



# AIM Peak Endurance®



Peak Endurance is a dietary supplement that delivers an oral source of adenosine triphosphate (ATP) combined with six electrolytes, six B vitamins and vitamin C in a blueberry-açaí flavored, energy-drink powder.

## How is Peak Endurance Unique?—

- Each serving delivers 200 mg of adenosine 5-triphosphate disodium, the exact ATP molecule required for the human body to create energy.
- One 300-gram canister makes up to 5.5 gallons of blueberry-açaí flavored energy drinks.
- Contains natural, whole-food electrolytes from coconut water.
- Provides a proper balance of all six major electrolytes: sodium, potassium, calcium, phosphorous, magnesium and chloride.

## Approach—

Adenosine triphosphate (ATP), the “energy currency of the body,” is the primary source of energy for every function that occurs within each cell. If ATP is depleted, cells cease to function correctly.

An intake of ATP boosts energy levels without increasing your heart rate as opposed to consuming caffeine, ginseng or ephedra products.

The key to energy release in cells lies in the phosphate bonds within ATP molecules. When energy is needed, the bond between the second and third phosphate is broken, so energy is released. This results in the formation of adenosine diphosphate (ADP). When food nutrients enter cells, ADP takes their energy source and converts it back to ATP in a process called the Krebs cycle.

## Properly Balanced Electrolytes and Added B Vitamins—

Most sports drinks contain sodium, potassium and chloride only. Peak Endurance provides all six major electrolytes, so it also includes calcium, phosphorous and magnesium.

Calcium regulates nerve impulse transmission, aids in smooth and skeletal muscle contraction and plays a central role in the synthesis and breakdown of muscle and liver glycogen. Calcium and phosphorous are two electrolytes inversely related in the blood, so it is good

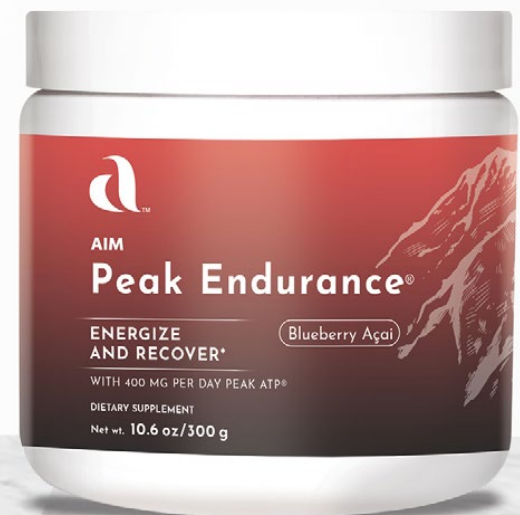
## Key Benefits and Features

- Elevates ATP levels in cells, blood and tissues
- Increases energy levels and reduces fatigue
- Stimulates blood flow to peripheral sites
- Supports cardiovascular and respiratory health
- Improves muscle growth, strength and recovery for peak athletic performance
- Boosts mental acuity and memory
- Contains six of the B vitamins essential to metabolism: B1, B2, B3, B5, B6 and B12

to take them together. When calcium levels are high, phosphorous levels are low and vice versa.

Magnesium is a key component of more than 300 enzymes that include ATPase and an enzyme involved in the metabolism of muscle glucose and gluconeogenesis.

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 every day.



## How to use Peak Endurance

Each scoop or single serving of Peak Endurance contains 200 mg of adenosine triphosphate from PEAK ATP®.

**Pre-workout:** Mix two rounded scoops (16.66 g) with 12 oz of water. Best taken 30 minutes to 1 hour before exercise.

**Maintenance Serving:** Mix one rounded scoop (8.33 g) with 10 to 20 oz of water twice daily. Best taken in the morning and afternoon.

**Children ages 8 to 16 (60 lbs or above):** Mix 2 teaspoons (6 g) with 8 to 16 oz of water once daily. Not recommended for children under age 8.

If pregnant or nursing, please consult a health care practitioner.

**A 400 mg daily serving of Peak ATP in Peak Endurance is clinically validated to:**

- improve blood flow<sup>1</sup>
- increase lean body mass by 100%<sup>2</sup>
- increase muscle thickness by 96%<sup>2</sup>
- increase peak power<sup>2</sup>
- reduce muscular fatigue<sup>3</sup>
- increase muscular excitability<sup>4</sup>
- increase total strength by 147%<sup>4</sup>
- increase vertical jump power by 30%<sup>4</sup>
- increase post-exercise ATP levels<sup>4</sup>
- increase recovery and reduce pain<sup>5</sup>

## FAQs

### Can I take other products in conjunction with Peak Endurance?

ATP is best taken on an empty stomach, thirty minutes before eating. However, Peak Endurance can enhance blood flow, and, therefore, it can assist with nutrient delivery.

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

Several human 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 Peak Endurance?

Yes, Peak Endurance is a supplement that targets the replenishment of depleted stores of ATP to address a specific molecule need, whereas BarleyLife provides a wide spectrum of nutrients needed by the cells and each 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.

1. *J Int Soc Sports Nutr.* 2014, 11:28.
2. *Nutr Metab (Lond.)* 2013, 10:57.
3. *J Int Soc Sports Nutr.* 2012, 9:48.
4. *J Am Coll Nutr.* 2017, 12:1.
5. *J Antroplasty.* 2014, 29:12.

### AIM Peak Endurance vs. Other Sport/Energy Drinks

	Total Calories	Caffeine	Sugar	ATP	B Vitamins
Peak Endurance®	30	None	1g	200mg	17.7mg
Monster Energy	113	79.2mg	27g	0mg	0mg
RockStar Energy	140	80mg	31g	0mg	35.4mg
Red Bull Energy	110	75.5mg	28g	0mg	25.34mg
Gatorade®	140	0mg	36g	0mg	0mg
Powerade®	130	0mg	35g	0mg	0.4256mg

Values provided are per serving.

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