

Get the inside track  
on performance



**SUSTAMINE®**

Rehydrate. Replenish. Recover.

## { Boost performance with better recovery

To continue to perform at your best, your body needs to recover fully after each workout. Clinically tested Sustamine® provides two amino acids—L-Alanine and L-Glutamine—that help your body rehydrate, replenish and recover no matter how hard you push it.

Sustamine is a unique recovery ingredient. It is produced through a patented fermentation method to create a dipeptide that your body can absorb more easily absorbed than complex protein molecules.\* This makes Sustamine a highly effective ingredient for hydration, endurance and recovery.\*



# { How does Sustamine® help the body rehydrate, replenish and recover?\*

Sustamine helps refill the body's energy stores.\* L-alanine contributes up to 45% of the glucose released from the liver during prolonged exercise.\*

Sustamine helps the body replace lost electrolytes and fluids.\*



Sustamine supplies the body with the protein precursors it needs to rebuild muscles after moderate to intense exertion\*

Sustamine modulates the body's immune response to exercise.\*

## What is Sustamine?

Sustamine is an ingredient that works on multiple levels to help rehydrate the body and sustain energy levels during exertion.\* Sustamine combines L-Glutamine (the most important amino acid for stimulating muscle protein synthesis) and L-Alanine (an amino acid needed for rebuilding your body's glycogen stores).

Sustamine enhances performance and recovery in three primary ways. It helps:

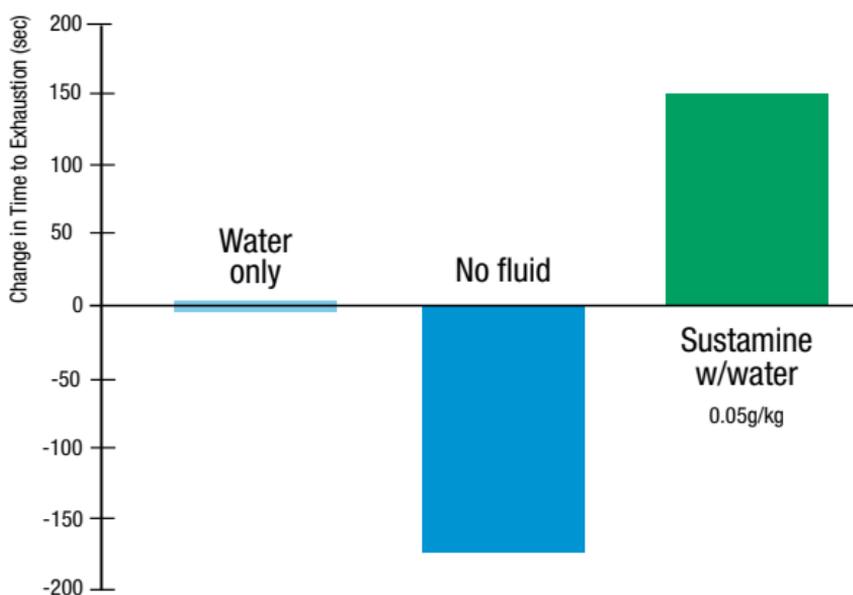
- Replace lost electrolytes and fluids\*
- Repair damaged muscle proteins\*
- Refill the body's energy stores\*

## What's unique about dipeptides?

Sustamine's dipeptide structure is the result of a novel enzymatic process that bonds two amino acids together. This dipeptide structure is much smaller than a complete protein and can be absorbed quickly to aid recovery.\*

## How does Sustamine enhance performance?

A research study showed that subjects who ingested Sustamine during the rehydration period increased the length of time to exhaustion as compared to subjects who only drank water.



# Did you know?

## 1. **Sustamine benefits your performance levels in many ways it:**

- Enhances electrolyte and water absorption in the intestines\*
- Stimulates glycogen production\*
- Inhibits muscle protein breakdown\*
- Promotes the synthesis of muscle protein\*
- Protects the GI tract, which helps nutrient absorption\*
- Lengthens the time to exhaustion when mildly dehydrated\*

## 2. **Sustamine also supports your immune system.**

When your body is stressed during exercise, the hormone cortisol is released into your blood. High cortisol levels can lower your stored L-glutamine, impairing the function of your immune system. Resupplying L-glutamine has been shown to effectively modulate the body's immune response to exercise.\*

## 3. **L-alanine replenishes energy stores.**

Sustamine contains L-alanine, which helps refill depleted glycogen stores.\* In fact, studies show that L-Alanine may contribute up to 45% of the glucose released from the liver during prolonged exercise.\*

## 4. **Dipeptide combination fights free radicals.**

The combination of L-glutamine and L-alanine supports the body's natural antioxidant defense against the oxidative stress produced by free radicals.\*

Clinically tested Sustamine is a breakthrough ingredient designed to help athletes go the distance by supporting the body's ability to rehydrate, replenish and recover.\*



Look for Sustamine<sup>®</sup> on the dietary supplement labels where natural products are sold.

[www.sustamine.com](http://www.sustamine.com)

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