

HOW TO *HAMMER*

FUEL RIGHT, FEEL GREAT!®



Endurance Fuels and Supplements Product Manual

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Helping athletes achieve peak performance since 1987 . . .



This book contains vital information about every Hammer fuel and supplement, as well as how to use them properly. Follow our time-tested, scientifically based “Secrets for Success” (pages 4-9) and properly use our exclusive products, and you WILL succeed. Thousands of athletes already are winning the Hammer Nutrition way, and so can you. We’re so sure of it that we guarantee it!

Keep this powerful resource handy because you will want to refer to it often. If you have any questions about our products, or would like assistance with your fueling or supplement program, our knowledgeable Client Advisors (at Hammer headquarters) and Fueling Experts (at your favorite dealer) are happy to help.

Hammer on!

Brian Frank

Brian Frank
Hammer Nutrition Founder
and Proprietor





*Professional triathlete Reilly Smith during a training ride on the California coast.
Photo: Wadley Photography*

Start Here!

Guidelines on fluid, electrolytes, calories, pre- and post-exercise fueling

1. HOW TO HYDRATE: During exercise, drink 20-25 ounces (approx 590-740 ml) per hour.

READ MORE...

- **Most athletes, under most conditions**, will satisfy their hydration needs with this amount of fluid (about equal to a small or large water bottle). Lighter athletes and/or athletes exercising in cool weather conditions may need only 16-18 ounces (approx 475-530 ml) per hour. Larger athletes or those exercising in hot, humid conditions might need up to 28 ounces (approx 828 ml) per hour.
- **Overhydration (consistent intake of 30+ ounces per hour) can hurt** your performance, with cramping just one of many undesirable outcomes. In the most severe cases, hyponatremic (low sodium)-induced coma and death can result. Unless you enjoy nausea, cramping, bloating, and DNFs, forget advice like “drink to replace” or “drink even when you’re not thirsty”—it’s just plain wrong.

Product Usage Charts

For a quick overview of the best times to use Hammer fuels and supplements, refer to our product usage charts. You’ll find the Fuel Usage Chart on page 10. The Supplement Usage Chart is on pages 30-31.

2. HOW TO MANAGE ELECTROLYTES: During prolonged exercise, consume hourly:

- 1 Endurolytes/50-60 lbs of body weight* OR
- 1-2 Endurolytes Extreme* OR
- 1-2 Endurolytes Fizz per hour

*Extreme conditions may warrant higher levels

READ MORE...

- **“Electrolyte replenishment” does not mean “salt replenishment.”** Salt contains just two electrolytes, sodium and chloride. Your body also requires calcium, magnesium, and potassium to function properly. Endurolytes replenishes all of these minerals and provides other vital nutrients in the proper proportions and ratios.
- **Limit daily sodium intake to 2,300 mg.** Most athletes, like the general population, consume too much salt. The best thing you can do to get an edge on heat stress is to limit your sodium intake to 2,300 mg per day. The less sodium you take in daily, the less you will need to replenish during exercise.

Photo : Zandy Mangold



3. HOW TO FUEL DURING EXERCISE: Consume 150-180 calories per hour during exercise.

READ MORE...

- **Less is best.** To achieve your best performance, replenish calories in “body cooperative” amounts of 150-180 calories per hour. Larger athletes might occasionally require slightly more, up to a theoretical maximum of 240 calories per hour. Trying to replace all of the calories you lose during exercise will cause bloating, nausea, vomiting and/ or diarrhea. Instead, allow your body’s own fat stores to make up any difference, which they will easily do.
- **To obtain your OPTIMUM HOURLY CALORIC INTAKE, follow the suggested product dosage ranges for your body weight.** This will give you the best performance without the undesirable side effects associated with excess calories. If you will be using more than one product, be sure to include the calories from each in your total hourly calculations.



Photo : Eric Bruce

4. HOW TO FUEL BEFORE EXERCISE: At least 3 hours before workouts and races, consume 300-400 calories, maximum.

READ MORE...

- **Choose easily digested, complex carbohydrates, along with a small amount of protein and a little healthy fat.** Avoid fiber, simple sugar, and acidic foods like oatmeal, jam, and orange juice. Good choices include one bagel and 1/2 cup active yogurt; one soy protein-enhanced pancake topped with 1 Hammer Gel; and one banana and 1 cup active yogurt.
- **Complete your meal 3 hours before exercise.** That means forks or spoons down at 6 a.m. if your event starts at 9 a.m. Complex carbohydrates consumed 3 hours before exercise raise blood glucose levels and improve performance. But eating within 3 hours of exercise can seriously hurt your performance by 1) reducing the conversion of fats to fuel, and 2) accelerating glycogen depletion.
- **Tip: If your race is early, don't sacrifice sleep to eat! If you must eat right before exercise,** consume a small amount of supplemental fuel, such as 1 Hammer Gel, about **5 minutes before** starting.



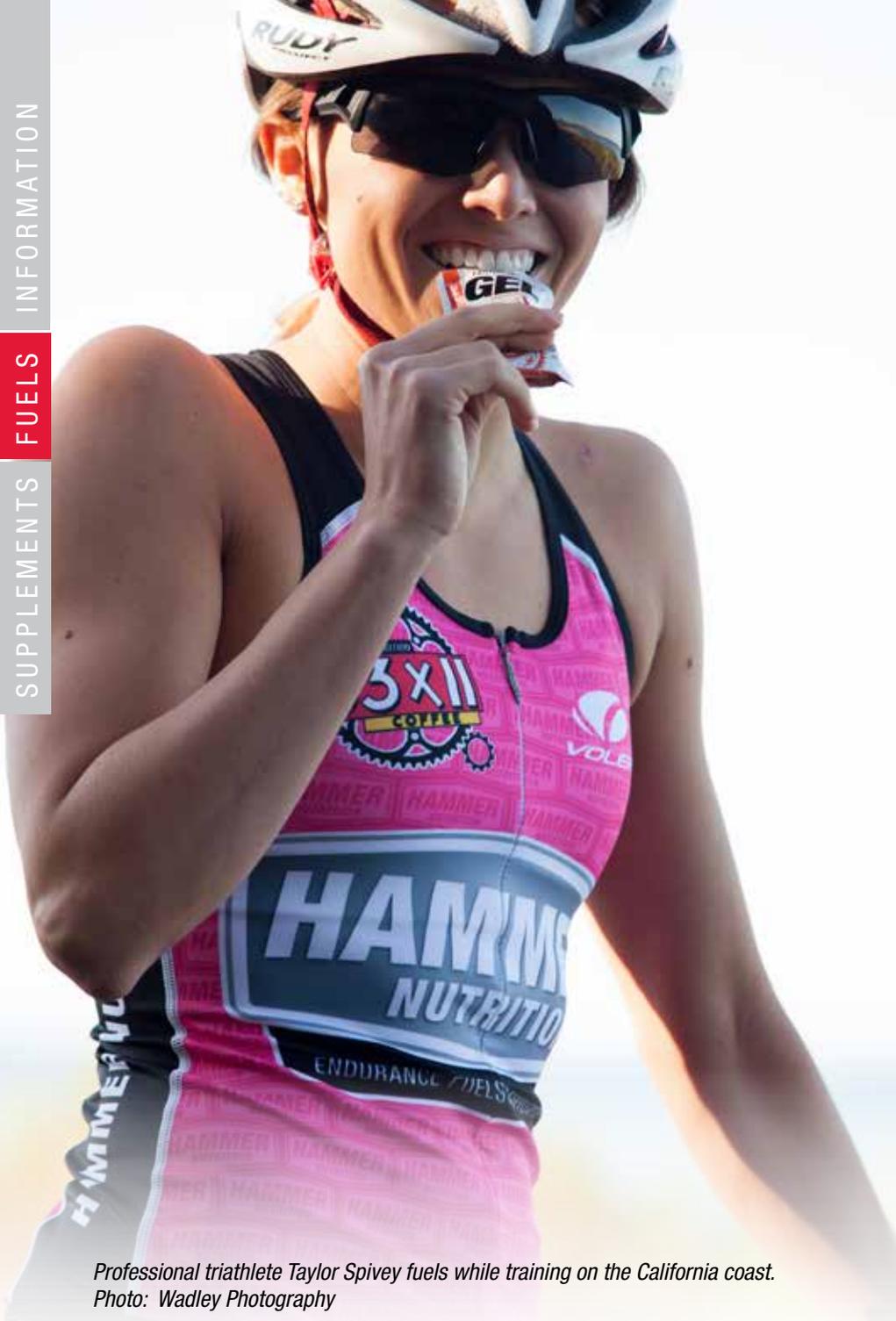
5. HOW TO FUEL AFTER EXERCISE: After workouts and races, replenish with 30-60 grams of complex carbohydrates and 10-20 grams of high-quality protein.

READ MORE...

- **“Refill the tank” as soon as possible after each exercise session.** Exercise depletes your body’s stores of glycogen; the ideal time to replenish is within 60 minutes.
- **Consume 30-60 grams of complex carbohydrates and 10 - 20 grams of protein.** One to 3 servings of Recoverite will supply your body with both complex carbohydrates and whey protein isolate (the purest, most effective protein for recovery) in the ideal 3:1 ratio.
- **Take antioxidants to keep free radicals in check.** Consuming antioxidants after exercise—both from high-quality food sources and supplements—neutralizes cell-damaging free radicals and will help you recover more rapidly.



Photo : Mike Muir



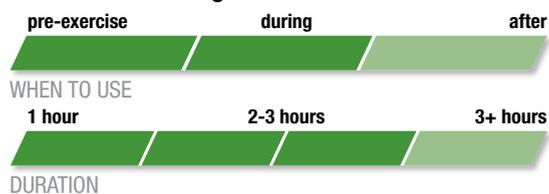
*Professional triathlete Taylor Spivey fuels while training on the California coast.
Photo: Wadley Photography*

Hammer Gel®

RAPID ENERGY THAT LASTS

- Rock solid energy
- Raises blood sugar levels fast
- Smooth & easy to digest

Recommended Usage



Serving Size

One serving contains 80-90 calories depending on the flavor.

Suggested Doses by Body Weight*

WEIGHT	SCOOPS	CALORIES
Up to 90 lbs (<i>Up to 41 kg</i>)	0.5-1 serving/hr.	40-45 to 80-90 cal.
90-120 lbs (<i>41-54.5 kg</i>)	0.5-1.5 servings/hr.	40-45 to 120-135 cal.
120-155 lbs (<i>54.5-70 kg</i>)	1-2 servings/hr.	80-90 to 160-180 cal.
155-190 lbs (<i>70-86 kg</i>)	1.5-2 servings/hr.	120-160 to 135-180 cal.
190+ lbs (<i>86+ kg</i>)	1.5-2.5 servings/hr.	120-135 to 200-225 cal.

*These are estimated doses. Each athlete should determine in training, under a variety of conditions, their personal optimum. If using more than one fuel, be sure to combine all of the calories from all of the products consumed to reach a correct total hourly intake.

How to Use

Consume 0.5-2.5 servings per hour (see above), along with 16-28 ounces (approx 475-828 ml) of plain water per hour from a separate source. You can also use it immediately before exercise to allay hunger.

Notes

For workouts or races lasting longer than 2 hours, use Perpetuem or Sustained Energy as your primary fuel.

Hammer Gels may be used to flavor Sustained Energy, Hammer Soy Protein, Hammer Whey Protein, or smoothie combinations.

HEED®

HIGH ENERGY ELECTROLYTE SPORTS DRINK

- Provides steady energy
- Reduces cramps
- Buffers lactic acid



Recommended Usage



Serving Size

One scoop contains 100 calories.

Suggested Doses by Body Weight*

WEIGHT	SCOOPS	CALORIES
Up to 90 lbs (<i>Up to 41 kg</i>)	0.5-1 scoop/hr.	50-100 calories
90-120 lbs (<i>41-54.5 kg</i>)	0.75-1.5 scoops/hr.	75-150 calories
120-155 lbs (<i>54.5-70 kg</i>)	1-1.5 scoops/hr.	100-150 calories
155-190 lbs (<i>70-86 kg</i>)	1.5-2 scoops/hr.	150-200 calories
190+ lbs (<i>86+ kg</i>)	2-2.25 scoops/hr.	200-225 calories

**These are estimated doses. Each athlete should determine in training, under a variety of conditions, their personal optimum. If using more than one fuel, be sure to combine all of the calories from all of the products consumed to reach a correct total hourly intake.*

How to Use

Mix 0.5-2.25 scoops (see chart above) of HEED in 16-28 ounces (approx 475-828 ml) of water. Sip continuously during exercise.

Notes

For many athletes under normal conditions, 1-2 scoops of HEED will completely fulfill electrolyte requirements. When heat stress increases significantly, consume Endurolytes or Endurolytes Extreme in addition to HEED. When exercise lasts longer than 2-3 hours, select Perpetuem or Sustained Energy as your primary fuel.

Endurolytes®

ELECTROLYTE REPLENISHMENT IN THREE FORMS

- Superior cramp prevention
- Comprehensive electrolyte replenishment
- Rapidly assimilated

Recommended Usage



Use regular Endurolytes or Fizz as needed, but primarily when:

1. Exercise lasts more than 2 hours
2. Exercise lasts less than 2 hours and temperature is above 80°F (approx 26°C) and/or 70% humidity, or temperature and/or humidity is higher than what you are accustomed to

Use Endurolytes Extreme to resolve the toughest electrolyte replenishment challenges, especially: during unusually hot-weather events; if you're not acclimated to the weather conditions; if you consume a high-sodium diet; if you are "physiologically predisposed" to cramping (e.g., if you have extremely high sweat rates); and/or during early season training, when fitness levels are low.

How to Use

Dietary salt intake, fitness level, weather, acclimatization, and other variables affect electrolyte use and depletion. We suggest the following dosages as a starting point; for your optimum dosage, do your own trials with Endurolytes under a variety of conditions.

Endurolytes continued . . .

Endurolytes: 1 capsule per hour for every 50-60 lbs (approx 23-27 kg) of body weight. Take 1 dose 30-60 minutes prior to exercise, one dose each hour during exercise, and one dose immediately following exercise.

Endurolytes Fizz: 1/2 tablet per hour for every 50-60 lbs (approx 23-27 kg) of body weight

Endurolytes Extreme: 1 capsule per hour; increase to 2 capsules (and up to 3) per hour if conditions dictate

Notes

Endurolytes DOES NOT prevent heat stroke, hyponatremia, or any other dangerous condition resulting from overexertion in the heat.

If using Endurolytes Fizz, add tablets to your water or fuel bottle(s), allow them to dissolve completely, and consume as needed to maintain proper hydration and electrolyte levels.

Endurolytes Fizz contains none of the toxic chemicals (including polyethylene glycol), artificial flavors, or artificial sweeteners found in other effervescent electrolyte products.



Perpetuem®

EXTREME ENDURANCE FUEL

- Reliable long-lasting energy
- Maximizes fat utilization
- Helps prevent muscle fatigue

Recommended Usage



WHEN TO USE



DURATION



Serving Size

One scoop contains 135 calories.

Suggested Doses by Body Weight

WEIGHT	SCOOPS	CALORIES
Up to 120 lbs (<i>Up to 54.5 kg</i>)	Up to .75 scoop/hr.	Approx 101 calories
120-155 lbs (<i>54.5-70 kg</i>)	1 scoop/hr.	135 calories
155-190 lbs (<i>70-86 kg</i>)	1-1.25 scoops/hr.	135-169 calories
190+ lbs (<i>86+ kg</i>)	Up to 1.5 scoops/hr.	202.5 calories

How to Use

IMPORTANT: Because Perpetuem contains no artificial preservatives, it should NOT be premixed several hours before use, especially in warm weather. Please read the FAQs on the Hammer Nutrition website for more information on this important topic. You can mix and consume Perpetuem three different ways depending on your preference and needs. Please experiment with the following options to determine what works best for you.

Perpetuem Usage Instructions continued . . .

The One-Hour Bottle (ideal when racing with a support crew and vehicle) - Mix the suggested amount for your body weight (see chart above) in 16-28 ounces (approx 475-828 ml) of water. Consume one bottle hourly. If you're without a support crew, keep in mind that you'll have to stop more frequently to mix your fuel.

The Multi-Hour Bottle (allows you to be self-sufficient for many hours) - This is by far the most convenient method of fueling because it requires only additional plain water along the way.

Determine your proper hourly intake by experimenting with the numbers from the dosage chart. Let's say you've determined through testing that 1 scoop of Perpetuem per hour is your ideal caloric intake. For a 4-hour workout, place 4 scoops in a bottle, fill it with water, and then shake it to mix. You may need to add a few scoops at a time to get it all to mix well.

"Nurse" this bottle, taking small sips every 15-20 minutes. At this concentration, the water in the mixed bottle does not contribute much to your hourly hydration needs. To meet your fluid requirements, carry a second (and possibly a third) bottle of plain water, use a hydration system, or know where you can refill along your route. Drink 16-28 ounces (approx 475-828 ml) of plain water per hour, according to the temperature/humidity and your exertion level.

Paste (highest volume of calories in the least amount of space) - Using a blender or bowl and spoon, mix scoops of powder with a small amount of water, gradually adding water to create a thick, near paste-like consistency. Fill a Hammer Flask with the concentrate. Depending on how many scoops per hour you require, and how concentrated your mix, each flask can supply you with 2-4 hours of fuel. As with the multi-hour bottle, you must carry additional plain water to meet your fluid requirements.

Note: Remember that the more concentrated mix will have a stronger/sweeter flavor.

Perpetuem Solids®

CHEWABLE ENDURANCE FUEL

- Fresh & tasty even in the heat
- Steady, reliable energy
- Convenient and easy to carry



Recommended Usage



Serving Size

Three tablets contain 100 calories.

Suggested Doses by Body Weight

WEIGHT	AMOUNT	CALORIES
Up to 120 lbs (<i>Up to 54.5 kg</i>)	1-2 tablets/hr.	33-67 calories
120-155 lbs (<i>54.5-70 kg</i>)	2-3 tablets/hr.	67-100 calories
155-190 lbs (<i>70-86 kg</i>)	3-4 tablets/hr.	100-133 calories
190+ lbs (<i>86+ kg</i>)	4-5 tablets/hr.	133-167 calories

How to use

Designed to augment other Hammer Nutrition fuels used during exercise lasting more than 2 hours. On occasion, Perpetuem Solids may be used as a sole source of calories.

Notes

Perpetuem Solids tablets are NOT meant to be dissolved in water. Just chew and swallow or wash them down with water or any Hammer liquid fuel. People with dentures or delicate teeth should use caution when consuming Perpetuem Solids.



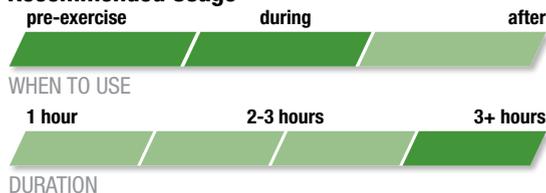
*Miles Frank during a summer training ride near Whitefish, Montana.
Photo: McKenna Newton*

Sustained Energy

THE ORIGINAL LONG-DISTANCE FUEL PREFERRED BY MANY

- Provides reliable, long-lasting energy
- Reduces muscle fatigue
- Shortens exercise recovery time

Recommended Usage



Serving Size

One scoop contains 107 calories.

Suggested Doses by Body Weight

WEIGHT	SCOOPS	CALORIES
Up to 120 lbs (<i>Up to 54.5 kg</i>)	Up to 1 scoop/hr.	107 calories
120-155 lbs (<i>54.5-70 kg</i>)	1-1.5 scoops/hr.	107-160.5 calories
155-190 lbs (<i>70-86 kg</i>)	1.5-2 scoops/hr.	160.5-214 calories
190+ lbs (<i>86+ kg</i>)	Up to 2-2.25 scoops/hr.	214-241 calories

How to Use

IMPORTANT: Sustained Energy contains no artificial preservatives by design. To avoid spoilage, do not premix it several hours before use, especially in warm weather. Please read the FAQs on pages the Hammer Nutrition website for more information on this important topic.

As with Perpetuem, you can mix and consume Sustained Energy three different ways (the One-Hour Bottle, the Multi-Hour Bottle, and Paste) depending on your needs; see the mixing directions for Perpetuem on p. 15. Please experiment to determine the option best for you.

Hammer Bar®

THE ULTIMATE ENERGY BAR



- Provides reliable, long-lasting energy
- Enhances endurance and recovery
- Easy to digest

Recommended Usage



Serving Size

Each bar contains 182-230 calories, depending on the flavor.

How to Use

Use occasionally during extended workouts and races as a solid food complement to other Hammer Nutrition fuels. Also use as a pre-exercise meal, post workout/race recovery food, or healthy snack anytime.

Notes

Hammer Bars are fortified with healthy fats (no trans fatty acids). All are gluten-free, GMO-free, and USDA certified organic. Cold processing preserves their beneficial enzymes.



Whey Recovery Bar

THE SOLID CHOICE FOR ENHANCED RECOVERY



- Minimizes post-exercise soreness
- Maintains and helps repair lean muscle tissue
- Superb immune system support

Recommended Usage



WHEN TO USE

Serving Size

Each bar contains 330 calories.

How to Use

Use as a solid-food recovery fuel, a second meal after your immediate post-workout/race bottle of Recoverite, or as an occasional snack to bolster daily protein intake.

Notes

Each gluten-free, GMO-free, Hammer Whey Recovery Bar is comprised of 70% organic ingredients, including **20 grams of a cold-processed whey protein blend derived from grass-fed cows**, and a substantial 8 grams of fiber.

Ultra-healthy Hammer Whey Recovery Bar contains no refined sugars, saturated/trans fats, and/or other unhealthy ingredients.

Whey is the most bioavailable protein and has the highest amount of branched chain amino acids of any protein. It is ideal for rebuilding lean muscle tissue and for supporting the immune system between workouts and races.

Vegan Recovery Bar

PLANT-POWERED RECOVERY/MEAL REPLACEMENT



- Minimizes post-exercise soreness
- Helps repair lean muscle tissue
- Delicious plant-based recovery option

Recommended Usage



Serving Size

Each bar contains 240 calories

How to Use

Use as a solid-food recovery fuel, a second meal after your immediate post-workout/race bottle of Recoverite, or as an occasional snack to bolster your daily protein intake.

Notes

If you have a soy intolerance or allergy, choose 100% soy-free Almond Cacao. The coating of the Chocolate Peanut flavor has a trace of soy in the form of lecithin.

Delicious Hammer Vegan Recovery Bars contain 14-15 grams of high-quality plant protein (pea protein and organic brown rice protein), a healthy carbohydrate (organic tapioca), and healthy fats. They do not contain trans fats or cholesterol.

Vegan Recovery Bars are gluten-free, vegan certified, and made with organic non-GMO ingredients.

Recoverite®

GLUTAMINE FORTIFIED TO ENHANCE RECOVERY

- Restores muscle glycogen
- Helps rebuild muscle tissue
- Reduces post-exercise soreness

Recommended Usage



WHEN TO USE



Serving Size

One scoop contains 85 calories.

Suggested Doses by Body Weight

WEIGHT	SCOOPS	CALORIES
Up to 90 lbs (<i>Up to 41 kg</i>)	1 scoop	85 calories
90-120 lbs (<i>41-54.5 kg</i>)	1-2 scoops	85-170 calories
120-155 lbs (<i>54.5-70 kg</i>)	1.5-2 scoops	127.5-170 calories
155-190 lbs (<i>70-86 kg</i>)	2-3 scoops	170-255 calories
190+ lbs (<i>86+ kg</i>)	3-4 scoops	255-340 calories

How to Use

Mix the suggested amount for your body weight with 4-8 ounces (approx 118-237 ml) or more of cold water. Consume immediately after exercise. Recoverite can also be used as a Meal Replacement Product (MRP).

Notes

Contains maltodextrin, whey protein isolate, antioxidants, and electrolytes. To use Recoverite as a MRP, consume 2-4 scoops in place of a meal. Do not replace more than one or two meals per day.

If you are unable to eat a healthy meal containing both carbohydrates and protein within 2 hours after exercise, consume one to two additional servings of Recoverite per hour until you can eat a complete meal.

Hammer Whey Protein

IDEAL PROTEIN FOR RECOVERY

- Maintains and helps repair lean muscle tissue
- Provides superb immune system support
- Glutamine-fortified to enhance recovery



Recommended Usage



WHEN TO USE

Serving Size

One scoop contains 80 calories.

Tip: Boost HGH as you sleep!

- Mix 1 scoop Hammer Whey in 4-6 ounces (118-177 ml) of water (no carbohydrates). Drink before bedtime. Safely raises human growth hormone (HGH) by up to 400%, enough to noticeably boost health and performance.

How to Use

Use Hammer Whey after exercise, before bedtime, or throughout the day to boost protein intake.

Notes

Hammer Whey is the highest quality, rBGH-free whey protein. Our whey is produced in the U.S.A from 100% grass-fed cows that have never been given artificial hormones, steroids, or growth enhancers. It's also completely free of antibiotics.

Hammer Whey contains 6 grams of L-glutamine to protect the immune system. Do NOT use it before or during exercise; the glutamine tends to produce ammonia, a cause of muscle fatigue.

Hammer Whey contains 18 grams of pure 100% undenatured (non-heated) whey isolate. It is virtually lactose and fat free.

Hammer Vegan Protein

PLANT-BASED PROTEIN POWERHOUSE

- Rich source of muscle-building amino acids
- Enhances recovery
- Supports digestive system health

Recommended Usage



Serving Size

One scoop contains 110 calories.

How to Use

Use Hammer Vegan Protein after exercise or anytime throughout the day to bolster protein intake. Athletes in training should consume at least $\frac{1}{2}$ gram of protein per pound of body weight per day. Also can be used to make a soy-free fuel for exercise that lasts 2+ hours.

Notes

Hammer Vegan Protein is a unique blend of five nutrient-dense plant proteins: pea protein, organic brown rice protein, organic spirulina, organic chlorella, and alfalfa. To ensure efficient and complete digestion, a variety of digestive enzymes is also included in the formula.

Packed with 20 grams of protein per scoop, Hammer Vegan Protein is dairy- and soy-free, nearly fat-free (1 gram per scoop), and has no saturated fats or cholesterol.

Hammer Vegan Protein is flavored and sweetened with organic stevia, a natural plant-based sweetener. It contains no added refined sugars or artificial sweeteners.

Hammer Soy Protein

CONVENIENT PLANT-BASED PROTEIN BOOSTER

- Highly concentrated formula (23 g protein)
- Enhances exercise recovery
- Multiple health benefits

Recommended Usage



WHEN TO USE



Serving Size

One scoop contains 110 calories.

How to Use

Use to increase daily protein intake, as a pre- or post-exercise meal, or as part of a do-it-yourself Meal Replacement Product (MRP). Athletes in training should consume at least $\frac{1}{2}$ gram of protein per pound of body weight per day.

3:1 Soy Recovery Drink: Mix 0.5 scoop Hammer Soy Protein with 1.25 scoops HEED in 4-8 ounces water (118-237 ml). Provides approx 180 calories, 33 grams carbohydrates, and 11 grams protein.

Notes

Hammer Soy Protein is 100% GMO-free. Research has shown that consuming soy protein may have numerous health benefits.

Because Hammer Soy Protein is formulated for meal supplementation, before and after exercise, it is far too concentrated for use during exercise. Perpetuem and Sustained Energy both contain an adequate amount of soy protein for your needs during prolonged exercise.



Cyclist Loren Mason-Gere relies on Hammer fuels and supplements for peak performance and year-round health. Photo: Jake Grilley

Hammer Nutrition Supplements

THE “BALANCED DIET” MYTH

Even the best of diets is not enough!

Approximately 50% of athletes report that they take no dietary supplements because they already eat a “balanced diet.” Yet there has never been a single clinical study that documents what comprises a balanced diet, nor one that has demonstrated a diet’s ability to meet basic nutrient requirements solely through diet. In fact, new studies show that our food supply does not provide all of the micronutrients we need to prevent deficiency, let alone achieve optimal health.

Research by the distinguished nutritional scientist Bruce Ames, professor of biochemistry and molecular biology at the University of California, Berkeley, supports this view: “Inadequate dietary intakes of vitamins and minerals are widespread, most likely due to excessive consumption of energy-rich, micronutrient-poor, refined food.”

Where diets fall short

The typical diet rarely falls short in terms of calories, salt, or fat. Unfortunately, however, those calories usually are in the form of packaged or processed foods that contain

little in the way of vitamins, minerals, phytochemicals, antioxidants, and other necessary micronutrients.

Even those of us who diligently consume a whole foods based diet probably fall short of the nutrients required for peak athletic performance and good health. According to Bill Misner, Ph.D., author of the hallmark paper “Food May Not Provide Sufficient Micronutrients to Avoid Deficiency,” “athletes today ingest only 11% of the organic nutrients from their food sources that the athletes of the 1940s enjoyed.”

The essential role of supplements

The bottom line is that our diets, no matter how good we think they are, are unlikely to provide enough of the micronutrients needed to prevent a deficiency. If you want to achieve your best performances in your workouts and races—and even more importantly, enjoy optimal health—then daily supplementation is a necessity, not an option. Hammer Nutrition can provide you with the supplements you need to reach your performance and health goals!

Supplement Usage Chart

Quick Reference



Primary Purpose



Secondary Purpose

DAILY
ESSENTIALS

PEAK
PERFORMANCE

When:

	Race Caps Supreme	Premium Insurance Caps	Mito Caps	EndurOmega	Anti-Fatigue Caps	Endurance Amino	Race Day Boost	Energy Surge
As a daily supplement for overall health*	✓	✓	✓	✓				
Before exercise	✓	✓	✓		✓	✓	✓	✓
During exercise	✓	✓	✓		✓	✓		✓
Post exercise	✓	✓	✓	✓		✓		
Before a meal/food								
With a meal/food		✓	✓	✓				
Before bedtime								
As needed when symptoms arise								

*It's always a good idea to take a daily supplement with food or a meal unless otherwise stated on the label.

Daily Essentials - The four primary products in the Hammer Nutrition line: Premium Insurance Caps, Race Caps Supreme, Mito Caps, and EndurOmega. These should be the foundation of your supplement program, as they provide the widest range of benefits for both athletic performance and overall health. Take these four products daily throughout the year.

Peak Performance - Use these supplements before and/or during exercise and enjoy better endurance and more energy, with less lactic acid and fatigue. Use as needed in addition to the Daily Essentials and other Hammer Nutrition supplements.

SUPERIOR RECOVERY

WELL-BEING

	SUPERIOR RECOVERY					WELL-BEING								
	Tissue Rejuvenator	Super Antioxidant	AO Booster	Xobaline	REM Caps	Phytomax	Appestat	Digest Caps	Boron	Chromemate	Phytolean	PSA Caps	Nasol	Clear Day
	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓		
	✓													
	✓	✓												
	✓	✓	✓	✓	✓				✓					
							✓				✓			
	✓	✓	✓			✓		✓	✓	✓				
					✓							✓		
	✓							✓			✓	✓	✓	✓

Superior Recovery – Use these products after exercise to reduce free radical damage, boost immunity, and reduce exercise-induced pain, inflammation, and swelling.

Well-Being – Use these products as needed (daily, if necessary) to support overall wellness or address specific conditions. All are compatible with other Hammer Nutrition supplements.

Premium Insurance Caps

HIGH-POTENCY MULTIVITAMIN/MINERAL SUPPLEMENT

- Supports optimum health & performance
- Increases energy all day
- Benefits digestion



Recommended Usage



How to Use

Use to maintain peak overall health through the rigors of training, competition, and everyday life. Please read chart carefully.

	Non-workout days	Workouts under 2 hrs	Workouts over 2 hrs
Athletes younger than 20 years old OR athletes weighing less than 150 lbs	4-7 capsules daily in divided doses.	4 capsules after workout with Recoverite or food. 1-3 capsules at another time during the day with food.	4-7 capsules (depending on the duration/intensity of the training session) after workout with Recoverite or food. 3 capsules at another time during the day with food.
Athletes weighing more than 150 lbs	4-7 capsules daily in divided doses.	4 capsules after workout with Recoverite or food. 3 capsules at another time during the day with food.	7 capsules after workout with Recoverite or food. 7 capsules, divided into 2 doses at other times during the day with food.

Notes

Compare our high-potency, broad-spectrum ingredients with those of the other supplements in your cabinet; with Premium Insurance Caps, you may find many other supplements unnecessary.

Allow a 3+-hour window between the use of Premium Insurance Caps and exercise.

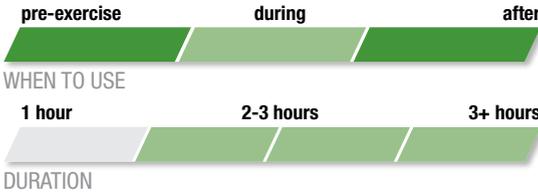
Race Caps Supreme

ENHANCED ENERGY, ENDURANCE, AND RECOVERY

- Reduces muscle fatigue
- Massively enhances energy & endurance
- Increases workload capacity



Recommended Usage



How to Use

Use to increase endurance and reduce recovery time, while supporting the immune system and overall health. Please read chart carefully.

	Non-work-out days	Workouts under 2 hrs	Workouts over 2 hrs
Athletes younger than 20 years old OR athletes weighing less than 150 lbs	1 capsule daily with food.	1 capsule 30-90 min. prior to workout (with or without food). 1 capsule after workout with Recoverite or food.	1 capsule 30-90 min. prior to workout (with or without food). 1 capsule per hour during workouts that exceed 2 hrs. 1 capsule after workout with Recoverite or food.
Athletes weighing more than 150 lbs	1 capsule twice daily with food.	2 capsules 30-90 min. prior to workout (with or without food). 1 capsule after workout with Recoverite or food.	2 capsules 30-90 min. prior to workout (with or without food). 1-2 capsules per hour during workouts that exceed 2 hrs. 1-2 capsules after workout with Recoverite or food.

Notes

Contains Coenzyme Q10 and idebenone, highly regarded antioxidants with multiple benefits, especially for cardiovascular health.

Mito Caps

ANTI-AGING FORMULA WITH POWERFUL ATHLETIC BENEFITS

- Improves energy production
- Provides superior antioxidant support
- Improves fat metabolism



Recommended Usage



How to Use

Helps your body's mitochondria (the energy-producing organelles in every cell) work more efficiently to boost performance and potentially increase longevity. Please read chart carefully. Athletes desiring increased benefits can experiment with higher dosages.

Non-workout days	Workouts under 2 hrs	Workouts over 2 hrs
1 capsule two to three times daily with food.	1 capsule 30-90 min. prior to workout (with or without food). 2 capsules after workout with Recoverite or food. 1 capsule may be taken with dinner.	2 capsules 30-90 min. prior to workout (with or without food). 1 capsule per hour during workouts that exceed 2 hrs. 2 capsules after workout with Recoverite or food. 2 capsules with dinner.

Notes

The two primary nutrients in the Mito Caps formula—acetyl l-carnitine and R-alpha lipoic acid—provide numerous general health benefits, including the support of cognitive function and neutralization of free radicals.

EndurOmega

ESSENTIAL OMEGA-3 FATTY ACIDS

- Protects cardiovascular health
- Supports healthy joints
- Enhances brain function and mood

Recommended Usage



How to Use

Take 2 capsules, two to three times daily, with food.

Notes

EndurOmega contains 300 mg of EPA and 200 mg of DHA, the desired omega-3s, as well as 30 mg DPA, an intermediate fatty acid not often found in other fish oil supplements. DPA helps increase blood concentrations of both EPA and DHA, while also benefitting the heart, bones, muscles, and kidneys.

EndurOmega is made from menhaden fish oil (not salmon, which can be tainted with mercury and other contaminants). Unlike other fish oil supplements, it has no fishy taste or aftertaste.

In addition to its many health benefits, EndurOmega boosts the absorption of the vital fat-soluble nutrients Coenzyme Q10 and idebenone in Race Caps Supreme.

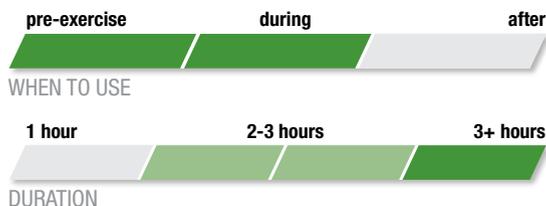


Anti-Fatigue Caps

COMBINES TWO AMMONIA-SCAVENGING NUTRIENTS

- Prolongs exercise endurance
- Counteracts everyday fatigue
- Boosts energy production

Recommended Usage



How to Use

Take 2-4 capsules 1 hour prior to an endurance workout or race. During extended endurance sessions, take an additional 1-2 capsules each hour—beginning at the two-hour mark and every hour thereafter.

Notes

Contains potassium/magnesium aspartate, shown to increase stamina and counteract fatigue, plus enzymes to boost assimilation.

You don't need to take Anti-Fatigue Caps daily, though many Hammer Nutrition staff members and athletes do, especially after lunch, to provide energy without unwanted central nervous system stimulation.

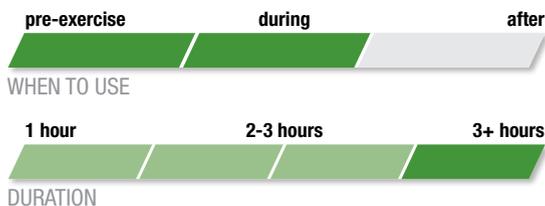
Anti-Fatigue Caps are colored pink so that you can easily tell them apart from Endurolytes capsules when racing. The pink hue comes from beet juice powder, a natural coloring agent with antioxidant properties.

Energy Surge

PURE ENERGY ON DEMAND

- Provides power for hills
- Provides speed for the finish
- Maintains overall energy production

Recommended Usage



How to Use

Provides fast energy when you want it: during interval or speed workouts, just prior to a big climb or an attack, or during all-day ultra events. For high intensity, short duration events (less than 1 hour), dissolve 1-3 tablets under your tongue 5-30 minutes before the start. For longer events, dissolve 1-3 tablets as needed under your tongue, preferably every hour.

Notes

Contains Adenosine Triphosphate (ATP), the chemical compound in cells used to provide energy. ATP is responsible for 95% of the biological activity in the body, including muscle contractions, circulation, and building new tissue.

Hammer Nutrition's proprietary sublingual (under the tongue) formula allows for direct absorption through the mucosa of the mouth and throat, going directly into the bloodstream and avoiding the stomach. For faster absorption, chew tablets into a paste, then dissolve it under your tongue.

Endurance Amino

POWERFUL AMINO ACID BENEFITS

- Decreases perception of fatigue
- Helps build & maintain lean muscle
- Increases cognitive function

Recommended Usage



How to Use

Take 2-4 capsules prior to and after exercise. During prolonged workouts or races, take 1-2 capsules every hour.

Notes

Three branched chain amino acids (l-leucine, l-isoleucine, and l-valine) help delay fatigue, enhance endurance, and minimize muscle tissue breakdown.

L-alanine provides an alternate fuel source for muscles, as the liver converts it to glucose, as needed. L-alanine also aids in the synthesis of pantothenic acid (Vitamin B5), which is also needed for protein, fat, and carbohydrate metabolism.

Glutathione provides superb antioxidant support to boost immune system function.

Use with Anti-Fatigue Caps for massively enhanced endurance during longer workouts and races.

Race Day Boost

GIVE YOUR PERFORMANCE A BIG BOOST

- Boosts performance up to 8%
- Increases endurance
- Reduces lactic acid

Recommended Usage



How to Use

Use for four days prior to a major event (after first testing it in training) to enjoy up to 8% improvement in performance time.

Take 2 capsules with food and water four times per day (total of 8 capsules daily) for 4 days prior to competition.

For a multi-day event, this protocol may be used:

- Follow the same four-day loading protocol described above.
- Take 2 capsules of Race Day Boost with Recoverite as soon as possible after the race, as well as another 2-capsule dose of Race Day Boost with food later in the day/evening.
- Follow this twice daily “maintenance dose” protocol after each stage.

Notes

Because this product has a “tolerance factor” or biofeedback mechanism, it should NOT be used for every race. Ideally, it should be used four to six times per year, preferably with a minimum of 14-21 days between loading cycles.

Malic acid, a natural, energy boosting substance found in a variety of fruits, is included in Race Day Boost to help balance out the extreme alkalinity of the product, thus minimizing-to-eliminating the potential for stomach distress.

Tissue Rejuvenator

JOINT HEALTH SECOND TO NONE

- Anti-inflammatory support
- Promotes joint integrity & mobility
- Allows for reduced NSAID use

Recommended Usage



How to Use

Take 4 capsules once or twice daily during periods of injury

Take 1-2 capsules once or twice daily for prevention/
maintenance purposes

Notes

Contains glucosamine sulfate, chondroitin sulfate, methylsulfonylmethane (an organic form of sulfur reported to reduce joint pain), and anti-inflammatory enzymes and herbs. If you have a shellfish allergy, consult your physician prior to use.

Contains Undenatured Type II Collagen (UC-II™), a patented, extensively studied dietary ingredient derived from chicken sternum cartilage. Works with the immune system to promote healthy joints by increasing joint mobility and flexibility.

1 capsule every 2-3 hours has been successfully used during ultra marathon races as an alternative to NSAIDS, common over-the-counter pain relievers.

The effects/benefits of Tissue Rejuvenator are cumulative so consistent use is vital to achieve the best results.

Super Antioxidant

SUPERIOR RECOVERY FORMULA

- Lessens muscle soreness
- Reduces free radical damage
- Improves circulation & cognition

Recommended Usage



How to Use

For enhanced recovery, take 1 or 2 capsules together with Recoverite or food after workouts (use the higher dose after exercise that lasts 2-3 hours or more).

For supporting enhanced performance (via free radical neutralization) during ultra distance events, you can use Super Antioxidant at a suggested intake of 1 capsule every 2-3 hours.

If you live in a polluted environment or are subjected to high levels of stress, take Super Antioxidant daily, year-round.

For supporting enhanced cognitive function (via the ginkgo biloba and vinpocetine components), take Super Antioxidant daily throughout the year. Suggested dose is 1 capsule in the morning with food.

Notes

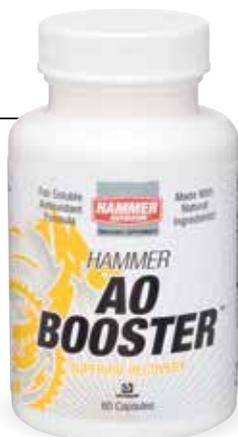
Contains superoxide dismutase, an enzyme and antioxidant; grapeseed extract; L-glutathione, perhaps the most important antioxidant; ginkgo biloba; gotu kola; and vinpocetine.

AO Booster

UP YOUR ANTIOXIDANT INTAKE

- Supreme fat-soluble antioxidant support
- Reduces post-workout soreness & inflammation
- Benefits skin and eyes

Recommended Usage



How to Use

Non-workout days: Take 1 capsule with food.

Workout days: Take 1 capsule after workout with Recoverite or food; take 1 capsule at another time during the day with food.

For superior protection against free radical damage and potentially increased endurance, take AO Booster daily throughout the year.

Notes

AO Booster contains all eight members of the vitamin E family (the four tocopherols and four tocotrienols) for superior neutralization of fat-soluble-produced free radicals.

AO Booster contains the powerful fat-soluble antioxidants astaxanthin and lutein which benefit skin and eyes.

Works synergistically to support and enhance the effectiveness of other antioxidants including those in Super Antioxidant.

REM Caps

BETTER SLEEP = BETTER PERFORMANCE

- Improves sleep quality
- Enhances growth hormone release
- Supports immune function

Recommended Usage



How to Use

Start by taking 1 capsule nightly before bedtime the first week. If desired results are not achieved, increase to 2 capsules nightly. If desired results are still not achieved after the second week, increase to 3 capsules nightly.

Notes

REM Caps contains melatonin, a superb sleep-enhancing nutrient and powerful antioxidant. REM Caps may be used on a regular basis, if desired.

The strong odor you may notice in REM Caps occurs naturally from the valerian root extract in the product.

Do not operate machinery or drive a motor vehicle after consumption.

Do not take with alcohol.

If you are taking anti-anxiety and/or antidepressant medications, consult your physician prior to using REM Caps.

Xobaline

INCREASE YOUR AEROBIC CAPACITY

- Helps reduce fatigue
- Enhances muscle repair and rebuilding
- Helps increase oxygen utilization

Recommended Usage



How to Use

Dissolve 1 tablet, under tongue, after workouts or with a meal.

Notes

Xobaline contains the nutrients folic acid and vitamin B12. If you are not regularly taking Premium Insurance Caps (which also contains these nutrients), you may take a second Xobaline tablet daily at a separate time to enhance recovery and health.

Because Xobaline aids the formation of red blood cells, it can be helpful when acclimating to the reduced oxygen of higher altitudes. Athletes have reported that it increases energy and speeds recovery time in these conditions.

Both vitamin B12 and folic acid help lower dangerously elevated levels of homocysteine, considered a primary culprit in cardiovascular disease.

Vitamin B12 and folic acid play key roles in the manufacturing of RNA, which is crucial for the rebuilding of lean muscle mass. Improving RNA status may also increase energy capacity, metabolism, and recovery.



*Jessica Garcia places 1st AG, 6th female overall at the 2015 Ice Age Trail 50.
Photo: Courtesy Jessica Garcia*

Appestat

RECALIBRATE YOUR APPETITE

- Suppresses appetite without stimulants
- Helps increase fat metabolism
- Reduces potential for carbohydrate to fat conversion



Recommended Usage



How to Use

Take 1-2 capsules 1 hour before lunch and dinner. Use in a cycle of 3 weeks ON with 1 week OFF before starting another 3-week cycle.

For best results, follow the recommendations in “17 Characteristics of an Effective Weight Loss Plan,” found under the Usage Information on the Appestat page at www.hammernutrition.com.

Notes

To lose the most body fat and least muscle mass, we strongly encourage you to lose the weight slowly, limiting your weight loss to 5 pounds (approximately 21-3 kg) per month.

Appestat contains kelp-derived iodine, which is contraindicated with thyroid medications. If you have a thyroid condition and/or are on thyroid medication(s), consult your physician prior to using Appestat.

Phytolean

WIN THE WAR AGAINST WEIGHT GAIN

- Blocks the absorption of starchy carbs
- Enhances fat burning
- Decreases fat absorption

Recommended Usage



How to Use

Take 2 capsules up to 15 minutes prior to a high-starch meal. If the meal is excessively high in carbohydrates, a third capsule can be taken. Use all year if you desire.

Notes

Contains raspberry ketone and white kidney bean extract.

To lose the most body fat and least muscle mass, we strongly encourage you to lose weight slowly, limiting your weight loss to 5 lbs. per month.

Phytolean can be used together with Appestat. Appestat, used to suppress appetite, is designed for short-term use primarily during the off season and in a “3 weeks on, 1 week off” cycle.

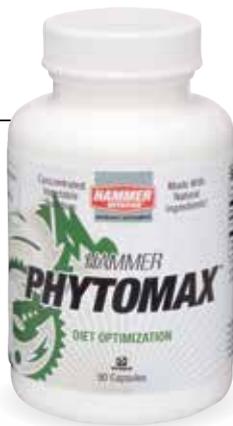


Phytomax

LIVE GREEN SUPERFOOD FOR PEAK ENERGY EVERY DAY

- Boosts energy without stimulants
- Enhances immune system function
- Improves sleep quality

Recommended Usage



How to Use

Take 3 capsules per day with meals.

Notes

A dosage of 3 capsules daily is sufficient for an athlete who consistently eats 5-7 servings a day of fresh, organic leafy green and cruciferous vegetables. If you eat non-organic, store-bought vegetables, higher doses may be necessary. If you do not consume 5-7 servings a day, or just dislike vegetables, a 6-capsule daily dosage is recommended.

Many athletes report that consistent use of Phytomax helps improve mood, mental clarity, and quality of sleep.



PSA Caps

PREMIUM PROSTATE PROTECTION

- Promotes optimal prostate health
- Reduces urination frequency
- Provides potent antioxidant support

Recommended Usage



How to Use

Take 1 capsule in the morning and 1 capsule at night, 60+ minutes apart from meals.

Notes

PSA Caps is an important product for all men, especially those age 40 and older, as well as males who engage in cycling events. Cycling may increase the risk of nerve damage, impotence, impaired urinary flow, and disorders of the male genital organs, especially the prostate gland.

The ingredients in PSA Caps also provide powerful antioxidant support, help maintain healthy cholesterol levels, and help reduce inflammation.

Keeping a bottle of PSA Caps on your nightstand next to your bed makes proper dosing easy. Have a glass of water nearby and take 1 capsule just before you turn out the light at night. When you wake up in the morning, take 1 capsule before you get out of bed.

Boron

ENJOY OPTIMAL HORMONE LEVELS

- Restores exercise-depressed hormones
- Enhances bone health
- Restores libido

Recommended Usage



How to Use

Take 1 capsule per day, preferably with a post-workout/race meal.

Notes

This product contains 5 mg of boron per capsule. The desirable boron dosage for athletes over 40 is 5-10 mg per day.

Boron is vital for the production of certain anabolic hormones that help maintain healthy bone mineral mass and ensure complete recovery from high-volume training.

Boron helps support healthy blood pressure levels, helps support joint health, plays a role in preserving cognitive function, and helps support healthy kidney function.

A boron supplement is a valuable addition to your supplement regimen during periods of peak training and racing, when you are at risk for depletion.

Even if you take Premium Insurance Caps (2.5 mg boron per 7-capsule dose), you will still benefit from taking 1 Boron capsule daily.

Digest Caps

PROBIOTICS FOR IMPROVED PERFORMANCE

- Improves intestinal health
- Increases nutrient absorption
- Reduces ammonia levels & fatigue

Recommended Usage



How to Use

Take 1-2 capsules daily with or without food.

Notes

A healthy balance of intestinal flora helps prevent the high levels of ammonia caused by the digestion of protein-containing foods. This may help alleviate ammonia-produced fatigue.

Each capsule contains 2 billion cells comprised of “the friendly three” strains—*L. acidophilus*, *B. bifidum*, and *B. longum*—and the patented *L. plantarum* OM strain, a potent combination for intestinal health.

L. Acidophilus that helps with the digestion of protein. *B. Bifidum* and *B. Longum* are two strains that are first introduced in the human body at birth through breast-feeding and have an important role in breaking down dietary carbohydrate.

For severe cases (such as after a course of antibiotics, diagnosis of candida, or illness), we recommend 2 weeks of iFlora as the first line of support, then Digest Caps daily for maintenance. For more information about iFlora, visit www.hammernutrition.com.

Clear Day

RELIEVE AIRBORNE ALLERGY SYMPTOMS NATURALLY

- Helps limit allergy occurrences
- Reduces allergy discomfort
- Makes exercise more comfortable

Recommended Usage



WHEN TO USE



How to Use

Take 1-2 capsules every 4 hours.

Notes

An estimated 4 out of 10 endurance athletes suffer from seasonal allergenic reactions, which include wheezing, burning eyes, and nasal congestion. Athletes are especially affected as a result of their increased ventilation during exercise. These effects also negatively affect athletic performance.

Clear Day's unique, natural formula of olive leaf extract, quercetin, bromelain, and resveratrol has potent antioxidant properties and many other beneficial nourishing effects. Its wide-ranging actions help the body tackle airborne allergies head-on, while also providing natural support to assist the body in reducing allergy discomfort.

Nasol

SINUS RELIEF SPRAY

- Fast relief for allergies and congestion
- Quickly relieves headache pain
- Non-addictive natural ingredients

Recommended Usage



WHEN TO USE

How to Use

Shake bottle well before use (very important!).

Spray once into each nostril and then breathe into nasal cavity. Use liberally for allergies, up to 12 times per day. For sinus problems, use 6-12 times a day for 10-14 days. Relief will occur 2-20 minutes after use. Cover the bottle after each use.

Notes

Nasol's homeopathic formulation includes capsaicin, a natural ingredient derived from the chili pepper plant that dilates blood vessels and alleviates pain. Capsaicin has been shown to be highly effective against migraine, cluster, tension, and premenstrual headaches. It combats allergy and sinus issues by desensitizing nasal mucous membranes and stimulating secretions that help clear mucous.

When using Nasol for the first time, you may experience a light burning sensation that lasts for 2-5 seconds. This reaction actually relieves your sinus and allergy condition and will subside quickly, similar to when you eat spicy foods.

Nasol is non-addictive and fast-acting. In addition to capsaicin, Nasol's natural formula includes eucalyptus oil; aloe extract; rosemary extract; sea salt; and vitamin C.



Chromemate

THE TRACE MINERAL WITH BIG BENEFITS

- Aids in recovery by enhancing glycogen synthesis
- Helps keep energy levels high
- May help control cholesterol, blood sugar, and blood pressure levels



Recommended Usage



How to Use

Take 1-3 capsules daily with food; one of those doses should be taken with your post-workout recovery fuel after a workout.

Notes

In addition to significantly improving glycogen synthesis, chromium plays an important role in energy production and the synthesis of glucose, fatty acids, and amino acids.

Due to its role in supporting healthy blood sugar levels, chromium is especially important for diabetic athletes, athletes with hypoglycemia, and anyone who wishes to maintain optimal weight.

Current research indicates that higher amounts of chromium—up to 1,000 mcg daily—may provide optimal benefits. Therefore, while a daily dose of 7 capsules of Premium Insurance Caps provides 200 mcg of chromium, augmenting that amount by taking Chromemate daily is a wise strategy.



Diane Gleason, member of the record-setting, six-person team for the Ka'iwi Channel Relay. Photo: Hawkins Biggins Photography



*Rich Maines at Arizona's 24 Hours in the Old Pueblo.
Photo: sportograph.com*

ALLERGEN INFORMATION

Milk

- Hammer Whey Protein - Derived from milk
- Recoverite - Derived from milk
- Hammer Whey Recovery Bar - Derived from milk

Soybeans

- Hammer Soy Protein - Derived from soy
- Perpetuem - Contains soy processed from soybeans
- Sustained Energy - Contains soy processed from soybeans
- Premium Insurance Caps - Vitamin E (as d-alpha tocopherol succinate) derived from soy
- Race Caps Supreme - Vitamin E (as d-alpha tocopherol succinate) derived from soy
- Mito Caps - Vitamin E (as d-alpha tocopherol succinate) derived from soy
- PSA Caps - Beta-Sitosterol from soy
- AO Booster - Tocopherols derived from soy
- Hammer Whey Recovery Bar - Chocolate coating contains soy-derived lecithin
- Chocolate Peanut Hammer Vegan Recovery Bar - Chocolate coating contains soy-derived lecithin
- Hammer Whey Protein - Soy lecithin used as an emulsifier in the whey protein isolate
- Recoverite - Soy lecithin used as an emulsifier in the whey protein isolate

Wheat - none

Egg - none

Crustacean Shellfish

- Tissue Rejuvenator - Contains glucosamine sulfate from crustacean shellfish source

Tree Nuts

- Almond Cacao Hammer Vegan Recovery Bar
- Hammer Bars contains almond or cashew butter, cashew pieces, and may contain pieces of date pits, stems, nut shells, or seeds
- Nocciola Hammer Gel

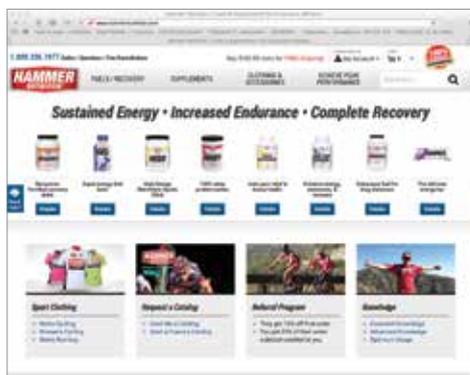
Peanuts

- Chocolate Peanut Hammer Vegan Recovery Bar
- Hammer Whey Recovery Bar
- Peanut Butter Hammer Gel
- Peanut Butter-Chocolate Hammer Gel

SPECIAL NOTE: Xylitol, a sweetener used in small amounts in HEED and Recoverite, has no known toxicity, but may cause stomach distress and/or have a laxative effect when consumed in high doses. It is believed that xylitol is unsafe for consumption by dogs; therefore, we do not recommend feeding your dog any xylitol-containing products, including HEED and Recoverite, nor any products that are made for human consumption.

None of the statements in this manual should be construed as dispensing medical advice or making claims regarding the cure of diseases, nor can these products prevent heat stroke, hyponatremia, or any other results of excessive physical exhaustion. You, the athlete, must listen to your body and use common sense to avoid serious injury. None of the statements contained in this manual have been evaluated by the Food and Drug Administration. You should consult a licensed health care professional if you have any pre-existing medical conditions.

ONLINE KNOWLEDGE RESOURCES



Hammer Nutrition Website

Hammer Nutrition is the leader in providing knowledge for endurance athletes, and **www.hammernutrition.com** is your ultimate resource! Under the “Achieve Peak Performance” tab, you’ll find hundreds of useful articles and tips, in-depth product information, our weekly blog, and more. The Quick Links section includes FAQs and a Problem Solver, with must-know info on recovery, dehydration, stomach distress, cramping, bonking, and stiff joints.



Hammer Nutrition emails

Our weekly emails include tips for boosting your athletic performance and exclusive offers to save on our most popular products. To sign up, go to: **www.hammernutrition.com/emailsignup**



Hammer Nutrition Social Media

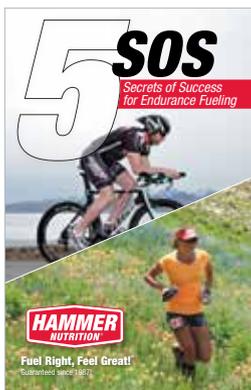
Connect with us for customer service, great photography, and even more endurance talk.

Facebook: **www.facebook.com/hammernutrition**

Twitter: **www.twitter.com/hammernutrition**

Instagram: **www.instagram.com/hammernutrition**

PRINTED KNOWLEDGE RESOURCES



Secrets of Success for Endurance Fueling

Possibly the most important informational tool you can own! This handy guide distills the knowledge we've gained through nearly three decades of rigorous research and field testing. Put these principles to work, and you will succeed—we guarantee it!

FREE electronic copy:

Go to <http://www.hammernutrition.com/downloads/SOS.pdf>



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