

Nutritional Supplements

Health, Performance & Recovery



HAMMER NUTRITION

- **Heed** - Electrolyte & Carb powder. Buffer for lactic acid production.
- **Perpetuem** - Carbohydrate, Electrolyte & Protein powder for training sessions longer than 2 hours. Good for multi day training / events.
- **Gel** - Energy Gels, trace amount of amino acids & lactic acid buffer
- **Gel Flask** - Convenient for carrying up to 5 gels
- **Endurolyte Capsules & Powder** - Electrolytes for cramp prevention & muscle performance

RED8 PROTEIN POWDER

- **Just Whey Plus** - Muscle recovery & repair
- **Soy Protein** - Muscle recovery & repair

EM'S POWER BARS & COOKIES

- **Chocolate Oat Explosion** - Carbohydrate energy bar
- **EM's Bites** - Carbohydrate energy bar in individual bites

WAIHI BUSH

- **Organic Flax Seed Oil** - Essential Fatty Acids 3, 6 & 9. For health, energy, oxygen transfer, immune system & metabolism

CLINICIANS HEALTH SUPPLEMENT RANGE

- **Mega Joint Ease** - Glucosamine & Chondroitin for joint health
- **Multi Vitamin & Mineral Boost** - for general health

LIFESTREAM SUPPLEMENT RANGE

- **Ultimate Greens** - A blend of Spirulina, Chlorella & Barley Grass.
- **Aloe Vera Juice**—A digestive tonic which soothes the lining of the stomach and intestines.
- **Bowel Biotics** - A natural digestive formula, containing fiber, prebiotics, probiotics and natural digestive enzymes.

KIND BARS

- **Apricot & Almond** - Wheat, Gluten & Dairy Free snack bar

NATURES VALLEY BARS

- **Oats & Honey** - Carbohydrate energy snack bar

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