



Pre-Workout & *Endurance* Pack

“For the athlete who wants to build endurance through long workouts and long runs”

A slightly lighter version of the Athlete Pack — designed specifically for endurance athletes and those who train for duration rather than peak intensity. The key difference is the exclusion of NADH and Opti-T, which are more relevant to maximal strength output, and a lower dosage of Muscle RX focused on muscle preservation. Opti-Nitric does the heavy lifting here: for runners, cyclists, and endurance athletes, vascular flexibility and oxygen delivery to working muscles is everything. Adrenal support is non-negotiable for anyone who trains for hours at a time.

— DR. MICHELE BENOIT, DC · APPLIED KINESIOLOGY & FUNCTIONAL NUTRITION · FRANKLIN, TN

SUPPLEMENT STACK

- 1 Optimal Muscle RX**
MUSCLE PRESERVATION · LEAN STRENGTH
Patented muscle formula at endurance dosage — preserving lean muscle during long training sessions when the body would otherwise break it down for fuel.
- 2 Opti-Nitric**
VASCULAR FLEXIBILITY · O₂ DELIVERY
The cornerstone of any endurance pack. Nitric oxide keeps blood vessels flexible and dramatically increases oxygen delivery to working muscles.
- 3 Opti-Adrenal**
HPA AXIS · STRESS PROTECTION
Long-duration exercise is one of the most cortisol-demanding activities the human body performs. Protects adrenals, prevents cortisol crash, and ensures recovery before the next session.
- 4 Opti-Mito-Force**
MITOCHONDRIAL ENDURANCE · FAT OXIDATION
Well-functioning mitochondria shift the body toward fat oxidation for fuel during long efforts, preserving glycogen and extending time to fatigue.
- 5 Opti-T**
NATURAL TESTOSTERONE · RECOVERY HORMONES
Supports the hormonal environment necessary for recovery from long training blocks. Natural L-Arginine, saw palmetto, and Pygeum — important for both men and women.
- 6 Opti-Brain**
MENTAL ENDURANCE · PACING FOCUS
The mental dimension of endurance is underestimated. Cognitive fuel for sustained focus, pacing discipline, and mental resilience through the final miles.

WHAT THIS PACK DOES

Engineered for duration — not just intensity. Whether training for a half marathon, cycling long distances, or pushing through demanding workouts, this pack keeps your cardiovascular system open, muscles fueled, adrenals protected, and mind sharp through the final miles. Two packets: morning to prime, pre-workout to activate 30–45 minutes before the session.

WHO THIS PACK IS FOR

- Runners — 5K through ultramarathon
- Cyclists and triathletes
- Swimmers and cross-training athletes
- Anyone who trains for more than 60 minutes at a time
- Fitness-focused individuals building a consistent training base

LIFESTYLE FOUNDATIONS

- Build long runs and rides progressively — 10% weekly volume increase maximum
- Carbohydrate timing: fuel before and during efforts over 90 minutes
- Cold or contrast therapy post long-session accelerates recovery
- Track resting heart rate daily — rising HRV signals inadequate recovery
- Take the pre-workout packet 30–45 minutes before each session