
















F2C Product	Highlights	Tips
  <p><b>Organic Pharma- Greens</b></p>	<ul style="list-style-type: none"> <li>• pH balancing</li> <li>• Aids in recovery from training &amp; racing as well as injury healing</li> <li>• Increases energy &amp; focus</li> <li>• Reduces oxidative stress</li> <li>• Supports immune function</li> <li>• High ORAC value</li> <li>• All-natural and non-GMO</li> </ul> <p>Flash frozen raw</p>	<ul style="list-style-type: none"> <li>• beneficial taken first thing in the morning on an empty stomach; wait 15min before consuming anything (to allow for pH balancing)</li> <li>• (1) 8oz serving of Greens is equivalent to 6-7 servings of fruits &amp; vegetables</li> </ul> <p>Can be taken post-workout / post-race to aid in recovery</p>


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  <p><b>Hydra-Durance</b></p>	<ul style="list-style-type: none"> <li>• Ultra-low osmolality</li> <li>• Real fruit flavoring</li> <li>• Scientifically developed blend of all key electrolytes</li> <li>• Designed for rapid absorption</li> <li>• Contains no artificial colors</li> <li>• Contains no preservatives</li> </ul>	<ul style="list-style-type: none"> <li>• Hydra-Durance has a lower osmolality than blood in the muscle tissue; the difference is what causes water to be absorbed more effectively into the muscle tissue</li> <li>• Dehydrating muscle by only 3% leads to a 12% decrease in strength</li> <li>• Healthy for the whole family</li> <li>• Can be used anytime</li> </ul>
  <p><b>Electro-Durance</b></p>	<ul style="list-style-type: none"> <li>• Improves electrolyte balance</li> <li>• Helps reduce / eliminate cramps</li> <li>• Contains all the key electrolytes: sodium, potassium, magnesium, chloride &amp; calcium – all from the most absorbable sources</li> <li>• Contains 84 trace minerals that are essential to maintain proper energy balance</li> </ul>	<ul style="list-style-type: none"> <li>• Enhances hydration</li> <li>• Enhances recovery</li> <li>• Improves performance</li> <li>• Can be taken alone or added to Glyco-Durance</li> <li>• Can be taken under tongue for the fastest transmission</li> <li>• Take 1-3 licks every 5 miles on the bike / every 1 mile on the run to aid hydration</li> <li>• Can be used as replacement for table salt to season food</li> </ul>



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  <p><b>Glyco-Durance</b></p>	<ul style="list-style-type: none"> <li>• Contains Karbolyn Endurance® our new patented carb source</li> <li>• Lowest serum osmolality, fastest gut emptying time</li> <li>• GI friendly</li> <li>• Made from enzymatically fermented potatoes and rice</li> <li>• Sustalyn® supports increased hydration</li> <li>• Scientifically developed blend of all key electrolytes</li> <li>• Non GMO and all natural</li> </ul>	<ul style="list-style-type: none"> <li>• Can mix in a regular bike bottle 200-300 cal or a SuperBottle of up to 1200cal</li> <li>• Can be frozen without separating after the solution thaws</li> <li>• Personalize your nutrition needs with unflavoured and RAW along with Electro-Durance to achieve optimal blend of electrolytes, carbs and preferred flavor</li> </ul>

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 <p><b>Endurance 5:1</b></p>	<ul style="list-style-type: none"> <li>• Contains Karbolyn Endurance®, Sustalyn® and F2C Protein Matrix</li> <li>• Scientifically-developed blend of all key electrolytes</li> <li>• Lowest serum osmolality</li> <li>• Non-GMO; gluten- &amp; soy-free</li> <li>• 5:1 carb to protein ratio race formula</li> </ul>	<ul style="list-style-type: none"> <li>• Can mix 2-4 scoops for bike bottles of 350-700 calories</li> <li>• Fast-absorbing electrolytes, carbohydrates &amp; protein</li> <li>• Sustained release of glucose for improved endurance</li> <li>• Can be used for recovery</li> <li>• Can be used for breakfast</li> </ul>
 <p><b>Rehab 3:1 Complete</b></p>	<ul style="list-style-type: none"> <li>• 3:1 carb to protein recovery and development formula</li> <li>• Uses Karbolyn Endurance</li> <li>• Scientifically-developed blend of all key electrolytes</li> <li>• Rapid absorption</li> <li>• Replenish glycogen stores</li> <li>• 6-stage cold ultra-filtered protein matrix</li> <li>• Ideal immediately post-workout</li> <li>• Soy-free</li> <li>• All natural, non-GMO</li> </ul>	<ul style="list-style-type: none"> <li>• Best used within 30 minutes post-training or post-race</li> <li>• Ideal for off-season training</li> <li>• Use to increase focus &amp; performance in training</li> <li>• Can be used as calorie load for recovery just before sleeping</li> </ul>

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 <p><b>Rehab 3:1 Complete Vegan</b></p>	<ul style="list-style-type: none"> <li>• 3:1 carb to plant based protein recovery and development formula</li> <li>• Scientifically-developed blend of all key electrolytes</li> <li>• Rapid absorption</li> <li>• Replenish glycogen stores</li> <li>• Organic Vegan-Pure protein source</li> <li>• Ideal immediately post-workout</li> <li>• Soy-free</li> <li>• All natural, non-GMO</li> </ul>	<ul style="list-style-type: none"> <li>• Best used within 30 minutes post-training or post-race</li> <li>• Ideal for off-season training</li> <li>• Use to increase focus &amp; performance in training</li> <li>• Can be used as calorie load for recovery just before sleeping</li> </ul>
 <p><b>Pharma-Pure Natural</b></p>	<ul style="list-style-type: none"> <li>• 100% all-natural ingredients</li> <li>• 100% grass fed whey protein isolate</li> <li>• 27g protein in a 30g serving</li> <li>• Free from artificial hormones including rBST and rBGH</li> <li>• Antibiotic-free</li> <li>• No added sugar or any fillers</li> <li>• Lactose- and gluten-free</li> <li>• Less than 1 gram of carbohydrates per serving</li> </ul>	<ul style="list-style-type: none"> <li>• Highest biological value of any protein available</li> <li>• Excellent for recovery</li> <li>• Fastest absorption of all the proteins</li> <li>• Mixes quickly in water</li> <li>• No added single amino-acids</li> </ul>
 <p><b>Organic Vegan-Pure</b></p>	<ul style="list-style-type: none"> <li>• 100% raw certified organic vegan protein</li> <li>• Complete protein source</li> <li>• Contains balance of all essential amino acids</li> <li>• Naturally flavored and sweetened</li> <li>• Dairy-Free</li> <li>• Gluten-Free</li> <li>• Soy-Free</li> <li>• Non-GMO</li> </ul>	<ul style="list-style-type: none"> <li>• Contains blend of 60% hemp, pea, brown rice chia and flaxseed proteins</li> <li>• Much easier digested than pea-based proteins</li> <li>• 21g protein per 8oz. serve</li> <li>• Mixes easily in water</li> <li>• Great for smoothies and baking</li> <li>• Great mouth feel</li> <li>• Best-tasting vegan protein in the industry!!</li> </ul>

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 <p><b>Pure-Collagen</b></p>	<ul style="list-style-type: none"> <li>• Grass fed and pasture raised bovine collagen</li> <li>• Antibiotic and hormone free</li> <li>• Dairy-free</li> <li>• Gluten-Free</li> <li>• 10 grams hydrolyzed bovine collagen per serving</li> <li>• Water soluble</li> <li>• Mixes easily</li> </ul>	<ul style="list-style-type: none"> <li>• Builds stronger muscles</li> <li>• Supports bone and joint health</li> <li>• Improves injury recovery time</li> <li>• Mixes easily in water</li> <li>• Great to add to coffee, smoothies</li> <li>• Unflavoured is very neutral tasting</li> </ul>
  <p><b>Glutamine</b></p>	<ul style="list-style-type: none"> <li>• Glutamine powder by Glutazorb</li> <li>• Absorbed up to 4x better than free form Glutamine</li> <li>• Highly concentrated form of glutamine</li> <li>• Supports glutamine recovery needs during metabolic stress</li> <li>• Aids the digestive tract and immune system</li> <li>• Enzymatically fermented and pH corrected</li> </ul>	<ul style="list-style-type: none"> <li>• Take 2x per day in the morning and evening.</li> <li>• Best taken on its own or with carbs and NOT protein</li> <li>• For best results do not take within 20 minutes of other protein sources</li> </ul>
  <p><b>Amino-Durance</b></p>	<ul style="list-style-type: none"> <li>• pH-correct branch chain amino acids</li> <li>• Helps suppress muscle breakdown</li> <li>• Enzymatically fermented</li> <li>• Stable and soluble in liquid</li> <li>• 2:1:1 BCAA formula</li> <li>• Leucine, Isoleucine, Valine</li> <li>• Vegan</li> </ul>	<ul style="list-style-type: none"> <li>• Take pre/post training</li> <li>• Can combine with Kre-Alkalyln and Sustalyn</li> <li>• Do not mix with a protein shake</li> <li>• Not recommended to use while racing</li> <li>•</li> </ul>

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  <p><b>Sustalyn Powder</b></p>	<ul style="list-style-type: none"> <li>• Super hydration activation</li> <li>• Increase hydration levels by up to 27%</li> <li>• Supports glycogen store replenishment</li> <li>• Supports muscle protein synthesis</li> <li>• Increased endurance and stamina</li> <li>• Supports the integrity of the gastrointestinal tract</li> <li>• Gluten free</li> </ul>	<ul style="list-style-type: none"> <li>• Can be taken on its own or added to Electro-Durance, Hydra-Durance or your recovery protein</li> <li>• Can mix by itself in water – very mild tast</li> </ul>
  <p><b>Kre-Alkalyn Endurance Creatine</b></p>	<ul style="list-style-type: none"> <li>• pH-correct creatine monohydrate</li> <li>• Buffered to pH 12-14 to accommodate the acidity level of your digestive system</li> <li>• Enhances athletic performance- stamina, endurance and VO2 max</li> <li>• Fully stable in liquid for your body to assimilate and use the creatine</li> <li>• Vegan</li> </ul>	<ul style="list-style-type: none"> <li>• No need to mega-dose</li> <li>• No need to take with a high carb or sugar product the way conventional creatine monohydrate brands suggest</li> </ul>
 <p><b>Ultra-Durance</b></p>	<ul style="list-style-type: none"> <li>• Reduces lactic acid up to 22%</li> <li>• Improves aerobic threshold</li> <li>• Speeds muscle recovery</li> <li>• Reduces muscle soreness</li> </ul>	<ul style="list-style-type: none"> <li>• Can be taken alone or added to protein for same benefit</li> <li>• Tingling may occur, which is natural – it means the ultra-durance is working!</li> <li>• Increase dosage 2 days prior to &amp; 1 day post-race for best results</li> </ul>

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  <p><b>Rehab Recovery</b></p>	<ul style="list-style-type: none"> <li>• Curcumin recovery and Immunity support formula</li> <li>• Relieves inflammation</li> <li>• Supports immune system efficiency</li> <li>• Relieves joint pain</li> <li>• Helps preserve healthy bones and joints</li> <li>• High ORAC value</li> <li>• All natural</li> </ul>	<ul style="list-style-type: none"> <li>• Take 1-3 capsules a day or as recommended by a health care professional</li> <li>• Best taken with food</li> </ul>