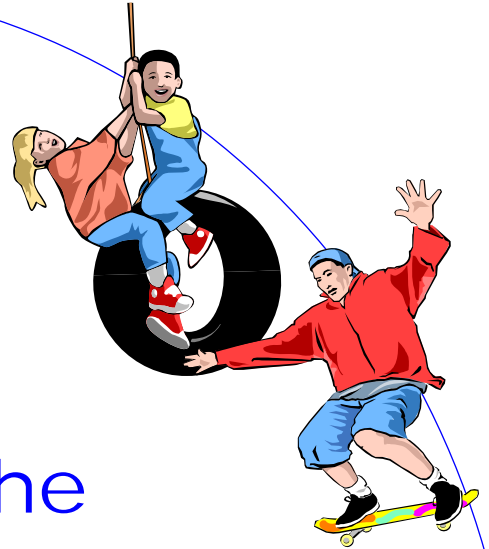
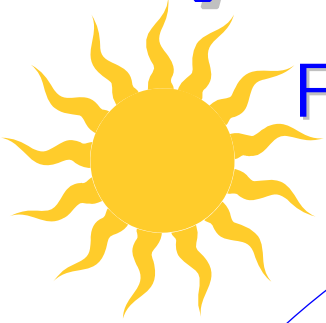


# Performance

## Fluid Replacement Drink



Children at play



Sports

Can make the  
Difference between  
working out and

# Burning Out



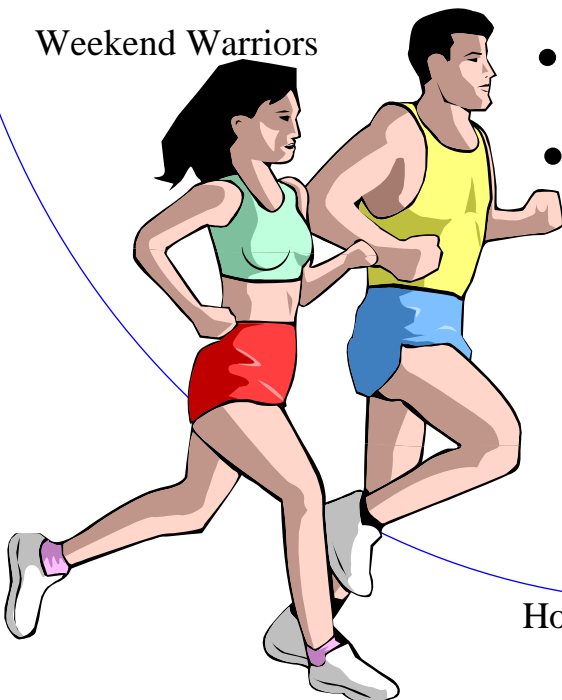
Colds or flu

- Fluid replacement
- Electrolytes
- Energy



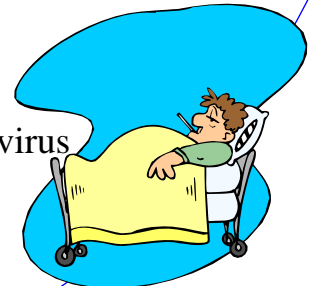
Seniors

Weekend Warriors



Housework, yard work

Stomach virus



# Performance Created for the Daedalus Project

Performance was originally created for the human-powered flight from Crete to Santorin in April 1988. Kanellos Kanellopoulos set a new world record by pedaling 74 miles in three hours and 55 minutes. According to Dr Ethan Nadel, Yale University Professor, Advisor to the Daedalus team, this was “A superhuman effort equivalent to running two nonstop marathons.” Kanellos drank about three and a half quarts of Shaklee Performance during the flight to maintain his electrolytes balance and hydration and to provide energy. It was his only *fuel* for the flight.



**Every serving of PERFORMANCE is loaded with thirst-quenching muscle fuel—47% more than Exceed, 67% more than Gatorade. It also has a unique carbohydrate formula called OptiCarb which provides both immediate and sustained energy in an easy-to-absorb form.**

## For More Energy

Glucose is the *fuel* that helps sustain intense energy output. When a person engages in a strenuous workout or physical labor, the body draws from its glucose levels. When exercising without an external source of carbohydrates, the body's blood glucose levels decline steadily.

Study: Even after cycling hard for 30 minutes, cyclists drinking Shaklee Performance had blood glucose levels 30% higher than those drinking water. After two hours of cycling, their blood glucose levels were 37% higher than the water drinkers'. The cyclists who hydrated with water alone had steadily declining blood glucose levels.

## Directions for Use

Mix three 3 tablespoons of Performance for every 8 ounces of water. As a general guideline, use 8 ounces of the mixture for every 30 minutes of activities that create heavy perspiring. Drink 8 ounces mixed Performance before a gym workout or other strenuous activity, and 8 ounces for every 15 minutes thereafter until completion of the activity. Performance can be taken by those that are sick with colds or flu to supply energy and prevent dehydration. Store unused mixture in the refrigerator.

## For More Stamina

Dehydration is the number one performance inhibitor among well-trained athletes. Performance delivers just the right amount of fluids, electrolytes and carbohydrates so that it enters the bloodstream quickly and stays there longer. This minimizes your water weight loss and keeps your blood volume up and your heart rate down. This gives you more stamina.

Limiting effects begin when water weight loss is between 2% and 4%. Football players, tennis players and runners often suffer a 5% body weight loss. Cyclists drinking Shaklee Performance lost an average of only 1.5%.

## Strategic Hydration

People often make the mistake of thinking that if they need more fluids, they'll know it. In truth, however, the body does a poor job of communicating its real fluid needs, especially in the elderly. By the time you feel thirsty, your physical performance has already started to decline. Furthermore, drinking enough water to satisfy a parched throat replaces only about 50% of the actual fluid lost during the exercise or activity.

That's why the electrolyte concentration in Shaklee Performance is so critical. The minerals sodium, potassium, chloride, calcium and magnesium are absorbed into your blood to encourage your body to maintain this all-important balance between “thirst drive” and fluid needs. Without it, athletes or others who work or exercise for long periods or in the heat will surely face the limiting effects of dehydration.

Shaklee Performance gives you measurable benefits you just can't get from water. It can give you more energy, more stamina, and better balance between thirst and fluid needs.