



# AIM Peak Endurance™

**L**ife begins and thrives at the cellular level. Adenosine triphosphate (ATP), the “energy currency of the body,” is the primary source of energy for every function that occurs within each cell of the body. If ATP is depleted, cells cease to function properly, resulting in many of the diseases we associate with stress or aging.

AIM Peak Endurance™, available in a canister and single serving packs, provides the only oral source of ATP, PEAK ATP®, clinically proven to elevate ATP levels within the body. AIM Peak Endurance™ is a grape electrolyte drink mix combining ATP (adenosine triphosphate), electrolytes, vitamin C, phosphorus, and B vitamins. It contains only one gram of sugar.



## How does ATP work?

ATP increases energy levels without boosting your heart rate, which is what can occur with caffeine, ginseng, and ephedra products. The key to energy release within cells lies in the phosphate bonds within ATP molecules. When energy is needed, the bond between the second and third phosphate is broken thus releasing energy. This results in the formation of adenosine diphosphate (ADP). When food comes into the cell, the ADP takes the energy from the food and converts back to ATP. This process is called the “Krebs cycle.”

## ATP is depleted with age or stress

Researchers at the Mayo Clinic have found that DNA damage over time may cause the loss of ATP. In fact, studies have shown that between the ages of 20 and 70, ATP levels are reduced by 50 percent.

## Properly balanced electrolytes and added B vitamins

Most sport drinks only contain sodium, potassium, and chloride, or three of the six major electrolytes. AIM Peak Endurance™ contains all six major electrolytes adding calcium, phosphorus, and magnesium to the list. Calcium regulates nerve impulse transmission, aids in smooth and skeletal muscle contraction, and plays a central role in synthesis and breakdown of muscle and liver glycogen.

Calcium and phosphorus are two electrolytes inversely related in the blood, so it is good to take them together. When calcium levels are high, phosphorus levels are low, and vice versa. Magnesium is a key component of more than 300 enzymes including ATPase and an enzyme that is involved in the metabolism of muscle glucose and glucogenesis. B vitamins have been shown to increase metabolism, maintain healthy skin and muscle tone, enhance immune and nervous system function, and promote cell growth and division. B vitamins are water soluble, and are dispersed throughout the body. They must be replenished daily with any excess excreted in the urine. Two servings of AIM Peak Endurance™ daily provide 100 percent of B1, B2, B3, B5, B6, and B12.

## How to use AIM Peak Endurance™

Each scoop or single serving of AIM Peak Endurance™ contains 125 mg of adenosine 5-triphosphate disodium, or Peak ATP®.

- **Suggested use:** Consume beverage twice daily on an empty stomach to replenish ATP lost through age, stress, and exercise.
- **Re-Hydration (Hypotonic):** Mix one scoop or single serving (8.33 g) with 10 to 20 ounces of water. Best taken in the morning and in the afternoon.
- **Rapid Absorption (Isotonic):** Mix one scoop or single serving (8.33 g) with ½ cup (4 oz.) of water. Best taken before and during exercise.

Hypotonic beverages contain a concentration of sugars and salts **lower** than those in the body. This concentration ensures water is taken up by the body, rapidly aiding in rehydration after exercise.

Isotonic beverages contain a concentration of sugars and salts **equal** to that of the body. This concentration ensures that nutrients or electrolytes are absorbed rapidly into the body and are best taken before and during exercise.

- No matter how a juice is diluted for absorption, it cannot provide the electrolyte, vitamin, and ATP benefits of AIM Peak Endurance™.
- Close tightly after opening and store in cool, dry, dark place (70-75 F; 20.1-23.8 C). Do not refrigerate.
  - If pregnant or nursing, please consult a health practitioner. Not recommended for children under age 8.
  - Children ages 8 (60 lbs.) to 16, mix two teaspoons (6 g) with 8 to 16 ounces of water once a day.

## Q & A

Can I take other products in conjunction with AIM Peak Endurance™?

AIM Peak Endurance™ enhances blood flow, which may help in the delivery of other AIM products in our body.

Even though it tastes great with other AIM products, the best delivery of ATP will occur on an empty stomach at least 30 minutes prior to eating.

### How long does it take to notice the benefits of AIM Peak Endurance™?

Several human pilot and animal studies indicate that cardiovascular, circulatory, and vascular system benefits are realized almost immediately. Noticing significant increases in performance results, however, may take up to several weeks of consistent use.

### Do I still need to take AIM BarleyLife® if I take AIM Peak Endurance™?

Yes, AIM Peak Endurance™ is a target supplement replenishing depleted ATP stores and addresses a specific molecule need whereas AIM BarleyLife® provides a wide spectrum of nutrients needed by the cells and every body system.

PEAK ATP® is a trademark of TSI Health Sciences, Inc. and is protected by U.S. Patents #6,723,737, #5,227,371 and #5,049,372 and other patents pending.

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## Key Benefits

- Elevates ATP levels in cells, blood, and tissues thus increasing energy levels and reducing fatigue
- Stimulates blood flow to peripheral sites and supports cardiovascular and respiratory health
- Replenishes electrolytes lost during exercise and B vitamins that are lacking in vegetarian diets
- Improves muscle growth, strength, and recovery for peak athletic performance
- Boosts mental acuity and memory

## Features

- Each serving delivers 125 mg of adenosine 5-triphosphate disodium per serving, the exact ATP molecule the human body needs to create energy
- Each 400 gram canister makes up to 7.5 gallons of grape electrolyte beverage (30 single packs make up to 4.5 gallons)
- Contains all six major electrolytes (sodium, potassium, calcium, phosphorous, magnesium, and chloride) in proper balance
- Contains six of the B vitamins important to metabolism – B1, B2, B3, B5, B6, and B12.

## AIM Peak Endurance™ vs. Other Sport Drinks

Sports Drink (16 oz)	Sugars (g)	Complex Carbs (g)	Calories	ATP (mg)	Sodium (mg)	Potassium (mg)	Phosphorous (mg)	Calcium (mg)	Magnesium (mg)	Chloride (mg)	B vitamins (% RDI)	Artificial ingredients
AIM Peak Endurance™	1	7	30	125	210	120	120	93	23	195	50% of B1, B2, B3, B5, B6, B12	None
Gatorade®	28	0	100	0	220	60	0	0	0	180	0	Flavors, colors
Powerade®	30	8	140	0	110	60	0	0	0	170	20% of B3, B6, B12	Colors

Note the low sugar and absence of artificial colors, flavors, and sweeteners in AIM Peak Endurance™.

Most sports drinks contain far more sugar and little or no B vitamins in comparison to AIM Peak Endurance™. AIM Peak Endurance™ contains the following B vitamins at 50 percent of their Recommended Daily Intake per serving:

**B1:** Thiamin has a central role in the metabolism of glucose. It is part of an enzyme that is essential in the Krebs cycle. It is essential for obtaining energy from muscle glycogen.

**B2:** Riboflavin is important for the formation of several enzymes that are involved in energy production from carbohydrates, fats, and body cells. It is also involved in protein metabolism and maintenance of healthy skin.

**B3:** Niacin is part of an enzyme that helps with glycolysis, the means by which muscle glycogen produces energy aerobically and anaerobically.

**B5:** Pantothenic acid is an essential component of coenzyme A, which plays a central role in energy metabolism. It is also involved in glucogenesis, the synthesis and breakdown of fatty acids, protein modification, and acetylcholine (a muscle contraction neurotransmitter).

**B6:** Critical in the metabolism of protein, carbohydrates, and fat. It is used in the formation of neurotransmitters, helps form amino acids into hemoglobin, and is involved in the breakdown of muscle glycogen.

**B12:** Helps to form red blood cells and maintain a healthy nervous system.

