Boost Your Endurance with AstaReal® Astaxanthin for Muscle Health

The most studied brand of Astaxanthin

FOR MUSCLE HEALTH

ASTAREAL® ASTAXANTHIN

HOW TO INCREASE EFFICIENCY

THERE ARE 3 LEVELS OF ENERGY PRODUCTION

1. Anaerobic Exercise
   - Requires fast energy production
   - Doesn't require oxygen
   - Produced outside the mitochondria
   - Is powered by energy made from carbohydrate breakdown
   - Builds muscle and improves health

2. Aerobic Exercise
   - Requires efficient energy production
   - Is sustained by a rich supply of oxygen
   - Produced inside the mitochondria
   - Gives you limited endurance
   - Helps reduce fatigue and soreness

3. Mix of both
   - Occurs when exercise intensity is moderate
   - Helps you go the distance

Did you know that there are 2 ATP production conditions?

- Low intensity
  - ATP production
  - Energy is created inside the mitochondria
  - ATP is used as a fuel for muscle contraction

- High intensity
  - ATP depletion
  - Energy is created outside the mitochondria
  - Anaerobic metabolism

Astaxanthin helps protect the integrity of the mitochondria from any free radical damage, helping reduce lactic acid buildup and the sensation of muscle burning and cramping during exercise.

The placebo group experienced a 19 second improvement in their performance/speed and a 15% increase in their average power output.

Aerobic exercise

- Aerobic exercise
  - Requires efficient energy production
  - Is sustained by a rich supply of oxygen
  - Produced inside the mitochondria
  - Gives you limited endurance

Aerobic exercise benefits:

- Improves cardiovascular health
- Boosts your endurance
- Increases the byproduct of oxygen

Aerobic exercise is fueled by the breakdown of carbohydrates and fats to make ATP.

Anaerobic exercises:

- Anaerobic exercise
  - Requires fast energy production
  - Doesn't require oxygen
  - Produced outside the mitochondria

Anaerobic exercise benefits:

- Boosts performance/speed
- Increases power output
- Reduces lactic acid buildup

Anaerobic exercises are fueled by glucose and fatty acids breakdown.

Energy is created inside the mitochondria

Energy is created outside the mitochondria

Components of energy production

- ATP
- Energy
- Fatigue-causing radicals

Carbohydrate breakdown

- Carbohydrates
- ATP
- Fatigue-causing radicals

Fat breakdown

- Fat
- ATP
- Fatigue-causing radicals


121 Seconds Gained 19 Seconds Gained

Astaxanthin helps reduce lactic acid build up, helping to lower the sensation of muscle burning and cramping during exercise.

Sources: