

Athletic Endurance Protocol (Item #7111)

Endurance and Recovery Protocol to Enhance Performance and Maintain Health

Universal Formulas has developed a simple, cost-effective and powerful endurance protocol to increase athletic performance, ability, strength, and endurance without the side effects found in products that contain "empty carbohydrates" and "Caffeine." Included in these products are the nutrients and herbs necessary to enhance your performance level and assist you in reaching your short-term and long-term health goals.

Products included in this Protocol are:

1. Quint-Essence #6111 – Whole Food Meal Enhancement Supplement
2. Vitamin E – Plant-derived natural source with mixed Tocopherols
3. Brilliance #4017 – Herbs and minerals that supply the brain with oxygen rich nutrients. They will also supply the nervous system with a calming energy.

Product Overview

Quint-Essence - This "super" formulation contains a full range of nutrients including enzymes which assist the system in the absorption of the ingredients. The use of empty carbohydrates in combination with vitamins and amino acids reduces their absorption and effectiveness. In addition, Quint-Essence contains all the minerals and vitamins your body needs to maintain optimal energy levels without the side effects of taking empty carbohydrates or caffeine.

Quint-Essence contains natural fulvic trace minerals which increases the oxygen utilization of the cells and organs, especially the lungs.

Green "super foods" are added to alkalize, oxygenize and energize your body. This increases your overall oxygen uptake and insures that the cellular waste such as lactic acid, are effectively eliminated.

A new standard, this blend is extremely effective at providing a daily nutritional foundation that is a simplified, consistent and balanced supplementation. Quint-Essence is also vegetarian compliant

Natural Vitamin E – It is no secret that Vitamin E is one of nature's best antioxidants, it also increases endurance, stamina and sexual energy while protecting the cells from free radical damage. If used in combination with the correct nutrients and herbs Vitamin E becomes a virtual powerhouse for maintaining your energy levels during exercise.

Brilliance – Brilliance is an herbal combination designed to oxygenate and **feed the brain** for superior mental clarity, focus and concentration.

This herbal formulation contains the herbs necessary to increase the supply of oxygen and nutrients to the brain. The brain cells require 12 times more oxygen than any other cell.

Exercise enhancement products are often void of ingredients that effectively oxygenate the brain. After all, your endurance is partially a by-product of peak brain functioning.

The unique and specialized combination of Fo-Ti, Gotu-Kola, Meadowsweet and Gingko creates energy and balances brain function. These herbs also protect the muscles and brain cells from premature aging, tone the skin, feed the lungs and increase overall stamina.

Brilliance stimulates brain blood circulation; cognition and overall brain function and supplies a neutral energy that is well balanced in the *Yin & Yang* properties of traditional Chinese herbalists. Brilliance contains trace minerals to insure that all brain cells have maximum electrical potential

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"Enhancing Your Health Potential"

and uptake of oxygen from the blood. The quantity of each herb and their ratio to one another are key factors in producing a balanced brain formula!

Dosage Recommendations:

Quint-Essence: 1 vegi-capsule for every 60-75 pounds of body weight at each meals

Natural Vitamin E: 1 to 2 Softgels daily

Brilliance: 2 vegi-capsules with breakfast and lunch

Pre-Run Dosage Recommendations:

Quint-Essence: 4 vegi-capsule

Natural Vitamin E: 2 Softgels

Brilliance: 3 vegi-capsules

**Please DO NOT modify levels of any prescribed medication
with out first consulting your physician.**

Ordering Information:

Conveniently Order On-line at: <http://UniversalFormulas.com>

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment.