

# What's in Your Bottle?



PRODUCT	WHAT IS IT?	HOW DOES IT WORK?	HOW DOES IT SUPPORT EXERCISE ENERGY?	CAN IT BE TAKEN WITH SUPERSTARCH?
SuperStarch	Complex, slow-releasing carbohydrate • <u>Unique</u> , patented, complex starch • An actual food	Glucose calories slowly and steadily released into the bloodstream over time • Keeps blood sugar levels steady • Slowly delivers energy (calories)	Carbohydrates and fats are preferred sources of fuel for exercise energy • SuperStarch delivers glucose calories over time without spiking blood sugar • Healthy form of carbohydrate fuel source that keeps blood sugar levels steady	<u>Of course!</u>
Caffeine	A chemical naturally occurring in plants: coffee beans, tea, etc	Stimulates/excites the central nervous system • Enhances feelings of alertness	Impact on the brain increases <u>feelings of being energized</u> through chemical pathways	Yes
Creatine	An organic compound naturally produced by the body. Also consumed through meat and/or supplements	Creatine-Phosphate (CP) energy system rapidly creates cell energy-ATP • Turns ADP back into ATP.	This energy system only significantly contributes to the first few seconds of <u>short, intense activity</u>	Yes
Branched-Chain Amino Acids (BCAAs)	Leucine, isoleucine, and valine are 3 of 9 essential amino acids. "Branched" describes their structure. Found in dietary meat and BCAA supplements	BCAA supplements intended to <u>support muscle recovery</u>	Not a preferred source of fuel for exercise	Yes
Protein powder	Supplemental protein source designed to augment daily protein intake. Sources can be animal and/or plant-based	Intent is to provide protein calories to support the <u>roles and functions</u> of protein in the body, particularly as it relates to exercise	Not a preferred source of fuel for exercise	Yes
Beta-alanine	Amino acid, found in dietary animal meat	<u>Supplementation</u> aims to promote short, anaerobic performance through improved muscle buffering capacity	Not a preferred source of fuel for exercise.	Yes