



# FITNESS FACTS

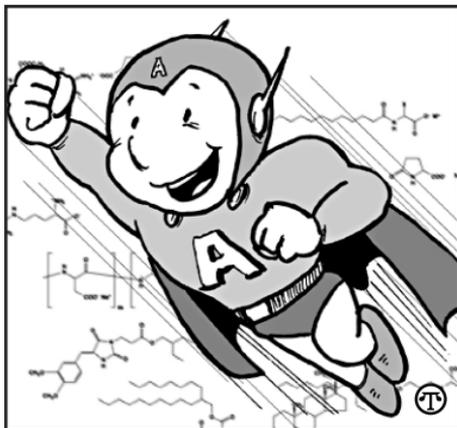
## Recondition Your Muscles, Naturally

(NAPSA)—Athletes and fitness enthusiasts have come to rely on sports drinks for energy and vitamin waters for nutrients. Now there's another option—new amino acid-based products that are designed to improve sports performance as well as contribute over the long term to overall fitness, health and well-being.

Amino acids are the building blocks of protein and the construction material for virtually every part of the human body, as well as an essential source of energy. That's why amino acids have been called the "essence of life." Fewer people realize that three amino acids, the so-called "branched-chain amino acids," are also a key source of energy. Stored within the very muscles you use for physical exertion, branched-chain amino acids are especially important during strenuous exercise.

Finally, there's a product that lets you restore these vital nutrients. Combining a sports drink for energy and an enhanced drink for nutrients, Amino Vital® is an advanced amino acid sports supplement drink that energizes, rebuilds and revitalizes the body before, during and after exertion.

A sensation in Japan since 1995, this sports supplement is made with the branched-chain amino acids (BCAAs) leucine, isoleucine and valine plus arginine and glutamine in the exact proportions research has shown lead to optimal results. It is the first amino acid-based product scientifically proven to contribute most to sports performance as well as long-term health and fit-



### Amino acids are the basis of life.

ness. Amino acid-based products have become an essential source of nutrition in Japan, where life expectancy is the longest in the world.

Athletes and fitness enthusiasts who have used Amino Vital® report that they felt:

- More energized and focused during workouts
- Better-hydrated
- Less tired and sore after a workout—partly because amino acids help remove toxins that can build up in muscles during exercise, but also because their bodies have the amino nutrients they need to begin reconditioning muscles immediately.

The amino acids in Amino Vital® are derived from corn and other natural substances through fermentation. These pharmaceutical-grade amino acids are the most natural way to energize, restore and recondition muscles for ultimate sports performance.

To learn more about amino-acid conditioning, visit [www.amino-vital.com](http://www.amino-vital.com).