

## 51,000 miles, 7 flights, 8 cities, 5 weeks.

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I travel extensively, often at short notice, delivering engagements across multiple time zones. All the clients I serve are truly global, with locations across the US, Europe, Asia and Australia. Building relationships always requires face to face interaction when I need to be engaging and engaged. Feeling fatigued can massively hinder this and consequently impact family time on my return.

I'm normally fine the day of arrival but dip on day 2 or 3 when I struggle to sleep. As all frequent flyers know, it's too easy to get out of bed and start working UK time. When this is followed by working a full day in local time, it exacerbates my sleep deprivation and I can face a downward spiral during the trip.

In February 2019 I faced a gruelling travel schedule; 1 week in Sydney, 1 week in NYC, 1 week in Miami, followed by 2 weeks back in Sydney. This time, I needed support. I knew I had to travel differently to get through my intense 5-week trip, so I contacted 15th Degree for travel wellness guidance.

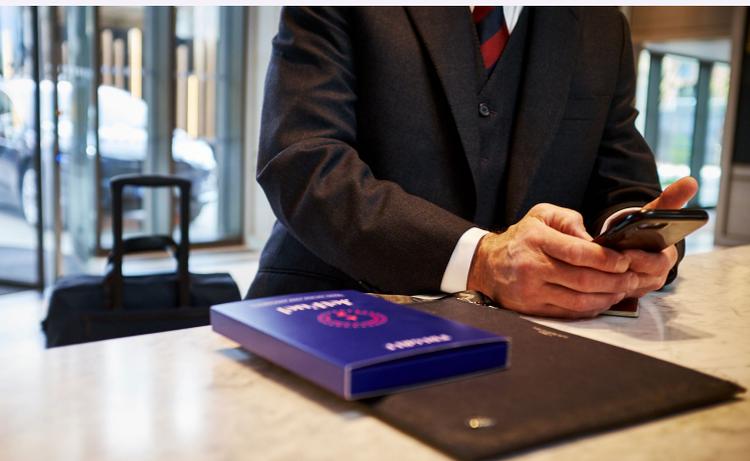
Every day throughout the 3 trips, I drank JetFuel food supplement products by 15th Degree. At home, I don't take any regular food supplements as I'm slightly sceptical. When on the road, I wasn't aware of anything similar to JetFuel but I remained open minded and embraced the opportunity. JetFuel's 'Health' helps look after my digestive, circulatory and immune systems, 'Performance' helps maintain my energy and keep my mind sharp and focused during a full afternoon of meetings and evening client dinners and 'Rest' supports relaxation and reduce tiredness and fatigue at the end of the day. 15th Degree told me these 6 health functions get affected during travel.



### Trip 1 LON - SYDNEY - LON

I refrained from complimentary alcohol on both legs of the flight, instead religiously drinking JetFuel, a process I reversed on flying back to the UK. I expected JetFuel to taste artificial but was pleasantly surprised by the flavours. They were natural tasting and very easy to take. I landed at 6am, had a quick shower and started work at 11am local time. I had a full afternoon of meetings followed by a client dinner in the evening. Despite not getting to bed until 10:30pm, I had a fantastic night's rest and felt really refreshed in the morning. Throughout the trip, I followed 15th Degree's guidance. I went for walks in the sun, undertook short daily gym workouts, prioritised my sleep, ate a healthy diet and remained hydrated, drinking JetFuel daily.

“ONE WEEK LATER, ON ARRIVAL BACK IN THE UK, MY FAMILY WERE AS EQUALLY IMPRESSED AS ME. I WAS NEITHER GRUMPY NOR NEEDING TO SLEEP ALL DAY LIKE NORMAL. ”



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“AGAIN, I HAD NO ISSUE WITH FATIGUE ALL WEEK. ON LANDING, I’D SET A NEW PRECEDENT FOR QUALITY FAMILY TIME. ”

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## Trip 2 LON - NYC - MIAMI - LON

I was a bit weak and enjoyed several glasses of wine on the outbound flight, yet I continued to drink JetFuel during the flight, hoping it counteracted it. I landed at 2pm with my first client session scheduled for 5pm. I felt really awake, mentally strong and in an upbeat mood. This set the pace for the whole trip as I repeated my new wellness regime developed in Sydney. I continued to drink JetFuel daily, sometimes in meetings where they were certainly a conversation opener. Most of my clients are also frequent flyers and were intrigued by my powdered sachets.



## Trip 3 LON - SYD - LON

Returning to Sydney gave me a feeling of Groundhog Day, which made it mentally tougher. I’d been here just weeks before. Now a longer trip, with two weeks in one location, it was a real test of how quickly JetFuel helped me acclimatise. By now, drinking JetFuel was becoming almost second nature and part of my pre-during-post flight routine. My work schedule was gruelling, yet clients repeatedly commented on how alert, energetic and positive I was given my brutal travel schedule. My client was so impressed they ordered JetFuel to be shipped to Australia.

**THE RESULTS:** Firstly, I had to acknowledge I needed to travel differently to get through my epic 5-week trip. By focusing on my wellness whilst travelling, I discovered a new way of travelling for business. I learned serious jetsetters arrive fatigue free by resisting alcohol either in the lounge before take-off or during the flight. Instead they remain hydrated drinking water, minerals and vitamins. JetFuel’s food supplements had a really positive impact on reducing my fatigue experienced from long haul travel. Combined with regular exercise, a healthy diet and scheduling time for sunlight exposure - these slight changes to my travelling lifestyle made a massive impact and were crucial in helping me feel happy and positive whilst away from home.



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“I WON’T GO BACK TO TRAVELLING HOW I USED TO. USING JETFUEL GAVE ME SUPPORT AND CONTROL DURING A GRUELLING TIME ON THE ROAD. I NOW ALWAYS KEEP JETFUEL IN MY BRIEFCASE WITH MY PASSPORT IN CASE OF ANY LAST-MINUTE TRIPS. IT’S BECOME SUCH A PART OF MY TRAVEL REGIME, I WON’T DEPART WITHOUT JETFUEL.”

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