



AIM Peak Endurance®

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Adenosine triphosphate (ATP), the “energy currency of the body,” is the primary source of energy for every function that occurs within each cell. If ATP is depleted, cells cease to function properly, resulting in many of the diseases we associate with stress or aging.

AIM Peak Endurance®, available in a canister, provides the only oral source of ATP: PEAK ATP®, clinically proven to elevate ATP levels. Peak Endurance is a blueberry açai energy electrolyte drink mix that combines ATP (adenosine triphosphate), electrolytes, vitamin C, phosphorus, and B vitamins.

How does ATP work?

ATP increases energy levels without boosting your heart rate, which is what can occur with caffeine, ginseng, and ephedra products. The key to energy release within cells lies in the phosphate bonds within ATP molecules. When energy is needed, the bond between the second and third phosphate is broken, thus releasing energy. This results in the formation of adenosine diphosphate (ADP). When food comes into the cell, the ADP takes the energy from the food and converts it back to ATP. This process is called the Krebs cycle.

ATP is depleted with age or stress

Researchers at the Mayo Clinic have found that DNA damage over time may cause the loss of ATP. In fact, studies have shown that between the ages of 20 and 70, ATP levels are reduced by 50 percent.

Properly balanced electrolytes and added B vitamins

Most sport drinks only contain sodium, potassium, and chloride. Peak Endurance contains all six major electrolytes, including calcium, phosphorous, and magnesium. Calcium regulates nerve impulse transmission, aids in smooth and skeletal muscle contraction, and plays a central role in synthesis and breakdown of muscle and liver glycogen. Calcium and phosphorous are two electrolytes inversely related in the blood, so it is good to take them together. When calcium

levels are high, phosphorous levels are low and vice versa. Magnesium is a key component of more than 300 enzymes that include ATPase and an enzyme that is involved in the metabolism of muscle glucose and glucogenesis. B vitamins have been shown to

Key Benefits and Features

- Elevates ATP levels in cells, blood, and tissues thus increasing energy levels and reducing fatigue
- Stimulates blood flow to peripheral sites and supports cardiovascular and respiratory health
- Contains 72 percent of the RDI for vitamin C per serving
- Improves muscle growth, strength, and recovery for peak athletic performance
- Boosts mental acuity and memory
- Each serving delivers 200 mg of adenosine 5-triphosphate disodium per serving, the exact ATP molecule the human body needs to create energy
- Each 300-gram canister makes up to 5.5 gallons of blueberry açai energy electrolyte beverage
- Contains all six major electrolytes (sodium, potassium, calcium, phosphorous, magnesium, and chloride) in proper balance
- Contains six of the B vitamins important to metabolism – B1, B2, B3, B5, B6, and B12
- Contains a natural whole-food electrolyte, coconut water
- Contains sea salt

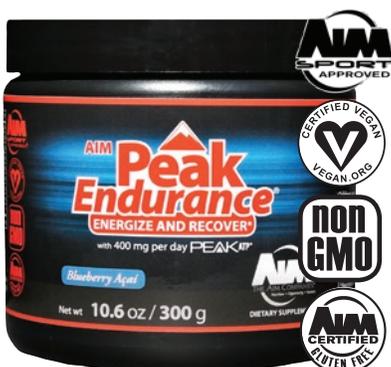
increase metabolism, maintain healthy skin and muscle tone, enhance immune and nervous system function, and promote cell growth and division. B vitamins are water soluble and are dispersed throughout the body. They must be replenished every day. Two servings of Peak Endurance daily provide 100 percent of B1, B2, B3, B5, B6, and B12.

How to use Peak Endurance

Each scoop or single serving of Peak Endurance contains 200 mg of adenosine 5-triphosphate disodium, or PEAK ATP.

- **Suggested use:** Consume beverage twice daily on an empty stomach to replenish ATP lost through age, stress, and exercise.
- **Hydrate (Hypotonic):** Mix one rounded scoop or single serving (8.33 g) with 10 to 20 ounces of water. Best taken in the morning and in the afternoon.

Hypotonic beverages contain a concentration of sugars and salts **lower** than those in the body. This concentration ensures water is taken up by the body, rapidly aiding in rehydration after exercise.



- **Quick energy (Isotonic):** Mix one rounded scoop or single serving (8.33 g) with 4 oz. of water. Best taken before and during exercise.

Isotonic beverages contain a concentration of sugars and salts **equal** to that of the body. This concentration ensures that nutrients or electrolytes are absorbed rapidly into the body and are best taken before and during exercise.

- Close tightly after opening and store in cool, dry, dark place (70-75 F; 20.1-23.8 C). Do not refrigerate.
- If pregnant or nursing, please consult a health practitioner. Not recommended for children under age 8.
- Children ages 8 (60 lbs.) to 16, mix two teaspoons (6 g) with 8 to 16 ounces of water once a day.

Q & A

Can I take other products in conjunction with Peak Endurance?

ATP is best taken on an empty stomach, thirty minutes prior to eating. However, Peak Endurance can enhance blood flow, and, therefore, it can assist with nutrient delivery.

How long does it take to notice the benefits of Peak Endurance?

Several human and animal studies indicate that cardiovascular, circulatory, and vascular system benefits are realized almost immediately. Noticing significant increases in performance results, however, may take up to several weeks of consistent use.

Do I still need to take AIM BarleyLife® if I take Peak Endurance?

Yes, Peak Endurance is a target supplement replenishing depleted ATP stores and addresses a specific molecule need whereas BarleyLife provides a wide spectrum of nutrients needed by the cells and every body system.

PEAK ATP is a trademark of TSI Health Sciences, Inc. and is protected by U.S. Patents #6,723,737, #5,227,371 and #5,049,372 and other patents pending.

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AIM Peak Endurance Energy Drink

Sport Drink (16 oz)	Sugars (g)	Caffeine (mg)	Calories	ATP (mg)	Sodium (mg)	Potassium (mg)	Phosphorous (mg)	Calcium (mg)	Magnesium (mg)	Chloride (mg)	B vitamins (% RDI)	Artificial ingredients
Peak Endurance	1	0	30	200	60	36	40	30	20	94	50% of B1, B2, B3, B5, B6, B12	None

Note the low sugar and absence of artificial colors, flavors, and sweeteners in Peak Endurance.

Most sports drinks contain far more sugar and little or no B vitamins in comparison to Peak Endurance. Peak Endurance contains the following B vitamins at 50 percent of their Recommended Daily Intake per serving:

B1: Thiamin has a central role in the metabolism of glucose. It is part of an enzyme that is essential in the Krebs cycle. It is essential for obtaining energy from muscle glycogen.

B2: Riboflavin is important for the formation of several enzymes that are involved in energy production from carbohydrates, fats, and body cells. It is also involved in protein metabolism and maintenance of healthy skin.



B3: Niacin is part of an enzyme that helps with glycolysis, the means by which muscle glycogen produces energy aerobically and anaerobically.

B5: Pantothenic acid is an essential component of coenzyme A, which plays a central role in energy metabolism. It is also involved in glucogenesis, the synthesis and breakdown of fatty acids, protein modification, and acetylcholine (a muscle contraction neurotransmitter).

B6: Critical in the metabolism of protein, carbohydrates, and fat, it is used in the formation of neurotransmitters, helps form amino acids into hemoglobin, and is involved in the breakdown of muscle glycogen.

B12: Helps to form red blood cells and maintain a healthy nervous system.