

BASE Performance Product Protocol



BASE Amino: Take BASE Amino before, during, and (or) after workouts. We suggest taking a serving of BASE Amino prior to a workout to avoid the exercised induced catabolism that occurs in the beginning of training. BASE Amino must be mixed in a shaker or sports bottle to dissolve. *Plain flavored BASE Amino must be mixed with fruit juice or sports drink to achieve desired sweetness.*

Maintenance: The majority of athletes are amino deficient, which can lead to things like chronic fatigue and poor endurance. So for maintenance, even on days you are doing no training at all we advice taking at least one serving (2 scoops) of BASE Amino a day. If you are training for a race like a Half Ironman or Ironman we suggest getting in 2 servings on your days off. Your body will respond very well to this.

During Training/Racing: We recommend 1 serving (2 scoops) per every 2-3 hours of exercise. If you go for a 4-6 hour ride, take 2 servings with you in your bottles and drink them during the workout. You can add BASE Amino to the current sports drink that you are comfortable training with (you may want to dilute you sports drink a little because you may not need as many carbohydrates in your drink). If you are going out for a quality run or swim we recommend you take 1 serving 30-60 minutes before the workout.

Using BASE Amino, BASE Electrolyte Salt, and BASE Water together:

Chris Lieto Example: Chris will go out for a 4-6 hour training ride and mix 2 bottles of BASE Water with one scoop of PowerBar Endurance drink, 1 serving (2 scoops) of BASE Amino and 1/4 teaspoon of BASE Electrolyte Salt. He spreads the consumption of those 2 bottles throughout the 4-6 hour ride along with 2 other bottles that contain only PowerBar Endurance and BASE Electrolyte Salt and/or just BASE water. (Note: BASE Water is sold as a concentrate. To pre-mix BASE Water, add one ounce of BASE Water concentrate to one gallon of water)



Option 1 (Chris Lieto Example):

Prepare 4 bottles with the following:

2 bottles: each containing

- 24 oz of BASE Water (pre-mixed)
- 2 scoops BASE Amino
- 1 scoop PowerBar Endurance
- 1/4 tsp BASE Electrolyte Salts

2 bottles: each containing

- 24 oz of BASE Water (pre-mixed)
- 1/4 tsp BASE Electrolyte Salts
- 1 scoop PowerBar Endurance

Option 2

Prepare 4 bottles with the following:

4 bottles: each containing

- 24 oz of BASE Water (pre-mixed)
- 1 scoops BASE Amino
- 1 scoop PowerBar Endurance Drink
- 1/4 teaspoon BASE Electrolyte Salts



BASE Recovery Activator: Use in conjunction with a carbohydrate recovery product to help ensure digestion, assimilation and utilization of healthy recovery habits. While training, we recommend taking 2 capsules in the morning and 4 more within 60 minutes after a workout in conjunction with a recovery carbohydrate source (like PowerBar Recovery). If legs still feel heavy or tired, you can safely take up to 2 more capsules with another recovery carbohydrate source.

Follow this protocol for at least two weeks to see significant increases in your energy, endurance, and recovery!

Do not mix BASE Amino with other products that have glutamine in it. Mixing certain amino acids with glutamine can reduce the benefits of those aminos, and can counter act the benefits that BASE Amino was designed to do. We advice if you take products with Glutamine in them to take them 30 minutes away from BASE Amino. That way you will get the most out of the current product you are taking and BASE Amino. Note: BASE Recovery Activator contains Glutamine.

About BASE Performance:

BASE Performance is an all natural supplement company that seeks to create performance enhancement through the creation of health and vitality. The true potential of an athlete can only be achieved when the body's needs are met and maintained at optimal levels. Most of the companies in the sport supplement industry aim to create performance gains with shortcuts (stimulants) and manipulation of the body's natural balance. This approach may work initially, but over time, will be impossible to sustain and can in fact be detrimental to both performance and health.

BASE Athletes: Linsey Corbin, James Cotter, Cameron Evans, Ryder Hesjedal, Chris Lieto, Brent McMahon, Matt Reed, Simon Whitfield