



BASE PERFORMANCE PRODUCT PROTOCOL



BASE Amino: We recommend taking BASE Amino before, during, and (or) after workouts. Take 1-3 servings of BASE Amino per day. For best results, mix the BASE Amino in sports bottle and let sit for a few minutes to fully dissolve before consuming. *Plain flavored BASE Amino should be mixed with fruit juice or a sports drink to achieve desired sweetness.



During Training/Racing: For Riding, use 1 scoop per 20-24oz bottle mixed with the electrolyte drink of your choice. If you are going out for a quality run or swim we recommend you take 1 serving 30-45 minutes prior to the workout.

Maintenance: The majority of athletes are amino deficient, which can lead to things like chronic fatigue and poor endurance. So for maintenance, even on rest days, we advise taking at least one serving (2 scoops) of BASE Amino. This will aid in recovery and help restore amino deficiencies.



BASE Electrolyte Salt: Use ½ -2 scoops of BASE Electrolyte salt per hour/bottle. Replace your table salt with BASE Electrolyte for better health and electrolyte balance. BASE Electrolyte Salt will noticeably increase your hydration levels and decrease fatigue associated with electrolyte imbalance.



BASE Recovery Activator: Take 2 capsules in the morning before breakfast, and 4 capsules after workout. The Recovery Activator should be used in conjunction with a carbohydrate recovery product or with your meal to help ensure digestion, assimilation and utilization of healthy recovery nutrition. You may increase dosage with an increase in intensity and or duration of workouts.

BASE Multi-Vitamin: BASE Multi Vitamin is specifically designed to support the body's normal defenses against excess free radical production associated with strenuous aerobic exercise. As part of a daily routine, take 4 tablets twice daily, with a meal for proper absorption.

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



About BASE Performance:

BASE Performance is an all natural supplement company that seeks to create performance enhancement through the creation of health and vitality. All BASE products are safe, legal, stimulant-free endurance supplement that abides by all athletic governing bodies, including WADA, USADA, UCI, IOC and USAT.

BASE Athletes: Linsey Corbin, Cameron Evans, Ryan Hall, Ryder Hesjedal, Chris Lieto, Brent McMahon, Matt Reed, and Simon Whitfield.