
SHAKLEE PHYSIQUE® : POST-EXERCISE RECOVERY DRINK

Shaklee Physique® is a pure, natural, high-octane fuel for rapid muscle recovery, endurance, and strength. It's a banana-flavoured powder that can be mixed with water, juice, or milk to form a delicious low-fat, nutritious drink for consumption after exercise.

Taking **Physique®** immediately after a workout and then two hours later helps athletes of all skill levels build firm, lean muscles. It also supports muscle repair and helps restore muscle energy.

SHAKLEE DIFFERENCE

Physique® contains a special blend of milk protein and whey protein isolates, with a quality rating equivalent to casein or milk protein, making it excellent for muscle repair and muscle building. These proteins are particularly good sources of the branched-chain amino acids (valine, leucine, and isoleucine), which are present in a relatively high percentage in muscle fibre protein. During exercise, the body's muscle fibre protein is broken down, and using **Physique®** allows your body to absorb a full spectrum of amino acids over time.

The special blend of carbohydrates in **Physique®** is also critical because carbohydrates supply needed energy to the muscles. Dextrose (glucose), a simple sugar, supplies immediate energy to the bloodstream; maltodextrin, a long-chain complex carbohydrate, breaks down slowly and supplies long-term energy.

BIO-BUILD®

In fact, the special protein-carbohydrate blend in **Physique®** proved to be so effective that Shaklee patented it under the name **Bio-Build®**. Its unique protein-to-carbohydrate ratio does two things: it helps the pancreas naturally produce more insulin after exercise than either protein or carbohydrate alone, and it also helps control blood glucose levels so there aren't peaks and valleys in energy level.

Increased insulin production puts the body into an anabolic (tissue-growing) state. With the assistance of the trace mineral chromium, supplied by the highly bioavailable chromium nicotinate, insulin drives the branched-chain amino acids and glucose into the cells to increase lean muscle building and restore strength.

LACTOSE-FREE OPTION

Although it's formulated with whey protein and milk protein isolates, **Physique®** contains no milk sugar (lactose). As a result, when mixed with water or juice, **Physique®** is lactose free. **Physique®** is also low in fat; when prepared with water, juice, or skim milk, it contains less than 1 gram of fat per serving!

Delicious-tasting **Physique**[®] is a pleasant change from other recovery products on the market. Unlike most of them, it contains no artificial flavours, sweeteners, or preservatives. Most importantly, clinical testing has shown it really works!

CLINICAL TEST RESULTS

In a clinical study* conducted at the University of Texas at Austin using stationary bikes, nine elite cyclists rode to exhaustion with an alternating workload that reflected race-like conditions. After every ride they were given one of three drinks: **Physique**[®], a carbohydrate-only drink, or a protein-only drink. The results confirmed that the carbohydrate-protein combination of **Physique**[®] elicited a greater insulin response in the blood than the carbohydrate or protein supplements alone. The study also measured each athlete's muscle glycogen level – the body's store of carbohydrate. The **Physique**[®] drinkers clearly came out ahead of those who had either of the other two drinks.

HOW TO USE PHYSIQUE[®]

Physique[®] can be used by a wide range of consumers after exercise: teenaged athletes, recreational athletes, serious and professional athletes, body builders, and weight lifters. We recommend that each workout be finished with a serving of **Physique**[®], followed by a second serving two hours later. For really intense workouts or for weight gain, users should have a third serving at bedtime. **Physique**[®] can be used in conjunction with any strenuous exercise but it will help build muscles best when used in a programme of weight training combined with aerobic exercise.

***Reference:**

Zawadzki KM, Yaspelkis III BB, Ivy JL. Carbohydrate-protein complex increases the rate of muscle glycogen storage after exercise. J Appl Physiol, May 1, 1992 (72):1854-1859

<http://jap.physiology.org/content/72/5/1854.abstract>