

Maximizing sports performance

# User study with FitLine Munogen and Activize

## Increased fat burning

When you start playing sports, you need your body to deliver energy right away. Carbohydrates you eat or carbohydrates stored in your body provide the quickest energy availability. Only after consuming its carbohydrates does your body mobilise its fat reserves, which it needs for longer-term endurance activities. Burning fat serves as a primary source of energy, since fat stores much more energy than carbohydrates. The advantage of maximizing fat burning is that you have more energy for athletic activities for a longer period of time. One way to encourage fat burning is intensive endurance training, although this training should not be too strenuous.

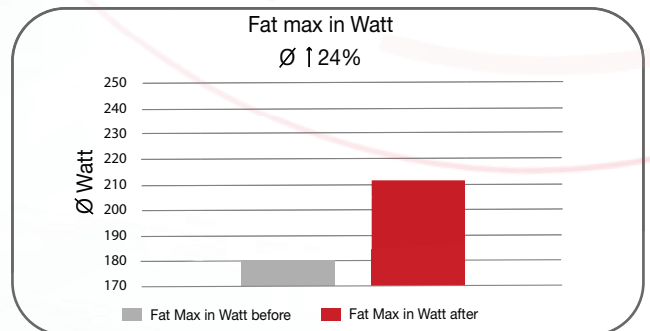
## Increasing your lactate threshold

The lactate threshold is an indicator of an athlete's endurance level. Up to this threshold, lactate is produced and broken down in equal amounts. It is difficult to train for very long above this threshold, as muscles "over acidify". If a person has a high lactate threshold, they will be able to run marathons faster, for instance. The only way to increase your threshold is through slow and targeted increases in training capacity.

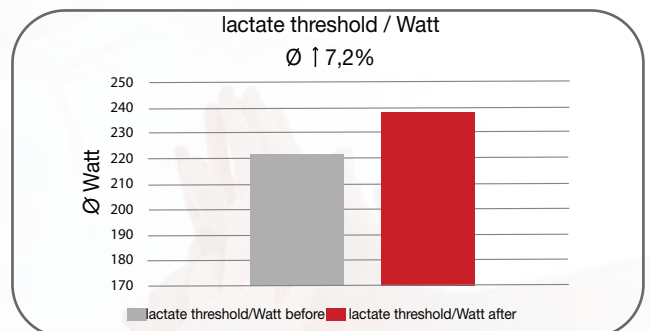
## Increase performance with FitLine Munogen and Activize

A user study of FitLine Munogen and FitLine Activize Oxyplus has clearly demonstrated the key role nutrition plays as a compliment to the right training regimen. 14 endurance cyclists took Munogen 30min before training and Activize in the morning and before training, over a period of 4 weeks. The athletes were good or very good recreational athletes, primarily male and between 40 and 55 years of age.

The results: On average, participants saw a 24 percent **improvement in maximum fat burning** and an average **lactate threshold increase** of 7.2 percent. This means that the period during which their bodies were delivering energy from fat was extended, allowing them to maintain a higher level of performance for longer.



Graphic: 24% average improvement in maximum fat burning.



Graphic: 7.2% average increase in lactate threshold.

## Conclusion:

The right nutrients can be used to support and improve targeted energy delivery. FitLine Munogen and Activize Oxyplus deliver significant results.

## Allowing you to train harder, longer, and more intensively!

### Jens Roth

#### Vice European Champion - Cross-Triathlon

"In December of last year, I took part in a study, which involved a test designed to improve my cycling performance. My trainer Marc Pschebizin and Dr. Tobias Kühne served as advisers on the study. I used FitLine Activize each morning and before key training sessions for one month. In addition, I took 2 capsules of Munogens each morning. The initial study period was one month. After this time, I repeated the performance test on the ergometer with my trainer, and my performance data/values were much better than a month before. Then I maintained the ritual for myself and integrated FitLine Activize and Munogen into my everyday routine, on trips and in my training".