

# performance hydration for your active lifestyle

## Beyond Hydration

We know hydration is vital to athletic performance. Dehydration can lead to physical fatigue, muscle cramps and even impaired mental function.

Studies show the benefits of isotonic sports drinks go beyond simple hydration. In fact, the American College of Sports Medicine recommends a carbohydrate-based sports beverage throughout strenuous exercise to provide sustained power, replace energy and ensure rapid muscle recovery. Innergize!® performs better than water alone, replacing electrolytes and other key nutrients lost during exercise.

## Peak Performance

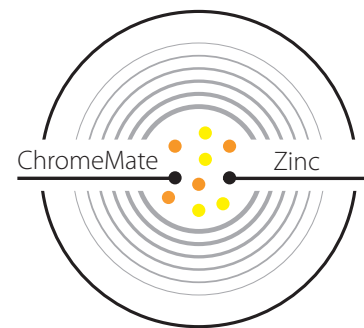
Innergize! provides your body with the combination of vitamins, minerals and amino acids it needs to stay in top form. It's the perfect complement to your active lifestyle. With Innergize!, you can excel — on or off the playing field!

**At the gym.** Keep yourself running with a bottle of Innergize! on the treadmill to replace electrolytes critical to endurance.

**On the field.** Hit a home run when you fill the water cooler with Innergize! to give the little league team an extra advantage.

**In hot weather.** Combat dehydration and overheating when you're mowing the lawn in the summer sun.

**For everyday energy.** Enjoy Innergize! daily for a refreshing way to keep you going through work and errands all week long. With two delicious options — orange or lemon — there's a flavor you're sure to love!



Studies show the ingredients ChromeMate and OptiZinc in Innergize! are more readily absorbed and retained compared to other chromium and zinc supplements.

## Powerful Ingredients

Distinctive, advanced ingredients mean Innergize! stands out in a crowd of sports beverages.

**ChromeMate®:** plays a vital role in energy production, muscle development and metabolism.

**Zinc:** helps repair muscle damage and speed recovery after workouts while strengthening your immune system.

**L-Carnitine & L-Glutamine:** help burn fat, promote lean muscle development and transport fatty acids to release more energy.

**Potassium & Sodium:** support muscle exertion without cramping and perspiration without salt depletion.



For more information or to order:

**Reliv International Sdn. Bhd.**  
No. 04-F14-1, Saujana Biz Point,  
Jalan Bidara 6/1, Saujana Utama 3,  
Bandar Saujana Utama, 47000 Sungai  
Buloh, Selangor+60 3 6038 7388 -  
[reliv.com.my](http://reliv.com.my)