TransDurance™ - Endurance Enhancer

» **Our mission** is to formulate and design new and innovative nutritional supplements with scientifically proven effects on health and well-being, as well as physical and mental performance. The aim is to offer only products that have potential to become market leaders in their respective segments.

We are focusing only on the R&D part of the value chain; all other functions are being outsourced. We source our raw material and have built up an international network of suppliers of high quality products. In order to meet with the

We are focusing only on the R&D part of the value chain; all other functions are being outsourced. We source our raw material and have built up an international network of suppliers of high quality products. In order to meet with the

We are focusing only on the R&D part of the value chain; all other functions are being outsourced. We source our raw material and have built up an international network of suppliers of high quality products. In order to meet with the We are focusing only on the R&D part of the value chain; all other functions are being outsourced. We source our raw material and have built up an international network of suppliers of high quality products. In order to meet with the

We are focusing only on the R&D part of the value chain; all other functions are being outsourced. We source our raw material and have built up an international network of suppliers of high quality products. In order to meet with the We are focusing only on the R&D part of the value chain; all other functions are being outsourced. We source our raw material and have built up an international network of suppliers of high quality products. In order to meet with the We are focusing only on the R&D part of the value chain; all other functions are being outsourced. We source our raw material and have built up an international network of suppliers of high quality products. In order to meet with the.

Background

TransDurance™ is a State-of-the-Art product consisting of basically every legal and scientifically proven substance for enhancing physical performance at high and low intensity.

Endurance performance is limited by maximal oxygen uptake, lactate threshold and fuel availability. **TransDurance™** is designed to overcome these limitations. Supplementation with beta-Alanine[1,2], Citrulline Malate[3], as well as Betaine[4] and Nitrates[5] are effective at improving high-intensity performance. Aerobic performance, on the other hand, is improved by supplemental Magnesium6, L-Leucine[7] and Citrulline Malate[8].

L-Cysteine may increase the level of EPO by 160%, leading to improved oxygen delivery[9]. Magnesium is effective in alleviating muscle cramps in athletes, and L-Leucine decreases central fatigue[10], and improves recovery after exercise[10]. The finest German Creatine Monohydrate CREAPURE® is added at a low dose, to minimize the risk of deficiency during hard training.

Unlike other products which contain free amino acids **TransDurance™** tastes excellent because of an advanced **Taste Improvement System** (TIS).

Recommended Use

TransDurance™ consists of a powder which is mixed carefully with water before drinking.

1. Thirty minutes before each training session/competition one serving (15 grams) is taken, preferably in a fasted state. After exercise, a shake with a proper amount of high-quality carbohydrates and protein is used, e.g. 50 grams ProTargo
2. Besides consumption as above, one extra serving can be used right after exercise. In this case the shake should be consumed 45 minutes later.

During periods of heavy training additional servings can be used throughout the day. The maximum daily dose of **TransDurance™** is 4 servings (60 g).

TransDurance™ is preferable taken in periods of 3-4 weeks, with periods of 1-2 weeks with no administration.

TransDurance™ has no dangerous side effects. However, some individuals may feel an irritation of the skin and prickly sensation about 20-60 minutes after consumption. This phenomenon subsides with continuing usage of **TransDurance™** and can be avoided if the dosage is slowly increased. Individuals with clearly impaired renal function should avoid using the product, unless supervised by a health care professional.

TransDurance™ should not be used by children, pregnant or nursing women.

Notice: Use this product as a food supplement only. *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.

Supplement Facts

Serving Size: 2 scoops (15 g) Servings Per Container: 30

Amount Per Serving	Daily Value not established
Magnesium aspartate (equals 200 mg Mg)	1650 mg
Citrulline malate (2:1)	1600 mg
Betaine nitrate	1300 mg
L-Leucine	1000 mg
beta-Alanine	950 mg
L-Cysteine HCl	850 mg
Malic acid	800 mg
Creatine monohydrate (Creapure®)	500 mg
L-Valine	330 mg
L-Isoleucine	330 mg

Other Ingredients: Taste Improvement System; Fructose,Citric Acid, Apple Pectin, NaCl, Sucralose

IMPROVES HIGH-INTENSITY PERRFORMANCE*
REDUCES NEUROMUSCULAR FATIGUE*
IMPROVES AEROBIC PERFORMANCE*
INCREASES LACTATE THRESHOLD*
REDUCES CENTRAL FATIGUE*
ENHANCES RECOVERY*

FÖRBÄTTRAR PRESTATIONSFÖRMÅGAN
HÄMMAR MUSKULÄR UTMATTNING
MINSKAR CENTRAL TRÖTTHET
PÅSKYNDAR ÅTERHÄMTNING
FÖRBÄTTRAR UTHÅLLIGHET
MOTVERKAR MJÖLKSYRA

TRANSDURANCE™

Endurance Enhancer

Contains the scientific breakthrough ergogenics Betaine Nitrate, beta-Alanine and Citrulline Malate and much more

30 Servings
450 grams
Apple Flavour

NutriVision Research & Development
The Scandinavian Edge in Sports Nutrition
NutriVision R&D AB
Uppsala Science Park
SE-75183 UPPSALA
SWEDEN
info@nutrivision.se
www.nutrivisionhealth.com

Bakgrund

TransDurance™ är en toppmodern produkt bestående av i princip alla lagliga substanser som vetenskapligt visat sig förbättra hög- och lågintensiv prestationsförmåga.

Fysisk prestationsförmåga begränsas av maximal syreupptagning (VO2-max), mjölksyratålighet och tillgänglighet av energikällor. **TransDurance™** är formulerad för att övervinna dessa begräsningar. Tillskott av beta-Alanin[1,2], citrullinmmalat[3] samt betain[4] och nitrater[5] är effektiva på att förbättra högintensiv prestationsförmåga. Aerob uthållighet, å andra sidan, förbättras med magnesium[6], L-leucin[7] och citrullinmalat[8].

L-Cystein kan öka mängden EPO med 160%, vilket ger bättre syresättning[9]. Magnesiumtillskott är oftast effektivt för att motverka kramp hos idrottare. L-Leucin minskar s k central trötthet[10], och påskyndar återhämtning efter träning[10]. Det finaste tyska kreatinet, CREAPURE®, är tillsatt i en låg dos för att motverka brist under hårda träningsperioder.

Till skillnad från andra produkter som innehåller fria aminosyror smakar **TransDurance™** utmärkt p g a ett avancerat **Taste Improvement System** (TIS).

Användning

TransDurance™ består av ett pulver som noggrant blandas med vatten (gärna i en "shaker") innan den drickes.

1. En portion (15 g) intas 30 minuter före varje träningspass/tävling, helst på fastande mage. Efter träningspasset tas ett kostillskott med hög proteinhalt och lämpliga kolhydrater, förslagsvis 50 g ProTargo
2. Förutom intag enligt ovan kan en extra dos (15 g) tas direkt efter träningen. I detta fall ska "protein/kolhydratdrycken" tas 45 minuter senare.

Under hårda träningsperioder kan ytterligare doser tas under dagen. Den maximala dygnsdosen av **TransDurance™** är 4 portioner (60 g).

TransDurance™ tas lämpligtvis under perioder som är 3-4 veckor långa, följt av uppehåll på 1-2 veckor.

TransDurance™ har inga farliga biverkningar. Dock kan en del individer uppleva en stickande/krypande känsla i huden c:a 20-60 minuter efter intag. Detta fenomen avtar vid fortsatt bruk, och kan undvikas ifall man långsamt trappar upp dosen. Personer med tydligt nedsatt njurfunktion ska undvika använda produkten.

TransDurance™ skall ej användas av barn eller kvinnor som är gravida eller ammar.

Innehåll

Normal dosering: 2 dosmått (15 g) Antal portioner per förpackning: 30 st

Innehåll	Per 10 g
Magnesiumaspartat (motsvarar 200 mg)	1650 mg
Citrullinmalat (2:1)	1600 mg
Betainnitrat	1300 mg
L-Leucin	1000 mg
beta-Alanin	950 mg
L-Cystein HCl	850 mg
Malic acid	800 mg
Kreatinmonohydrate (Creapure®)	500 mg
L-Valin	330 mg
L-Isoleucin	330 mg

Övriga ingredienser: Taste Improvement System; Fruktos, citronsyra, äppelpektin, NaCl, Sukralos

Förvaras oåtkomligt för barn. Rekommenderad daglig dos bör ej överskridas. Kosttillskott bör inte ersätta en varierad kost.

MADE IN SWEDEN

References

1. de Salles Painelli et al. Amino Acids. 2014 Feb 6.
2. Smith AE et al.. J Int Soc Sports Nutr. 2009 Feb 11;6:5
3. Pérez-Guisado J & Jakeman PM. J Strength Cond Res. 2010 May;24(5):1215-22.
4. Trepanowski JF et al. J Strength Cond Res. 2011 Dec;25(12):3461-71.
5. Hoon MW et al. Int J Sport Nutr Exerc Metab. 2013 Oct;23(5):522-32.
6. Golf SW et al. Cardiovasc Drugs Ther. 1998 Sep;12 Suppl 2:197-202.
7. Crowe MJ et al. Eur J Appl Physiol. 2006 Aug;97(6):664-72.
8. Bendahan D et al. Br J Sports Med. 2002 Aug;36(4):282-9.
9. Hauer K et al. J Mol Med. 2003 Feb;81(2):118-25
10. Blomstrand E et al. J Nutr. 2006 Jan;136(1 Suppl):269S-73S.

7 350000 020281