

Power Boost

SLENDERIIZ

Power Boost can be added to PureNourish to create the flavor and nutrient combination you're looking for. Power Boost, enriched with cocoa, quickly replenishes energy and nutrients post-workout.*

Power Boost is the drink of choice for athletes, runners, or anyone committed to regular exercise. It starts with the cocoa bean, valued not just for its wonderful flavor but also for a high antioxidant content and contributions of cardiovascular health.¹ Coconut oil is added to provide a rich source of medium chain triglycerides (MCTs), a source of energy that tends to be burned by the body rather than stored as fat. Many studies suggest that energy in the form of MCTs may enhance endurance during lengthy workouts.*²

The Power Boost formula also includes amino acids to support optimal athletic performance and recovery. Glutamine, an amino acid produced naturally in the muscles, assists the body in rebounding from intense or prolonged activity or stress. Studies show that supplementing the body's supply with L-glutamine can increase athletic performance.*³

We also add valine, leucine, and isoleucine, the three branched-chain amino acids (BCAAs), which support energy production within each cell, and are considered essential in the human diet. If not sufficiently provided in the foods we eat, our bodies create more BCAAs by breaking down existing muscle tissue, particularly during extended exertion. Studies suggest that BCAA supplements not only help prevent muscle loss,⁴ but may also contribute to decreased mental fatigue during demanding activities such as long-distance running.⁵ Power Boost provides a vital supply of BCAAs, supporting both lean muscle mass and increased focus during workouts.*

Slenderiiz is committed to the science of nutrition, and uses only the highest quality ingredients in its products. Power Boost contains no artificial colors, sweeteners or flavors. Our ingredients are soy-, gluten- and dairy-free, without trans-fats or GMO components. Power Boost is best when mixed with PureNourish, an excellent protein supplement.



Directions for use: Store Power Boost in a cool, dry place until ready to drink. To prepare, mix one scoop with two scoops of PureNourish and 8 ounces of cold water. Shake vigorously to blend. For a creamier shake, use almond or coconut milk.

Good manufacturing practices are used to segregate ingredients in a facility that processes other products. These may contain peanuts, tree nuts, wheat (gluten), milk, soy, and/or eggs. If you are pregnant, nursing, or have a medical condition consult a health care professional before using this product.

*** 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.**

1 Corti, R et al, "Cocoa and Cardiovascular Health," American Heart Association – Contemporary Review in Cardiovascular Medicine, web publication: 2009; 119: 1433-1441doi: 10.1161/CIRCULATION.AHA.108.827022

2 Berning, JR, "The role of medium-chain triglycerides in exercise," Journal of the International Society of Sports Nutrition, (1996) Jun;6(2):121-33

3 Gleeson, Michael, "Dosing and Efficacy of Glutamine Supplementation in Human Exercise and Sports Training," Journal of Nutrition, (2008) October 2008 vol. 138 no. 10 2045S-2049S

4 Kreider, R. et al, "ISSN exercise & sport nutrition review: research & recommendations," Journal of the International Society of Sports Nutrition 2010, 7:7 doi:10.1186/1550-2783-7-7

5 Hassmen, P, "Branched-chain amino acid supplementation during 30-km competitive run: mood and cognitive performance," Nutrition, (1994) PMID:7819652 [PubMed - indexed for MEDLINE] <http://www.ncbi.nlm.nih.gov/pubmed/7819652>