

Boost Your Endurance with

ASTAREAL® ASTAXANTHIN FOR MUSCLE HEALTH

The most studied brand of Astaxanthin

AEROBIC VS. ANAEROBIC EXERCISE

DID YOU KNOW THAT THERE ARE 2 TYPES OF EXERCISE?

AEROBIC EXERCISE



- Improves muscle endurance and cardiovascular health
- Is powered by energy made inside mitochondria
- Is sustained by a rich supply of oxygen
- Requires efficient energy production
- Is inhibited by fatigue-causing free radicals

ANAEROBIC EXERCISE

Builds muscle and improves health

Is powered by energy made outside the mitochondria

Doesn't require oxygen

Requires fast energy production

Is inhibited by lactic acid build-up

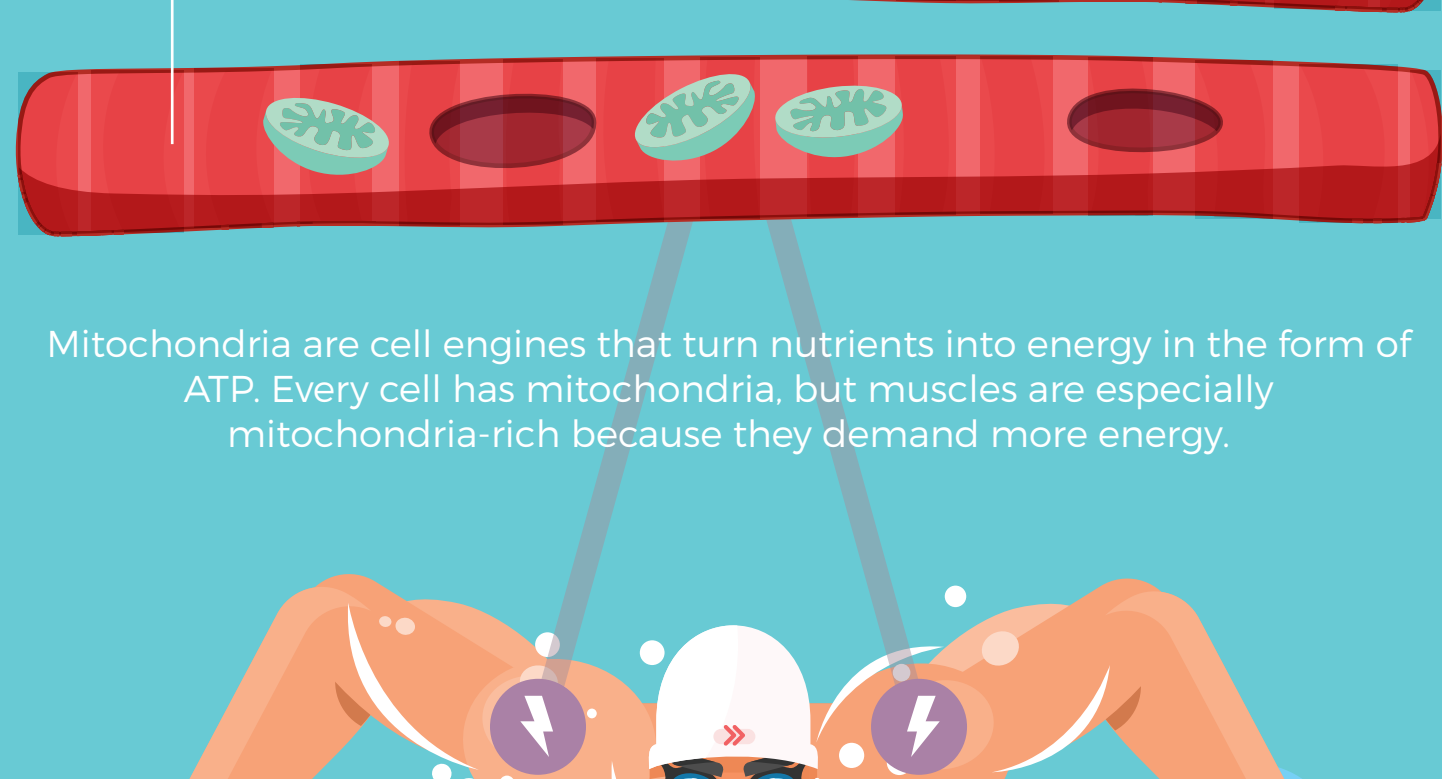


HOW TO INCREASE EFFICIENCY WHEN YOU EXERCISE

IT ALL COMES DOWN TO HOW YOU'RE POWERING YOUR BODY.

Muscle fiber

Mitochondria



Mitochondria are cell engines that turn nutrients into energy in the form of ATP. Every cell has mitochondria, but muscles are especially mitochondria-rich because they demand more energy.



THERE ARE 3 LEVELS OF ENERGY PRODUCTION

LOW EFFICIENCY	MEDIUM EFFICIENCY	HIGH EFFICIENCY
<i>Anaerobic exercise</i>	<i>Aerobic exercise</i>	<i>Aerobic exercise</i>
Good for muscle building	Gives you limited endurance	Gives you better endurance
Energy is created outside of the mitochondria	Energy is created inside of the mitochondria	Energy is created inside of the mitochondria
Powered by carbohydrates	Powered by carbohydrates	Powered by fat
These conditions produce lactic acid	These conditions produce free radicals	But once again, the byproduct is free radicals
Causing cramping	Which damage the mitochondria	Damaging mitochondria
	Slowing down energy production, which compromises endurance	Slowing down energy production, which compromises endurance

BOOSTED EFFICIENCY

Aerobic exercise

AstaReal® Astaxanthin boosts energy efficiency & power output, giving you lasting endurance.

Energy is created inside of the mitochondria

Powered by fat

Free radicals are created

Fear not! AstaReal® Astaxanthin protects the mitochondria from any damage

Boosting athletic performance by giving you optimal energy and muscle protection. Astaxanthin helps you go the distance by minimizing cramping and soreness.

PROOF THAT IT WORKS: ASTAREAL STUDIES

ASTAREAL® GROUP

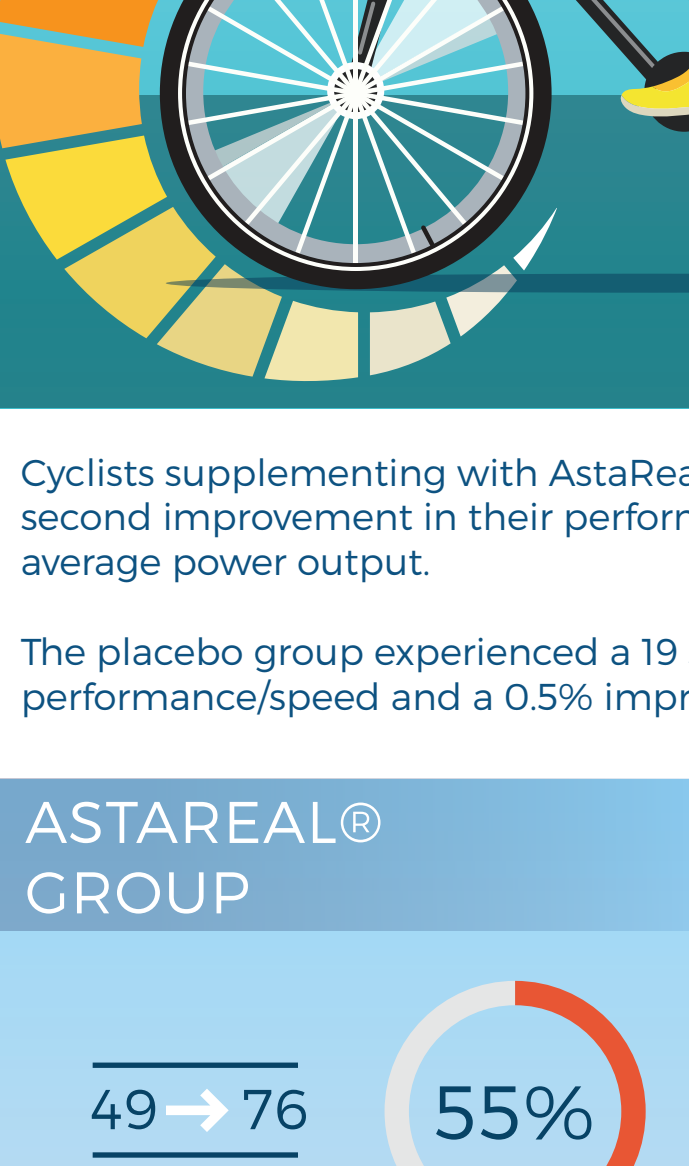
CONTROL GROUP



Track runners had significantly less lactic acid buildup after a 1200m run when supplementing with AstaReal® Astaxanthin. Lactic acid builds up during anaerobic respiration. By promoting aerobic respiration in the mitochondria, AstaReal® Astaxanthin helps reduce lactic acid build up, helping to lower the sensation of muscle burning and cramping during exercise.

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CONTROL GROUP



Cyclists supplementing with AstaReal® Astaxanthin experienced a 121 second improvement in their performance/speed and a 15% increase in their average power output.

The placebo group experienced a 19 second improvement in performance/speed and a 0.5% improvement in power output.

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CONTROL GROUP



Paramedics combining AstaReal® Astaxanthin together with training improved by an average of 55%. They were able to increase their number of squats from 49 to 76. Paramedics relying on training alone improved by 22%, increasing only from 46 to 55 squats.



To learn more about natural astaxanthin and your health visit www.astaxanthin.net

SOURCES

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