

Navigate to your peak performance

Whatever your level of activity, from yard work to general fitness to professional athlete, let GPS guide your performance. Use all six products as a system for best results or customize their use to fulfill your nutrient and energy requirements.

The GPS System was created to address the maintenance of lean body mass and the body's activity cycle during physical activity. An activity cycle is the daily cycle and the circadian rhythm that takes place during physical activity. The GPS System provides full cycle support by offering pre-, during-, and post-workout supplements along with bedtime recovery.

By taking all six products, the body uses this synergy of nutrients to maximize you.

PRE-WORKOUT:

- **Energize***** physically and mentally before activity. GPS Energize supports fat burning, activates muscles and builds lean body fat when combined with exercise.*
- **Circulate**** nutrients to muscles and organs in preparation for activity. The efficient delivery of nutrients and oxygen in the body helps preserve lean body mass and protect muscle tissue. Circulate supports longer activity duration, endurance and strength, and also enables the body to make nitric oxide that allows for better blood flow.*
- **Adapt**** to additional physical, mental and emotional stressors, and boost mood. GPS Adapt provides the body with important phytonutrients to prevent mental fatigue. GPS Adapt minimizes neurological and muscle stress, encouraging repetition.*

DURING-WORKOUT:

- **Hydrate** with fluids, electrolytes and biochemicals while you exercise. Through osmolality, GPS Hydrate is efficiently absorbed by the body for faster hydration. Faster absorption allows nutrients to enter the blood stream for additional energy to keep muscle tissue and branch chain amino acids topped off.*

POST-WORKOUT:

- **Rebuild**, replenish, repair and restore energy to muscles after activity. Protein and biochemicals are delivered quickly to muscles to decrease soreness as you recover. The proteins in GPS Rebuild are partially pre-digested (structure is disrupted) to support quicker absorption to minimize the time it takes for digestion. The ideal time to take GPS Rebuild is immediately to 60 minutes after activity to take advantage of the metabolic window.*

BEDTIME:

- **Reset**** supports the release of growth hormone (HGH) which encourages adequate sleep and efficient calorie burning.*

All GPS products, except Rebuild and Adapt, contain DualCarb (isomaltulose, dextrose) - DualCarb is a proprietary blend of fast and slow digested carbohydrates. Being physically active, the body needs carbohydrates that can be broken down quickly as an immediate source of energy. Isomaltulose, a slowly digested carbohydrate, delivers a sustained source of energy. The blended combination of fast and slow energy sources helps the body perform to its peak abilities.



If you are an elite or amateur athlete, a coach, a nutritionist or anyone who faces drug testing, you can now be assured that GPS Circulate, GPS Energize, GPS Hydrate, GPS Rebuild and GPS Reset have been Informed-Sport tested and are free of banned substances. These products have been validated to be free of banned substances through LGC, an anti-doping laboratory organization and are certified through their Informed-Sport program.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

** Not recommended for children or for those sensitive to caffeine. If you are pregnant, nursing, taking a prescription medication, or have a medical condition, consult a physician before using this product.

*** Do not exceed 4 servings per day of GPS Energize to prevent potential undesirable effects of too much caffeine.