

Wellness International Network, Ltd

Pharmaceutical Grade Nutritional Supplements

Credibility and Safety:

- All listed in Physicians Desk Reference
- All manufactured in FDA regulated facilities (pharmaceutical companies)
- All meet FDA labeling requirements
- Used and endorsed by thousands of physicians worldwide
- Used by professional and amateur athletes worldwide
- Chosen by Johns Hopkins for their clinical obesity trials
- 11 years of safe & effective use without a product liability claim
- 100% Money-back guarantee to your customers and/or patients

Sports Nutrition

Because of the physical demands on the competitive athlete, one does not need to settle for suboptimum nutrition. It is easy to get depleted of certain nutrients, which leads to other complications such as muscle cramps, strains, fatigue, dehydration, electrolyte deficiency, and injury. It is known that we can no longer rely on a balanced diet to replenish these needs. Our produce has harmful chemicals such as pesticides and herbicides. Many of our fruits and vegetables have been over cultivated so that they do not contain the vitamins and minerals that they once had. Unless a person supplements their nutrition with supplements, they are likely not getting what they need in a “balanced diet.” This is why the NIH recommends that every adult take a multivitamin daily.

When you consider the physical demands of the athlete, you cannot settle for less than the best. Wellness International Network, Ltd has prided itself on the purity and consistency of its advanced nutrition products. Because they are manufactured in FDA regulated facilities, you can trust the label. Not only have these products been designed with the best ingredients, they have also been designed to be absorbed by the gastrointestinal tract. This is important because many companies may say their products have a certain amount of an ingredient in them, however most of it never gets absorbed. Our scientific researchers do not release a product unless it has been proven to be 100% bioavailable. If it is on the label, it will be absorbed into your bloodstream and then into your cells. In fact, most of our products originally came from medical research labs and were proven to be the best of the best, such as our protein product, Pro Xtreme. That is one of the reasons why many people actually feel a boost from the multivitamin, Phytovite. It actually replenishes deficits in the system because it is getting absorbed.

Performance Sports & Fitness Line

Pro-Xtreme

Smooth, rich and easy to prepare, **Pro-Xtreme** utilizes whey protein isolates of the highest quality to offer both an enhanced degree of hydrolysis as well as superior levels of branched-chain amino acids (BCAAs) and glutamine content. These extraordinary features, coupled with its low molecular weight and soluble fiber content, are what brand **Pro-Xtreme** one of the most technologically advanced protein supplements available on the market today.

And, just like all of our other products, **Pro-Xtreme** is gluten-free. This means that people with certain digestive disorders, such as celiac disease, can take it without worry.

Recent scientific studies have revealed that predigestion by sequential-enzymatic hydrolysis results in maximum *di* and *tripeptide* levels, thus limiting the amount of free-form amino acids.

Pro-Xtreme™ is specifically engineered based on this revolutionary new discovery. With an exceptionally high *di* and *tripeptide* content of 40 percent, **Pro-Xtreme** not only promotes increased nitrogen retention — thereby minimizing the negative effects of increased protein intake or reduced caloric intake — but it works in harmony with natural gastrointestinal activity to produce maximum absorption as well. To further augment the nutritive value of **Pro-Xtreme**, a generous infusion of amino acids have been added to the advanced supplement's contents. While BCAAs are utilized by muscle tissue for protein synthesis and energy production, a portion of BCAA metabolism also results in glutamine production. Glutamine and the critical BCAA leucine are deemed indispensable for the healthy functioning of other tissues and metabolic processes. By maintaining a rich supply of BCAAs, **Pro-Xtreme** proves protein sparing, offering the highest biological value possible.

The combination and sequencing of amino acids in whey protein also results in increased tissue storage of glutathione, a stable tripeptide whose antioxidant activity is known to improve immune function. And, although whey protein naturally contains 5 to 7 percent of glutamine — the most abundant amino acid in skeletal muscle — the formula for **Pro-Xtreme** incorporates additional gram amounts of L-glutamine to its list of highly evolved ingredients. This extra step is designed to promote anticatabolic effects in skeletal muscle while focusing on gastrointestinal and immune function improvement.

Summary or Pro-Xtreme:

- 25gms of absorbable protein
- Several grams of Glutamine and a high branched chain amino acid content
- 3gms of soluble fiber per serving
- Low molecular weight design for increased and more rapid absorption

Mass Appeal

Formulated in easy-to-take tablets, **Mass Appeal** utilizes creatine monohydrate, branched chain amino acids (BCAAs) and vanadyl sulfate in a synergistic combination to enhance athletic performance by increasing muscle mass. Creatine monohydrate plays an important role in the transfer of energy within the muscle cells and in the production of ATP (the basic energy source for muscle activity). Once creatine reaches a saturation level in the muscle, it causes a “volumizing” effect by beneficially forcing water molecules into muscle cells. This promotes an

increase in size while enhancing continued growth by helping muscles form new protein faster. Creatine also slows down the destructive breakdown of muscle cells during exercise — an added benefit for any athlete hoping to preserve muscle strength and size. Exercisers who supplement with creatine monohydrate have been found to work out harder, longer and with greater strength while experiencing a marked reduction in the muscle soreness that often results from intense exercise. Branched chain amino acids (L-leucine, L-valine, L-isoleucine) are vital components of the muscle growth process and are important factors in the **Mass Appeal** formula. Found within muscles cells and proteins throughout the body, BCAAs promote protein synthesis — an integral part of muscle growth. When dietary intake of these amino acids is inadequate, muscle protein is broken down into its individual amino acid constituents and utilized in other essential metabolic reactions within the body. This robs the muscle of much-needed protein and hinders proper muscle development. Additional ingredients vanadyl sulfate and inosine are also important in the development of muscle tissue. By metabolizing fat, vanadyl sulfate increases the probability of utilizing fat as an energy source during exercise. It also increases blood flow to muscle cells, resulting in a more nourishing environment conducive to growth. Inosine increases hemoglobin's affinity for binding oxygen within red blood cells. Consequently, more oxygen is carried to the lungs from the muscles via these oxygen-rich cells.

Summary of Mass Appeal;

- Pharmaceutical-grade creatine-based product with branched chain amino acids and vandyl sulfate
- Increases muscle mass
- Accelerates energy recovery and helps reduce muscle fatigue
- Supports ATP regeneration

Sure 2 Endure for Stamina and Endurance

With ciwujia root and boswellia serrata, herbs used in ancient Chinese medicine for almost 1,700 years to treat fatigue and boost the immune system, **Sure2Endure** has been formulated to provide your body with the components needed to prolong and enhance your workout through an innovative blend of herbs, vitamins and minerals.

Historically used to improve overall performance in aerobic exercise, endurance activities and weight lifting while avoiding the tell-tale side effects associated with exercise stimulants, ciwujia lies at the heart of this amazing product. Studies have shown that ciwujia causes a dramatic increase in fat metabolism during exercise by utilizing fat stores as an energy source rather than carbohydrates. In addition, this caffeine-free herb reduces lactic acid build-up in muscles which results in a delay in muscle fatigue — not to mention the discomfort associated with this painful by-product of exercise.

Sure2Endure offers an array of benefits beyond the effective properties of ciwujia. Formulated with antioxidants and enzyme cofactors, this product was created to ensure that your body receives the vital nutrients necessary to achieve the optimal workout experience. Vitamins C and E address the high levels of free radicals generated as by-products of energy expenditure during exercise; while the B family of vitamins maintains proper carbohydrate metabolism. To address the tissue stress and joint damage that often results from bouts of strenuous exercise, **Sure2Endure** contains glucosamine, bromelain and boswellia. Glucosamine, one of the basic constituents of joint cartilage, protects against destructive enzymes while enhancing the synthesis of cartilage and stabilizing the cell membrane and intercellular collagen. It protects cartilage not

only during rest, but also during exercise and recovery. Bromelain and boswellia focus on the health of joints and soft tissues, completing this essential formula. Everyone wants to get more out of their workout. Now, with **Sure2Endure** you can!

Summary of Sure2Endure:

- Maximizes exercise performance
- Enhances endurance and stamina
- Aids in restorative processes after exercise

“I have trained and coached numerous marathoners and triathletes who love the improvements they get from this product.” Tim Berry, MD – Triathlete trainer & physician

Winrgy for Healthy Energy

A delicious, vitamin C-enriched beverage, **Winrgy** was formulated with a special blend of nutrients designed to offer a nutritional alternative to coffees and colas. This results-oriented, tangy citrus drink is a wonderful way to start any day. Winrgy contains the essential amino acid phenylalanine plus copper, vitamin B6 and several other nutrient cofactors which act as precursors to noradrenaline, the brain's energizing, mood-elevating transmitter. When your noradrenaline system is functioning at peak level, your awareness is heightened and you're primed to handle heavy stress, long distance travel and physical activities. Winrgy is an ideal energizer anytime peak performance is needed. For a long-lasting lift, mix **Winrgy** with 6 ounces of chilled water or your favorite fruit juice. **Winrgy** tastes great alone or, for added flavor and nutritional support, mix **Winrgy** and **Food For Thought** together.

Food for Thought for Concentration and Mental Focus

By utilizing such scientifically established "smart nutrients" as Choline, Thiamin and Riboflavin, Food For Thought™ delivers to the body essential vitamins and minerals which promote the synthesis of brain neurotransmitters. The most abundant neurotransmitter in the body, acetylcholine, is the primary neurotransmitter between neurons and muscles. It is vital because of its role in motor behavior (muscular movement), and memory storage. Choline, a member of the B-complex family, is determined to be one of the few substances that possesses the ability to penetrate the blood-brain barrier and go directly into the brain cells to produce acetylcholine. Food For Thought also contains mental fitness vitamins B3, B6, B1, B5 and C.

STEPHAN Flexibility for Optimum Joint and Soft Tissue Health

STEPHAN Flexibility is a natural food source with specific biological balancers and important elements of nutrition recognized as important for the health of joints, soft tissues and the immune system. The **STEPHAN Flexibility** formula includes:

- **Ribonucleic Acid (RNA):** The major protein builder of the cell used to positively affect the health of individual cells.

- **Adenosine Triphosphate (ATP):** The biological energy molecule which helps the increase of energy in the body cells.
- **Vitamins:** A, B1, B2, B3, B5, B6, Folic Acid, B12, C, D-3, E and Biotin.
- **Minerals:** Zinc, Calcium, Boron and Selenium.
- **Amino Acids:** Isoleucine, Phenylalanine, Leucine, Threonine, Lysine, Methionine, Valine, Alanine, Glycine, Histidine, Arginine, Proline, Aspartic Acid, Serine, Cysteine, Tyrosine and Glutamic Acid.
- **Other Nutritional Substances:** Bee Pollen.

Sleep Tite for a Safe, Non-addictive, Restorative Sleep

Sleep is essential for the maintenance of good health, both physically and mentally. This is due to the fact that during sleep our bodies **recuperate, rejuvenate and repair** themselves from each day's activities. This is especially **important for athletes**, although often overlooked. In order to achieve this necessary process, there are many cycles, with up to five stages within each, that must be completed. With such complexity, it is easy to see why sleep disorders are so prevalent. **Sleep-Tite** is formulated to assist people in obtaining restorative sleep. Blended with a unique combination of herbs, including Valerian root extract, which help to clear the mind and relax the body prior to sleep, **Sleep-Tite** is a safe and equally effective alternative to prescription sedatives without the hangover effects. One to two **Sleep-Tite** tablets can help to initiate and maintain the deeper stages of sleep while working to improve the restorative process. **Sleep-Tite** can also aid in relieving muscular tension prior to and throughout the sleep process.

Phyto-Vite

Advanced Vitamin, Antioxidant, and Chelated Mineral Formulation

A part of WIN's exclusive Physician's Health and Diet® Program, **Phyto-Vite** incorporates the latest medical and nutritional findings into a formula that provides a super shield against illness and disease, featuring:

- **ANTIOXIDANTS** (carotenoids, lycopene, beta carotene, vitamins E, C, selenium, to name a few): Minerals, which are chelated to ensure maximum absorption, and vitamins have exquisitely important antioxidant properties.
- **ANTHOCYANOSIDES** (bilberry fruit at 25% anthocyanosides): Scientific studies have found this natural compound in bilberry fruit to be stronger than vitamin E (or even pycnogenol). Anthocyanosides magnify the effects of nutrient vitamins and are important in the prevention and treatment of age-related macular degeneration.
- **BIOFLAVONOIDS** (citrus fruits): Natural antioxidants found in many fruits, vegetables and beverages (such as tea and wine), bioflavonoids have a strong impact on human health. Scientific studies have found them to be immune system stimulants and many to have anti-allergenic, anti-asthmatic and anti-inflammatory properties.
- **LEUCOANTHOCYANINS** (grape skin, grape seed at 16-18% polyphenols): Grape seed extracts contain both leucoanthocyanins and bioflavonoids. These natural, non-toxic antioxidants are more effective than nutrient vitamins and work to help our bodies cope with the pollution of today's environment. Scientific studies have found the various components of leucoanthocyanins to guard against cancer, to aid in inhibiting tumor growth and to protect against influenza and heart disease. Polyphenols are effective in guarding against lung, mammary and skin cancers.
- **PHYTONUTRIENTS** (active plant-based nutrients from energy-rich whole food concentrates): Nature's powerful disease-fighting, antioxidant nutrients extracted from vegetables and fruits. Though just a few years ago scientists didn't know that they existed, today they are the new frontier in cancer-prevention research due to their apparent ability to block the multiple processes that lead to cancer.

Embracing the concept of prevention through enhanced nutrition, **Phyto-Vite** supplies the body with the Optimal Daily Allowance (ODA) of necessary vitamins, minerals and other highly-concentrated ingredients that offer one of the best ways to help control free radicals, control disease and control your life. Available 180 tablets per bottle.

A June 2002 report published by the *Journal of the American Medical Association* recently stated "all adults should take a multivitamin every day." For competitive athletes, this is a must. Why not go with the best product scientific research has to offer?

Other Products of Interest

Wellness International Network has an extensive line of other quality nutritional supplements, including a complete range of weight loss products that can be customized to a **Biolean-Free**: is an ephedra-free appetite suppressant that increases the metabolism. Works as effectively as our regular Biolean product. Both are still being used in the clinical obesity trials at Johns Hopkins School of Medicine.

Accelerator: does just that. It accelerates or enhances the effects of the Biolean system. Especially good for people wanting to lose more than 20 pounds or speed up the process of weight loss.

Lipotrim: one of our best sellers. It prevents excess calories from getting converted to fat, instead they go to glycogen stores, stabilizing blood sugar levels throughout the day.

Satiety: natural mood enhancer. Curbs sugar cravings. Great for chocoholics and emotional eaters.ny individual regardless of medical conditions or medications.

These products are available at The Orthopaedic Center. Please call (256) 539-2728 for more information on sports nutritional supplements.