

FUNCTIONAL FOOD CONCENTRATES SERIES

功能性濃縮食品系列











What are minerals?

These lesser but indispensable minerals are called trace elements. These include iron, iodine, copper, zinc, manganese, cobalt, molybdenum, selenium, chromium, fluorine, nickel, tin, silicon, vanadium and more. Although the human body requires a very little amount of trace elements, these elements have a great impact on human health. For example, a lack of magnesium in the human body can cause muscle soreness or cramps; iron deficiency can cause iron deficiency anemia; zinc deficiency can lead to a decrease in taste perception, loss of appetite, anorexia, and even affect growth and development. Severe zinc deficiency in infants and young children can also cause malformations of sexual organs; iodine deficiency can cause diseases such as goiter.

When we exercise longer and more intensely, more sweat and electrolytes are lost. Exercise consumes a large amount of magnesium in the body, and leg cramps will occur during exercise. If the human body does not replenish these minerals fast enough muscle damage will occur.

During exercise or when large amounts of sweat is lost, an electrolyte beverage should be consumed. Beverages that contain minerals such as sodium, potassium, chlorine, magnesium, calcium, andphosphorus. Drinking plain water without anyelectrolyte content will not replenish these minerals and electrolytes. Even if you do not feel thirsty, it is best to drink one or two sips every 20 minutes of exercise to balance the loss of sweat in the body and prevent dehydration from damaging the body.



ATPower

NU LIFE ATPower is formulated with patented magnesium (ChelazomeTM), which is easily absorbed and digested by the gut. It also delivers a high dose of quality magnesium to the muscles and heart with 280 mg of magnesium per serving (5 gm). This works in unison with other nutritional ingredients including malic acid, glutamine (source of cellular energy), L-carnitine bitartrate (responsible for transporting fat to the "fat incinerator" mitochondria), vitamins and minerals to promote an overall well being and prevent muscle acnes and stiffness after exercise. You can add ATPower in juice or water.



Suitable for whole family

MINERAL

SUPPORTS HEART, SKELETAL AND SMOOTH MUSCLES

Muscle itself contains about 26% of all magnesium found within the body. Magnesium is a cofactor in the enzymatic activities involved in energy production. These activities are also supported by selenium, malic acid, vitamin B6, B12 and folic acid. Supplementing with quality Chelated Magnesium and other accessory nutrients can help support all these areas of muscular contraction, relaxation and cardiac activity through enhanced ATP generation.



PROVIDES CELLULAR ENERGY



Energy within the body exists in the form of ATP, generated through cellular respiration. Magnesium is perhaps the most important nutrient co-factor in this process, which is actively involved in every step of respiration. Without magnesium, carbohydrates, lipids and proteins alone in cells cannot produce ATP. Optimal magnesium status helps unleash energy, facilitate oxygen and energy delivery to tissues and cells.

HELPS IN RELIEVING MUSCLE FATIGUE

ATPower contains many essential including Magnesium, nutrients Malic acid. Nicotinamide and other active forms of vitamin B which are required for producing mitochondria, the power house in the body. The proper balance of these ingredients within the body can prevent less efficient anaerobic metabolism, thus reducing chance of an abnormal buildup of lactic acid which is the cause of muscle fatigue, weakness, pain and spasms.





PROTECT AGAINST ALCOHOL **TOXICITY**



Our body has two important enzymes for breaking down alcohol. They are alcohol dehydrogenase and aldehyde dehydrogenase. In order to function properly, these 2 enzymes require a cofactor called Nicotinamide adenine dinucleotide (NAD) which assists the enzymes for optimal alcohol breakdown within the body. ATPower contains Nicotinamide which is one of the constituents of the cofactor, helping the alcohol decomposition process work ideally.

Suggested serving size:

 Add 5g (about 1 teaspoon) to 100-200ml warm water, stir until dissolved. (Other beverage suggestions: alkaline water, fruit juice) In order to achieve optimal absorption, please do not mix ATPower with hot water.

*You can drink BODYFIT5 after exercising to supplement with protein and promote muscle growth.



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NU LIFE INTERNATIONAL (ASIA) LIMITED www.nulife.com Tel: (852) 3468-6188 http://www.facebook.com/nulifehk http://www.instagram.com/nulifehk















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