



AIM **Peak Endurance**
ENERGIZE AND RECOVER

with 400 mg per day PEAK100

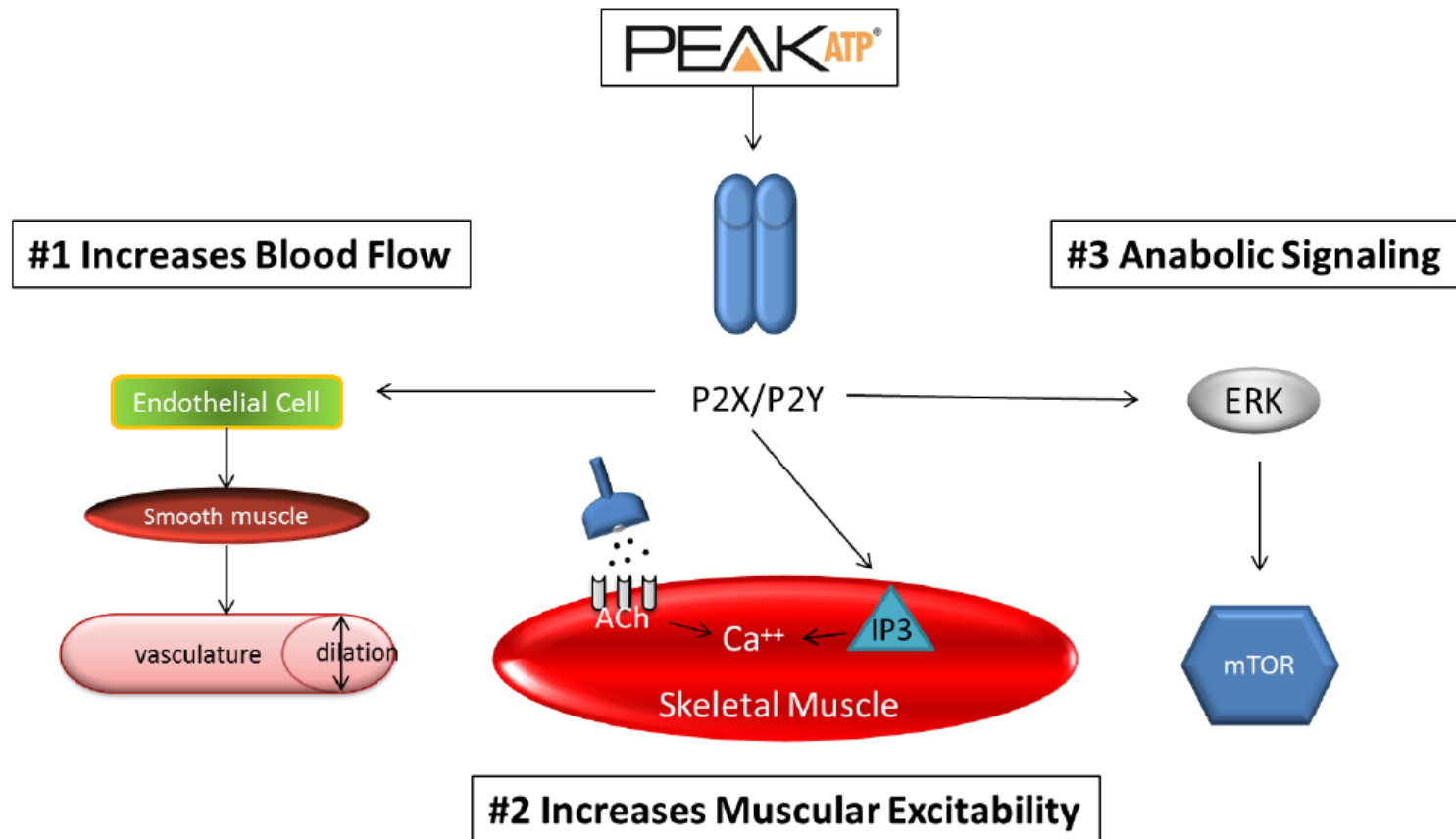
Blueberry Acai

Net wt 10.6 oz / 300 g



DIETARY SUPPLEMENT

HOW DOES ORAL ATP WORK?

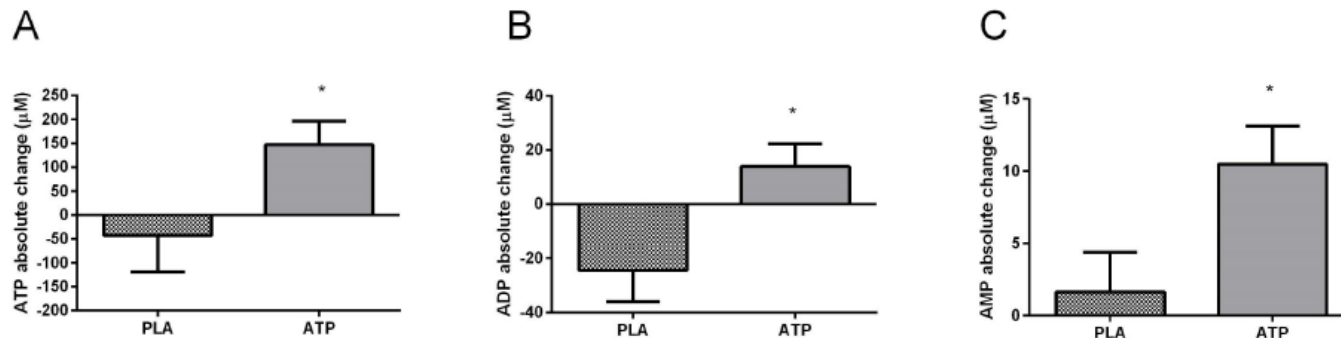


Source: R. Jäger *et al.* Adenosine-5'-triphosphate (ATP) increases blood flow following exercise in animals and humans. *J Int Soc Sports Nutr.* 2014, 11:28.

BIOAVAILABILITY OF ORAL PEAK ATP®



- Oral ATP administration increases ATP pools which are available during times of increased energy demands (e.g. exercise).
- 400mg of ATP (PEAK ATP®) supplementation for 15 days has been shown to increase post-exercise ATP, ADP and AMP levels following repeated sprint bouts.

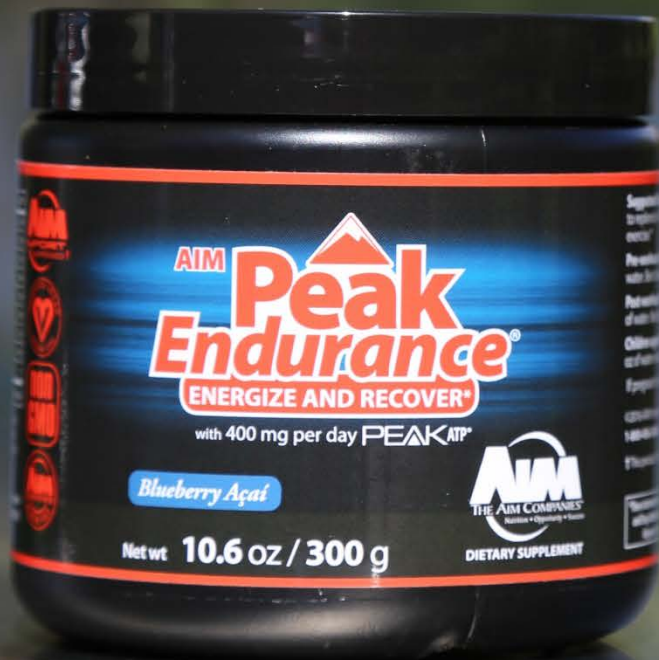


Source: M. Purpura *et al.* Oral Adenosine-5'-Triphosphate (ATP) Administration Increases Post-Exercise ATP Levels, Muscle Excitability and Athletic Performance Following a Repeated Sprint Bout. *J Am Coll Nutr.* 2017, Jan 12:1-7.

PEAK ATP® IMPROVES MUSCULAR EXCITABILITY



- Muscular Excitability (ME) = the ratio between muscle power output: and muscle activation.
- 400mg of ATP (PEAK ATP®) increased ME during early bouts, and prevent the decrease in muscle excitability observed in the placebo group during later bouts of repeated sprint bouts.

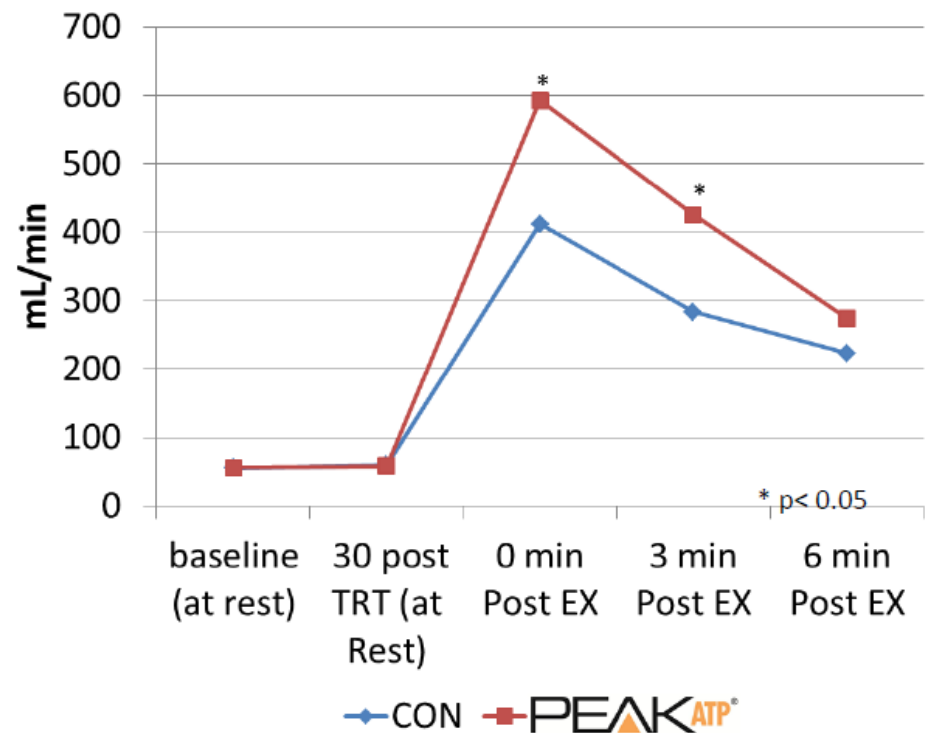


PEAK ATP® IMPROVES BLOOD FLOW



Increases in blood flow aid nutrient and oxygen delivery and removal of waste products

- 400mg ATP (PEAK ATP®) per day, 30 min prior to exercise, for one week.
- 12 male subjects.
- 3x20 elbow flexor, 30 second rest.
- Blood flow measured by ultrasound.
- PEAK ATP® significantly increases post-exercise blood flow.



Source: R. Jäger *et al.* Adenosine-5'-triphosphate (ATP) increases blood flow following exercise in animals and humans. *J Int Soc Sports Nutr.* 2014, 11:28.

PEAK ATP® IMPROVES PERFORMANCE

The effects of long-term PEAK ATP® administration

- 400 mg of ATP (PEAK ATP®) or placebo for a total of 12 weeks in 21 subjects
- Phase 1: 8-week periodized resistance training
- Phase 2: 2-week overreaching cycle
- Phase 3: 2-week taper in which training volume and frequency are decreased

Phase 1 (Weeks 1-8)			Phase 2 (Weeks 9-10)		Phase 3 Week 11		Phase 3 Week 12	
Monday	Wednesday	Friday	Monday-Thursday	Friday	Monday & Friday	Wednesday	Monday	Wednesday & Friday
3x8-12 @ 65-80% 1RM, 1-2m rest	3x3-5 @ 40-60% 1RM, 2m rest	3x1-5 @ 85-100% 1RM, 2-5m rest	3x8-12 @ 65-80% 1RM, 1-2m rest	3x1RM, 2-5m rest	4x5 @ 40-60% 1RM & 1x5 @ 85%, 3m rest	3x5 @ 85% 1RM, 5m rest	4x3 @ 40-60% 1RM & 1x3 @ 90% 1RM, 3m rest	3x3 @ 90% 1RM, 5m rest
Squat	Squat	Squat	Squat	Squat	Squat	Squat	Squat	Squat
Bench	Bench	Bench	Bench	Bench	Bench	Bench	Bench	Bench
Deadlift	Deadlift	Deadlift	Deadlift	Deadlift	Deadlift	Deadlift	Deadlift	Deadlift
Pullups			Pullups			Pullups		Pullups
Dips			Dips			Dips		Dips
Bent Row			Bent Row			Bent Row		Bent Row
Shoulder Press			Shoulder Press			Shoulder Press		Shoulder Press
Tricep extensions			Tricep extensions			Tricep extensions		Tricep extensions
Bicep curls			Bicep curls			Bicep curls		Bicep curls

Source: J.M. Wilson *et al.* Effects of oral adenosine- 5'-triphosphate (ATP) supplementation on athletic performance, skeletal muscle hypertrophy and recovery in resistance-trained men. *Nutr Metab (Lond.)* 2013, 10:57.

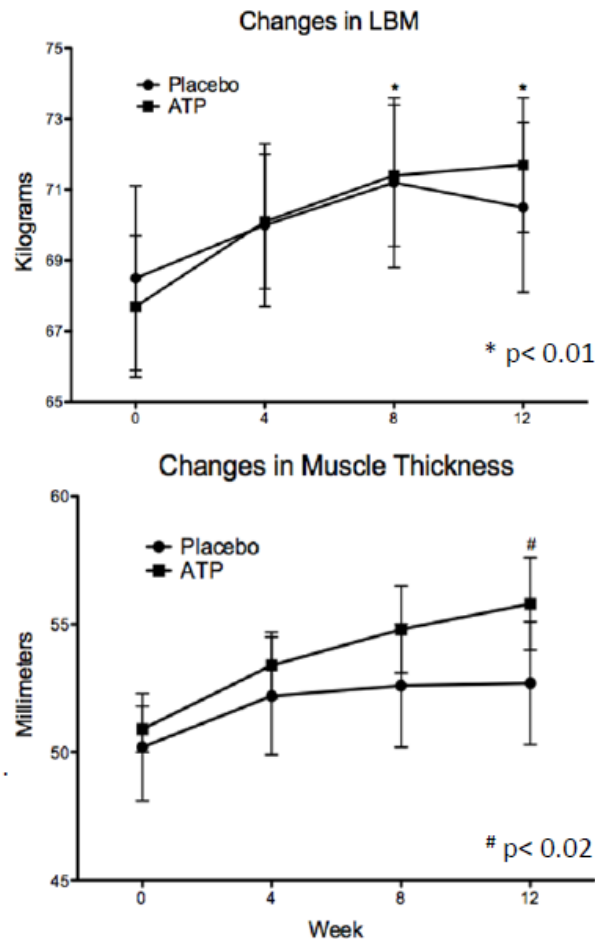
PEAK ATP® INCREASES MUSCLE MASS



PEAK ATP® builds twice as much muscle as training alone

- **LEAN BODY MASS (LBM)**
 - PEAK ATP® : 4.0 kg increase
 - Placebo: 2.0 kg increase
- **MUSCLE THICKNESS**
 - PEAK ATP® : 4.9 mm increase
 - Placebo: 2.5 mm increase

PEAK ATP® significantly increases LBM and Muscle Thickness over placebo.



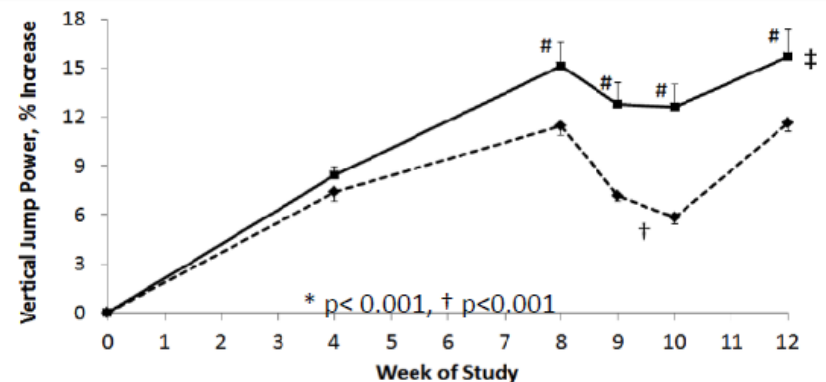
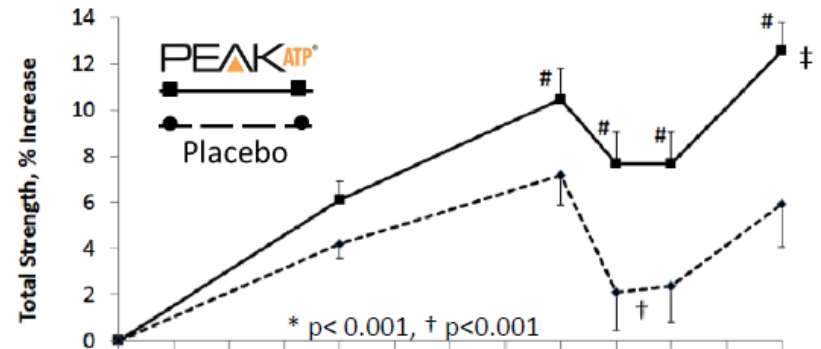
PEAK ATP® reduces muscle damage (muscle protein degradation) and increases anabolic signaling.

Source: J.M. Wilson *et al.* Effects of oral adenosine-5'-triphosphate (ATP) supplementation on athletic performance, skeletal muscle hypertrophy and recovery in resistance-trained men. *Nutr Metab (Lond.)* 2013, 10:57.

PEAK ATP® INCREASES STRENGTH/POWER AIM **Peak Endurance®**

PEAK ATP® optimizes strength/power gains from exercise, blunts negative effects of overtraining

- **STRENGTH** (Squat, Bench Press, Deadlift)
 - PEAK ATP® : +12.6% (55.3±6.0 kg)
 - Placebo: +5.9% (22.4±7.1 kg)
 - Overreaching
 - PEAK ATP® : 12.0 kg decrease
 - Placebo: 22.6 kg decrease
- **POWER** (Vertical Jump)
 - PEAK ATP® : +15.7% (796±75 watts)
 - Placebo: +12.6% (614±52 watts)
 - Overreaching
 - PEAK ATP® : 2.2% decrease
 - Placebo: 5.0% decrease.



Source: J.M. Wilson *et al.* Effects of oral adenosine-5'-triphosphate (ATP) supplementation on athletic performance, skeletal muscle hypertrophy and recovery in resistance-trained men. *Nutr Metab (Lond.)* 2013, 10:57.

PEAK ATP® INCREASES POWER



- 400mg of ATP (PEAK ATP®) significantly increased peak power output during later bouts of repeated sprint bouts exercise (bouts 8 and 10).

	Placebo			ES	ATP		
	Pre	Post	ES		Pre	Post	ES
Bout 1	897.4±154.0	903.6±152.1	-0.04	944.0±189.7	909.8±150.7	-0.18	
Bout 2	872.8±164.4	870.3±170.8	-0.01	893.3±123.6	899.7±130.0	0.04	
Bout 3	798.6±157.9	797.9±166.9	0.00	825.8±145.5	860.8±144.7	0.23	
Bout 4	726.8±172.5	759.3±177.3	0.18	785.6±161.6	833.5±176.6	0.29	
Bout 5	684.9±193.7	698.9±172.0	0.07	712.1±194.2	759.0±164.6	0.24	
Bout 6	647.2±184.9	673.1±182.0	0.13	649.5±171.3	708.9±162.4	0.34	
Bout 7	624.0±182.1	642.6±171.6	0.10	617.0±155.1	672.6±155.0	0.35	
Bout 8	567.8±163.6	600.6±151.4	0.20	560.4±128.3	663.0±128.7*	0.79	
Bout 9	535.1±168.2	585.1±145.6	0.29	563.4±136.9	620.4±116.4	0.41	
Bout 10	527.6±153.4	571.0±140.4	0.28	556.3±144.1	647.2±137.9*	0.63	

Source: M. Purpura *et al.* Oral Adenosine-5'-Triphosphate (ATP) Administration Increases Post-Exercise ATP Levels, Muscle Excitability and Athletic Performance Following a Repeated Sprint Bout. *J Am Coll Nutr.* 2017, Jan 12:1-7.

ATP INCREASES RECOVERY



Improves Strength, Reduces Pain After Knee Surgery

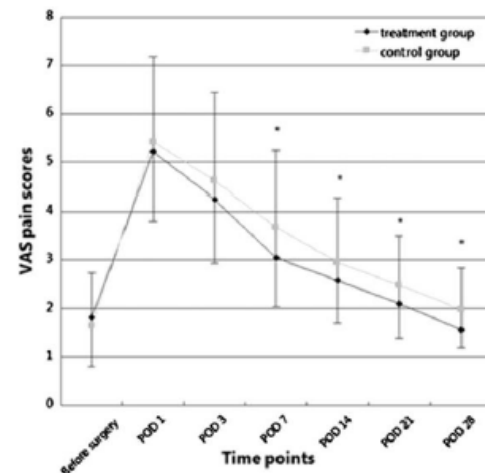
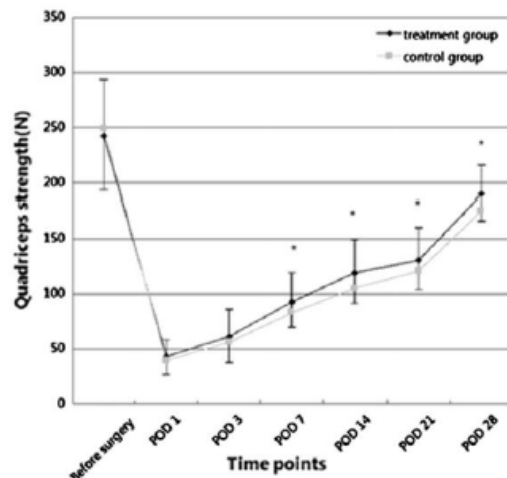
ATP improves muscular health and recovery after knee surgery.

ATP significantly increases

- Strength

ATP significantly decreases

- Pain
- Need for pain medication
- Length of hospital stay

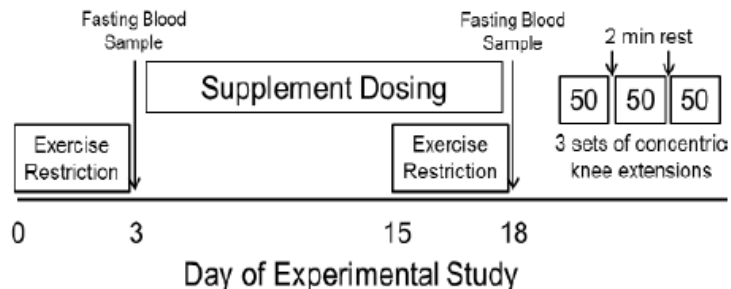


Variable	Treatment Group (n = 119)	Controlled Group (n = 113)	P value
Patient characteristics			
Age (years)	60.1 ± 4.5	58.9 ± 5.2	0.061
Sex (male/female)	21/98	12/58	0.610
BMI (kg/m ²)	27.8 ± 2.8	28.4 ± 3.1	0.123
Complications			
Length of stay (days)	2.2 ± 0.8	2.5 ± 0.7	0.0027 ^α
Analgesic consumption (mg)	1235.2 ± 185.0	1299.5 ± 202.1	0.0121 ^α

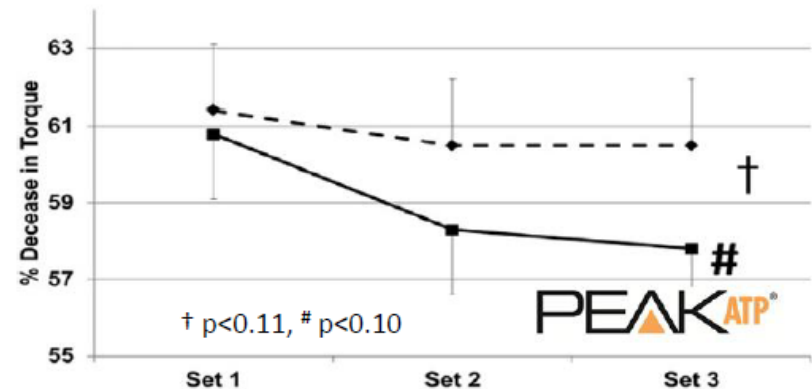
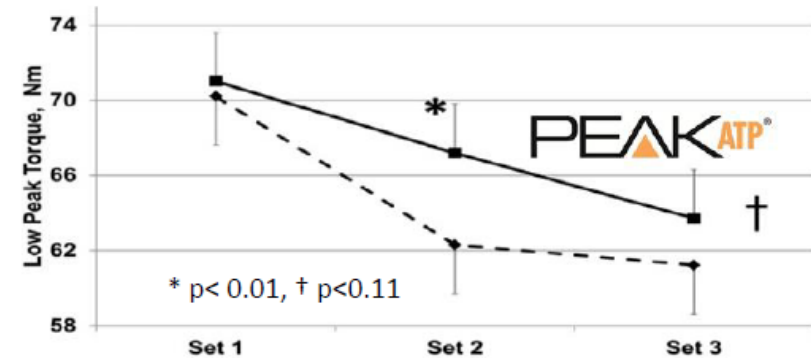
Source: L. Gong, G. Zhang. Effects of Adenosine Triphosphate (ATP) on Early Recovery After Total Knee Arthroplasty (TKA): A Randomized, Double-Blind, Controlled Study. *J Arthroplasty* 2014, 29(12):2347-2351.

PEAK ATP® REDUCES MUSCULAR FATIGUE AIM **Peak Endurance®**

- 200mg of ATP twice per day (morning and evening) for 15 days.
- 16 subjects, 8 male and 8 female.
- After an overnight fast, participants underwent strength and fatigue testing, consisting of 3 sets of 50 maximal knee extensions.



- PEAK ATP® improved peak torque and reduced fatigue.



Source: J.A. Rathmacher *et al.* Adenosine-5'-triphosphate (ATP) supplementation improves low peak muscle torque and torque fatigue during repeated high intensity exercise sets
J Int Soc Sports Nutr. 2012, 9:48.

PEAK ATP® administration (*at a dose of 400mg ATP per day*) helps to

- Improve Blood Flow^{1*}
- Increase Total Strength by 147%^{2a*}
- Increase Vertical Jump Power by 30%^{2b*}
- Increase Lean Body Mass by 100%^{2c*}
- Increase Muscle Thickness by 96%^{2d*}
- Reduce Muscular Fatigue^{3*}
- Increase Muscular Excitability^{4*}
- Increase Peak Power^{4*}
- Increase Post-Exercise ATP Levels^{4*}
- Increase Recovery and Reduce Pain^{5*}

¹R. Jäger *et al. J Int Soc Sports Nutr* **2014**, 11:28. ²J.M. Wilson *et al. Nutr Metab (Lond.)* **2013**, 10:57. ³J.A. Rathmacher *et al. J Int Soc Sports Nutr* **2012**, 9:48. ⁴M. Purpura *et al. J Am Coll Nutr.* **2017**, Jan 12:1-7. ⁵L. Gong, G. Zhang. *J Antroplasty* **2014**, 29(12):2347-2351. ^{a-d} percent ATP improvement over placebo improvement: ^a ATP 55.3 kg, Placebo 22.4 kg ^b ATP 796 watts, Placebo 614 watts ^c ATP 4.0 kg, Placebo 2.0 kg ^d ATP 4.9 mm, Placebo 2.5 mm

*This statement has not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PEAK ATP® – SUMMARY



The Muscular Excitability and Blood flow Regulator

- Patented, branded, clinically validated, and safe supplement*
- Target Groups
 - Consumer looking to improve muscular health*
 - Aging population*
- Targets NEW and HOT categories nutrition
 - Muscular Excitability*
 - Blood Flow – Pre-Workout Pump Products*
 - Body Composition*
- Proven Benefits
 - Increase Strength & Power*
 - Increase Lean Body Mass*
 - Boost Recovery*
 - Improve Blood Flow*
 - Reduce Fatigue*
- Groundbreaking New Clinical Results

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