration activation • Increase hydration levels by up to 27% • Supports glycogen store replenishment • Supports muscle protein synthesis • Increased endurance and stamina • Supports the integrity of the gastrointestinal tract • Gluten free 	<ul style="list-style-type: none"> • Can be taken on its own or added to Electro-Durance, Hydra-Durance or your recovery protein • Can mix by itself in water – very mild tast
  <p>Kre-Alkalyn Endurance Creatine</p>	<ul style="list-style-type: none"> • pH-correct creatine monohydrate • Buffered to pH 12-14 to accommodate the acidity level of your digestive system • Enhances athletic performance- stamina, endurance and VO2 max • Fully stable in liquid for your body to assimilate and use the creatine • Vegan 	<ul style="list-style-type: none"> • No need to mega-dose • No need to take with a high carb or sugar product the way conventional creatine monohydrate brands suggest

F2C Product	Highlights	Tips
  <p>Ultra-Durance</p>	<ul style="list-style-type: none"> • Reduces lactic acid up to 22% • Improves aerobic threshold • Speeds muscle recovery Reduces muscle soreness 	<ul style="list-style-type: none"> • Can be taken alone or added to protein for same benefit • Tingling may occur, which is natural – it means the ultra-durance is working! • Increase dosage 2 days prior to & 1 day post-race for best results