

# Safety & Benefits of Intra® for Athletes

## Intra is now certified “Safe for Athletic Use”

by the German Sport University Institute for Biochemistry,  
Accredited Institution for Certification, German Sport University  
Köln Institute for Biochemistry, IOC Accredited Laboratory,  
Prof. Dr. Wilhelm Schanzer, C/O Deutsche Sporthochschule,  
Dr. M.K. Parr, Food Scientist.

### **Intra contains No Steroids • No Stimulants**

Intra is completely free of alcohol, caffeine, or any substance that would cause an athlete to test positive for a banned substance.

### **Understanding the “Ups” & “Downs” of Exercise**

Although we are told that exercise is good for our bodies, what we are unaware of is that exercise pushes the body beyond its usual capabilities (resulting in muscle damage). With the right amount of recovery time and appropriate nutrients, the body will efficiently repair and rebuild towards an increased level of strength and endurance (this is known as the adaptation syndrome). To continually improve our level of fitness, these principles must be supported by the right amount of nutrients and antioxidants. If these essential nutrients are provided, this will boost exercise performance and reduce exercise recovery time.

#### **During exercise, our bodies will:**

- Increase the rate and amount of oxygen utilized
- Increase metabolism (burn more calories)

#### **After a bout of exercise, our bodies will:**

- Have an increased accumulation of toxins (free radicals) and by-products (lactic acid)
- A reduced physical resistance due to increased exercise demands



**Free Radicals & Lactic Acid** - Since exercise increases the amount of oxygen used in the body, this causes an increased production of unstable molecules called free radicals. These highly reactive molecules can damage cells and are believed to be the main cause of sore aching muscles a day or two after exercise (known as delayed onset muscle soreness or DOMS).

**Wastes/By Products** - Since exercise increases metabolism, there is an increased production of waste and by-products. Collectively, these wastes need to be quickly eliminated and neutralized to reduce muscle soreness and improve exercise recovery.

**Reduced Physical Resistance** - Since we are “overloading” our bodies with physical stress, it takes time to repair and replenish the cells after exercise (this is known as exercise recovery).

# How can Intra support an active lifestyle?

In order to maintain a “healthy” active lifestyle, it is important to have the right amount of nutrients to:

- support optimal energy
- help reduce the effects of exercise stress
- provide antioxidants (to combat free radicals and toxins produced during exercise)

## Intra for energy!

Intra contains ingredients that fully support the Energy System. Without these essential nutrients, the body could not reach optimal levels of activity. German Chamomile, Ginger root, Bee Pollen, Chinese Pearl Barley are some of the ingredients in Intra that promote energy.

## Intra for physical stress!

### Adaptogens

- Normalize and raise an individual’s resistance to all forms of stresses in the body (including the physical stress associated with exercise). Intra contains the following adaptogens:



## Intra for antioxidants!

Antioxidant supplements have been shown to be effective in reducing delayed onset muscle soreness and improving exercise recovery. Juniper Berry, Licorice, Rose Hip, Schisandra berry, and Passion flower contain antioxidants such as Vitamin C and flavonoids that destroy free radicals and toxins caused by exercise.

## How much Intra do I need to support my active lifestyle?

* Level of Activity Per Week	Suggested Dose of Intra
<b>Low level</b> Under 3 days per week for at least 30 minutes of continuous activity	<b>BASIC USAGE</b> 28 - 59 ml (1 - 2 fluid ounces) per day
<b>Moderate level of activity</b> 3 - 5 days per week for at least 30 minutes of continuous activity	<b>MODERATE USAGE</b> 89 ml - 118 ml (3 - 4 fluid ounces) per day
<b>High level of activity</b> 5 or more days per week for at least 30 minutes of continuous activity	<b>HIGH USAGE</b> 148 ml - 177 ml (5 - 6 fluid ounces) per day

\* Based upon the American College of Sports Medicine Exercise Guidelines <http://www.acsm.org/health+fitness/index.htm>



### Siberian Ginseng

- A Classical Adaptogenic Herb
- Siberian ginseng has been extensively researched by the Russians and at one time it was popular among workers and athletes in that country to improve performance, endurance, as well as preventing sickness in the workplace.
- Siberian ginseng has been scientifically shown to increase energy, stamina, and help the body resist viral infections and environmental toxins.



### Reishi Mushroom

- In the Orient, Reishi is considered a Fu Zhen herb (immune modulation). Reishi has various applications including acting as an adaptogen in helping the body fight the effects of all forms of stress.

### References

- 1) University of Maryland Medical Center – Siberian Ginseng Monograph <http://www.umm.edu/altmed/ConsHerbs/GinsengSiberianch.html>
- 2) Bucci, L. 2000. Selected Herbs and Human Exercise Performance. AJCN. 72 (suppl); 624S-365.
- 3) Kelly, G. 1999. Nutritional and Botanical Interventions to Assist with the Adaptogen of Stress. Alt Med Rev. 4 (4); 249 – 65.
- 4) Clarkson, et al. 1993. Antioxidants; what role do they play in physical activity & health. AJCN. 72 (2); 637S – 645S.

**For more information contact your local Lifestyles office.**