



Doing Life Intentionally Together

Shaklee Information – Performance

Shaklee's **Performance** is so very advanced compared to other Sport drinks that there really is no comparison. Let's look at the short comings of the other sports drinks that are out there and how Shaklee answers those short comings.

Popular sport drinks have 3 main problems: too much processed sugar, not enough essential minerals(electrolytes), and lastly, an unbalanced proportion of carbohydrates and the quality of carbohydrates.

- Processed sugar is always a problem but with the high levels in the sports drinks it actually pulls water out of your blood stream to help break down the sugar which leads to more dehydration instead. How absurd! Of course it's quite a marketing program since soda companies have the 2 leading products on the market. If you are dehydrated, you will buy more sports drinks.
- Leading research has shown that there are 6 essential minerals,(electrolytes) necessary for optimum uptake of water to the cells. Since other sport drinks are severely lacking in these essential minerals, more of the fluid sits in the stomach, and intestines while it is waiting to be absorbed, as well as the additional fluid that is being pulled to the stomach to help break down the extra sugar. Lastly there is the amount and quality of the carbohydrates used in these sport drinks. Shaklee uses a special blend of 3 High quality carbohydrates to provide immediate, mid, and slow burn sources of energy for continuous energy supply to your muscles.
- Again, the latest research shows that there is a specific level of carbohydrate that is most beneficial. Less than 18 grams is not enough to do any good, and more than 28 grams can cause cramping and digestive problems. Shaklee has 25 grams in their Performance product.

To address those sport drinks that may include vitamins in their products, vitamins induce digestion which, just like having too many carbohydrates, will cause cramping problems. Vitamins have no place in a hydration drink; carbohydrates are for energy and hydration. Vitamins are for recovery! To sum up-- you could go to the tests results that Shaklee has always published that shows the sustained energy levels that result with the use of **Performance**. I back all of this up with personal experience as a runner and cyclist, both with and without the use of Shaklee sports nutrition products. There are very good tapes also available from Front Runners, as well as in the Wellness series, on this subject...*FR*

This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure.