
SHAKLEE PERFORMANCE®

The importance of proper hydration to athletic performance cannot be underestimated. When you exercise, your body cools itself by sweating. You lose not only water but also many minerals and water-soluble vitamins. Further fluid loss causes an increase in body temperature and heart rate, and the risk of muscle cramps, as well as a decrease in your muscle strength, your ability to concentrate, and your endurance. The bottom line is that dehydration slows you down!

Dehydration can be avoided by planning fluid intake in advance and by consuming a sport drink before, during, and after activity. **Shaklee Performance®** is a naturally flavoured powdered sport drink designed to help prevent dehydration, give your body the carbohydrate energy it needs for endurance, and replenish electrolytes lost in perspiration.

HISTORIC BEGINNINGS

Our researchers originally developed **Shaklee Performance** as an endurance supplement for the 1988 Daedalus Project in Greece. In this project, Greek cycling champion Kanellos Kanellopoulos successfully powered a super-lightweight aircraft designed by the Massachusetts Institute of Technology, called *Daedalus* 88, 115 kilometres (72 miles) over the open sea between the Greek islands of Crete and Santorini. This was like doing almost three back-to-back marathons!

In achieving this amazing feat, the cyclist broke the world record for human-powered flight – a world record that still stands today! Soon after, **Shaklee Performance** was launched nationally as a sport drink by Shaklee in the United States. In 1995, a Canadian version of the lemon-lime-flavoured formula was introduced by Shaklee Canada.

OPTIMAL ELECTROLYTE CONTENT

Shaklee Performance contains a unique blend of electrolyte ingredients called **OPTI-LYTE™** to help prevent dehydration. Electrolytes are charged ions found within the body and they can be lost in perspiration. **Shaklee Performance** provides optimal amounts of six electrolytes: sodium (Na^+), phosphate (PO_4^{-2}), potassium (K^+), chloride (Cl^-), calcium (Ca^{+2}), and magnesium (Mg^{+2}) ions. Technically, it's known as an *isotonic* sports drink, which means the electrolytes are in the product at roughly the same concentrations as in human blood. **Shaklee Performance** maintains a higher plasma *osmolality* than water, which means it helps hydrate the body better than water.

OPTIMAL CARBOHYDRATE CONTENT

Shaklee Performance also contains a proprietary blend of three carbohydrates called **OptiCarb®** that supplies both immediate energy (from two simple sugars: glucose and fructose) and sustained energy (from the complex carbohydrate maltodextrin) in an easy-to-take form. There are 25 grams of muscle-fuelling carbohydrate in each delicious serving.

Finally, thanks to Shaklee's research and development diligence, special forms of all the key ingredients needed for **Shaklee Performance** have been utilized to ensure that the powder won't cake in its container, and that it will easily and quickly go into solution with water when you need it.

CLINICAL TEST RESULTS

Clinical testing has proven that **Shaklee Performance** really helps with increased endurance. Two groups of elite cyclists pedalled vigorously on stationary bicycles in a laboratory for three hours, and drank either **Shaklee Performance** or a placebo drink (flavoured water). When the speed on the bikes was turned up to sprint pace, the **Shaklee Performance** drinkers endured for another 33 minutes, while the water-only group lasted for just an extra 2 minutes. What a difference!

Another test* showed that, even after cycling hard for 30 minutes, cyclists drinking **Shaklee Performance** had blood glucose levels 30% higher than those of the cyclists who were 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.

CONTINUING COMMITMENT TO SPORTS NUTRITION

Sports nutrition products intended just for serious, high-performance athletes were first developed by Shaklee researchers in the 1980s. Those products responded to the special needs of very physically active groups that Shaklee U.S. sponsored and helped with nutritional counselling, including a group of Mount Everest climbers and the U.S. Ski Team (downhill and cross-country skiers).

As Shaklee researchers continued to develop sports nutrition products, they decided to make products that could not only take serious athletes to the Olympics or help them set new records but also meet the needs of recreational athletes, school teams, or the person who just likes to play golf occasionally or tend a garden.

Shaklee Performance was our first sports nutrition product. It represents the beginning of a commitment to develop products to help keep active people fit and reflects Shaklee's belief that fitness and wellness go hand in hand.

***Reference:**

Wong LG, Jensen CD, Whittam JH. The effects of sodium:carbohydrate (Na:Carb) ratios in rehydration beverages (RB) on plasma glucose (PG), osmolality (PO), volume (PV), and subject tolerance (ST). *FASEB J* 1990;4:A381 (abstract).