



Fortifeye®
Performance

Fortifeye®

FIT

Fortifeye® Intense Training

Fortifeye Fit is a carefully thought out supplement that was developed to be used as both a pre workout and post workout supplement. This powder was developed using all of the highest quality ingredients with no dyes, artificial flavors, artificial sweeteners or carrageenan. All of the latest sports nutrition science was taken into consideration in the development of this formula to enhance muscle synthesis, strength and endurance. All of the evidence based nutrients that are used in this formula and are backed by good clinical studies. We recommend one scoop half hr prior to working out and one scoop right after working out. You can mix or shake it with water or any beverage of choice. For maximum benefits we also recommend adding one scoop of Fortifeye Super Protein or Fortifeye Performance Whey Isolate to the post workout drink.

Right Ingredients • Right Science • Right For You

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D Ribose is a simple sugar involved in the production of ATP in the mitochondria. Studies indicate D Ribose can boost energy levels and workout performance. This simple sugar can also speed up recovery time post workout and reduce pain and fatigue. Studies indicate D Ribose may be beneficial for people with heart disease. Ideal quantity. This is an ideal energy source pre and post workout recovery.

Creatine is the most studied sports nutrition supplement with over 300 clinical studies. These studies indicate that creatine enhances muscle mass, strength, power, performance and recovery. Creatine aids in the production of ATP in the mitochondria enabling for longer, more energized workouts with faster recovery. Creatine may also help to improve cognitive ability and shows some promise in neurodegenerative diseases as well. Most studies indicate 2.5-5 grams a day is ideal.

BCAAs vegan Instaminos is a (2:1:1) blend of 3 essential amino acids—Leucine, Isoleucine and Valine. BCAAs in the right ratio and concentration have proven in clinical studies to improve muscle synthesis required for muscle growth and rapid recovery. These 3 amino acids also improve mental focus, aid in Reduction of body fat and reduce fatigue. BCAAs can be taken pre and post workout to maximize performance and gains. Recommend dosage 4-10 grams/daily.

Betaine Anhydrous is an exciting nutrient for the athletic world that is derived from choline. Clinical studies indicate 1.25 grams 2 times a day enhances power, strength, energy and muscle mass in a relatively short period of time. Betaine also hydrates the muscles, supports healthy homocysteine and increases SAME. This is an amazing nutrient to help maximize your bodies potential.

L Glutamine is the most common amino acid found in muscles and is the primary transporter of nitrogen to the muscles. Studies indicate L Glutamine can minimize the breakdown of muscles and improve muscle metabolism. L Glutamine may improve the immune system by supporting the health of the immune cells and intestinal cells.

L Citraline is an amino acid that converts into L Arginine and nitric oxide. This amino acid promotes healthy blood flow to the muscles and the rest of the body. Athletes claim they get a much better “pump” while taking L Citraline. Studies prove that L Citraline will reduce lactic acid buildup while working out and result in less fatigue, more energy and faster recovery. Ideal quantity is 2-5 grams daily and can be used pre and post workout.

Collagen is the bodies most important building block and is the “glue” that holds everything together. Collagen is about 30% of all the proteins in the body. Collagen supports the integrity of the tendons, ligaments and joints. Collagen supports skin elasticity and helps to minimize aging of the skin. Collagen also aids in the natural production of creatine that enhances muscle growth and strength. Athletes may benefit from collagen supplementation because it supports strong and flexible tendons and ligaments. Collagen is a great addition to anyone’s anti aging regiment. 5-10 grams daily is ideal.

Cluster Dextrin or Highly Branched Cyclic Dextrin is a low glycemic high molecular weight super carbohydrate. This carbohydrate delivers smooth, quick, constant energy and replenishes muscle glycogen without spiking blood sugar levels. Cluster Dextrin has a very fast gastric emptying time reducing the potential for upset stomach or bloating. Cluster Dextrin actually enhances the delivery of protein, BCAAs and creatine to the muscles. This carbohydrate is great for both pre and post workout and is the choice of elite athletes worldwide.

Astaxanthin Astareal Astaxanthin is a carotenoid form an algae that has the most clinical studies of any Astaxanthin in the world. Astaxanthin is a super potent antioxidant and anti inflammatory that can neutralized free radicals during and after exercise. Studies indicate that 4mg of Astaxanthin can improve muscle endurance and muscle recovery. Astaxanthin also helps to support ATP production in the mitochondria. This powerhouse antioxidant can also reduce lactic acid build up in the muscles and reduce fatigue. Astaxanthin can reduce muscle damage and inflammation from strenuous exercise, enhances fat metabolism and improves blood flow. This carotenoid can also improve focusing ability in the visual system and reduce eye strain from prolonged near point work. One final benefit is it is amazing for the skin. Astaxanthin is a beneficial nutrient for all athletes and should be added to everyone’s anti aging regiment.

Velositol Nutrition 21 Velositol is revolutionary new ingredient consisting of amylopectin/ chromium complex that significantly boosts muscle protein synthesis beyond protein by itself, promotes leaner body composition and enhanced muscle building. Velositol also enhances the rate of muscle synthesis dramatically when added to BCAAs. Studies prove that when Velositol was added to Whey protein it doubled the muscle protein synthesis! Recommended serving is 2 grams a day.