

HOW TO HAMMER

Endurance Fuels and Supplements Product Manual



Fuel Right, Feel Great!®

Guaranteed since 1987!



Helping athletes
achieve peak performance
since 1987

Read to Succeed!



This book provides complete usage guidelines for each of Hammer Nutrition's fuels and supplements. Instructions provided on package labels themselves are generally limited. Incorrect use or application of even the best product can result in a less than optimal outcome. Combine the information in this book with our scientifically based, athlete-proven

"5 Secrets for Success" and you have a winning combination, guaranteed!

Keep this powerful resource close by and refer to it often. As always, if you ever have any questions, do not hesitate—give us a call today!

Hammer on!

Brian Frank

Hammer Nutrition Founder and Owner



On the cover: Zandy Mangold celebrating his impressive first place win at the finish line of the 155 mile Atacama Crossing in San Pedro de Atacama. Photo: Thiago Diz, Racing the Planet

HOW TO HAMMER

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Start Here!

Guidelines on fluid, electrolytes, calories, pre- and post-exercise fueling

1. Hydration

During exercise, drink ***no more than*** 12-28 ounces per hour.

Under most conditions, athletes will meet hydration needs with 12-26 ounces of fluid (about equal to a small or large water bottle), while lighter athletes and/or athletes exercising in cool weather may need less. Larger athletes or those exercising in hot, humid conditions may consume up to 28 ounces per hour—but no more.

Overhydration (consistent intake of 30+ ounces per hour) decreases performance and increases the likelihood of cramping, among other issues. In the most severe cases, overhydration coupled with insufficient electrolyte intake leads to hyponatremia (low sodium levels) which can be deadly.

Do NOT attempt to “load” water in the days leading up to a hot weather event. It does not work.

For a quick overview of the best times to use Hammer fuels and supplements, refer to our product usage charts. You'll find the Fuel Usage list on pages 10-11. The Supplement Usage list is on page 33.



Hammer rock star, Victor Sheldon, on his way to a 1st place win in his age group at the Sea Otter XC race in Monterey, California. Photo: Johnny Muller

2. Electrolyte Replenishment

Steadily consume balanced electrolytes as individual and environmental factors demands.

Proper electrolyte replenishment demands more than just salt. Your body requires calcium, magnesium, and potassium to function properly. Endurolytes products include each of these minerals (along with other essential nutrients) in balanced ratios mimicking those found in a healthy human body. The result is a rapidly-absorbed, balanced formula guaranteed to support optimal health and maximum athletic output. For this reason, the Endurolytes-product line has been the most-used electrolyte product for the past 20 years.

It should be noted that most people consume far more salt

During prolonged exercise, take steady doses of electrolytes, at least every 30 to 60 minutes, using the Endurolytes line as follows:

- **Endurolytes: 3-6 / hour**
- **Endurolytes Extreme: 1-2 / hour**
- **Endurolytes Fizz: 1-2 / hour**
- **Endurolytes Extreme Powder: 1-2 scoops mixed in water / hour.**

Severe conditions may warrant higher dosages. Increase as necessary to avoid cramping or other symptoms.

than is healthful. In order for your body to make best use of its limited electrolyte stores, limit daily dietary sodium intake to 2,300 mg. By decreasing consumption to healthy levels, you will improve your general health and significantly improve your heat stress tolerance during exercise.

If you don't eat a low sodium diet, as evidenced by salt crust visible on your clothing and skin, then higher sodium intake will be required during exercise. Your intake should increase accordingly, either through the Extreme version of our Endurolytes products or by higher doses of the original formula or Fizz.

3. Caloric Consumption

Consume 120-180 calories per hour during exercise.

The goal of caloric intake during exercise is to augment your body's natural ability to fuel its activities—NOT to supply all of the calories that will be burned. Following our guidelines will allow you to make optimal use of stored carbohydrates (glycogen), body fat, and protein to power your peak performances. Overconsumption of calories will upset this balance, cause GI distress, and reduce athletic output.

Proper fueling boils down to consuming the fewest calories you need to see your best results. Consuming any more than this is a waste of energy and serves no function! Forget about how many calories are burned or the maximum amount that can be consumed—these matters are irrelevant.

In order to support this process, consuming less is best. “Body cooperative” caloric intakes of between 120 and 180 calories per hour will leave you feeling energetic, light on your feet, and free of GI troubles. Experiment within this range to arrive at your lowest optimal intake levels.



4. Eating before you go

At least three hours before workouts and races, consume 300-500 calories.

In order to maximize fat utilization, spare glycogen stores, and be physiologically ready for peak performance, you must time your meals properly. Here's how:

Choose easily digested, complex carbohydrates along with a small amount of protein and healthy fat. Avoid fiber, simple sugar, and acidic foods.

Complete your meal three hours before exercise. High quality carbohydrates consumed three or more hours before exercise support optimal blood glucose and insulin levels. Eating closer to the start frequently causes GI distress and decreases athletic output by reducing the body's ability to burn fat for fuel and accelerating the use of stored carbohydrate (glycogen).

Don't sacrifice sleep to eat! If your activity is early in the morning, do not get up early for the sake of eating. Your body wakes with full stores of muscle glycogen. If you feel the need to consume something, choose a small amount of supplemental fuel, such as one Hammer Gel, about five minutes before starting. This will "take the edge off" without adverse effect.



5. Optimal Recovery

Consume 30-60 grams of complex carbohydrates and 10-20 grams of high-quality protein within 10-60 minutes of exercise completion.

“Refill the tank” as soon as possible. Directly following exercise, your body is in a unique hormonal state, best able to make use of the nutrition you provide. This “recovery window” is wide open immediately after exercise and gradually closes as time elapses.

Consume antioxidants after exercise—both from high-quality food sources and supplements. This neutralizes cell-damaging free radicals, thereby accelerating recovery and protecting the immune system.



Hammer Nutrition

Healthy and Natural – No added refined sugar, excess salt, citric acid, or anything artificial – just the healthiest, natural ingredients.

No matter what your discipline, goal, or experience level, Hammer's fuels are guaranteed to provide extended endurance, steady energy, and smooth digestion.



Complex carbohydrates plus balanced electrolytes. Mix in water.

Application: All-in-one fuel for sessions up to 3 hours.



Complex carbohydrates, in a concentrated energy gel. Not a source of electrolytes.

Application: Sole calorie source for sessions 3 hours or less. Component of fueling system for all durations.



Full-spectrum electrolytes in capsule form.

Application: Take before, during and after exercise of all durations to maximize hydration status and prevent cramps.



Complex carbohydrates plus protein. Mix in water. Not a source of electrolytes.

Application: Use from the outset for sessions 3 hours and beyond.



Complex carbohydrates, protein, and healthy fats. (*Ultra Gels only*)

Application: Components of long duration fueling systems three hours and beyond.



Superior recovery, 3:1 complex carb-to-protein ratio.

Application: Consume immediately following exercise.

Fuels



Full-spectrum electrolytes. Mix in water and consume throughout exercise.

Application: Standalone electrolyte replenishment or component of all fueling systems.



Highly bioavailable proteins.

Application: Consume post-exercise or throughout the day to boost protein intake.

Ultra Marathon legend, Dean Karnazes, on a training run in the Marin Headlands, north of San Francisco. Photo: Ultra Race Photos



Hammer Gel®

Real endurance fuel

- Rock-solid sustained energy
- No sugar crash
- Easy to digest, no GI distress

Serving Size

One serving contains 80-90 calories, depending on the flavor.

Individual dosage needs will vary. See Secrets of Success at hammernutrition.com for more information.

If using more than one fuel, be sure to combine all of the calories from all of the products consumed to reach a correct total hourly intake.

Consumption Options

1. Single Serving Packets: Pre-packed single servings offer optimal dosing and are light and easy to carry.
2. Jug and Flask Combination: Bulk Hammer Gel “Jugs” offer 26 servings of Gel to be used with a refillable flask. This option allows flexibility in serving size, and is ecological, economical, and easy to access and consume one-handed. Jugs hold up to six servings of Gel. Athletes enjoy mixing flavors to create their own combinations or adding water to make it the consistency they prefer.



How to Use

Consume 0.5-2.5 servings per hour (see above) along with 16-28 ounces (approx 475-828 ml) of plain water per hour from a separate source.

Tips and Considerations:

- For workouts or races lasting longer than 2 hours, choose Hammer Ultra Gels containing protein and healthy fats — Nocciola, Peanut Butter, and Peanut Butter Chocolate.
- All Hammer Gel flavors are gluten-free. All but Nocciola are vegan.
- Hammer Gel contains branched-chain amino acids to support energy production and reduce muscle breakdown.
- Hammer Gels **do not** contain electrolytes. Electrolyte needs should meet with our Endurolyte product line.



Matthais Scherer on his PR-setting solo completion of the epic Tour de Mont Blanc. This massive 205 mile race including 26,000 feet of climbing was fueled with Perpetuem, Hammer Gel, Hammer Bars, Anti-Fatigue Caps and Endurance BCAA+. Photo: Tanja Schmitt



Endurolytes®

Precise electrolyte replenishment

- Prevents muscle cramps
- Maintains electrolyte balance
- Provides fast-acting relief
- Assimilates rapidly

Endurolytes are a perfectly balanced, full-spectrum, rapidly assimilated electrolyte source. Prevent cramps, ensure smooth energy production, optimize hydration status, and accelerate recovery by properly addressing your electrolyte needs during exercise.

Choose your Endurolytes product:

Do you prefer flavored drinks or water?

Flavored drinks



Plain water + capsules



Which best describes you/your environment?

- History of cramping problems
- High sweat rate
- Salt stains on clothes/skin after exercise
- Exercise in extreme heat environments



- Do not mind taking up to 6 capsules per hour
- Prefer smaller doses of sodium
- Minimal or no cramping history
- Low sweat rate
- Standard Endurolytes formula has always worked for you!



Endurolytes continued . . .

Dietary salt intake, fitness level, weather, acclimatization, and other variables affect electrolyte use and depletion. We suggest the following dosages as a starting point. For your optimum dosage, complete your own trials with Endurolytes under a variety of conditions.

How to Use

Endurolytes: Take 1- 6 capsules per hour as needed. Take one dose 30-60 minutes prior to exercise, one dose each hour during exercise, and one dose immediately following exercise.

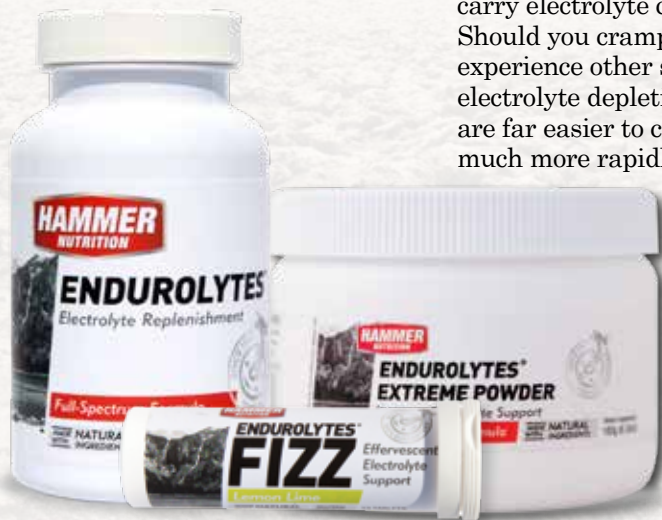
Endurolytes Fizz: Take 1-2 tablets per hour as needed.

Endurolytes Extreme: Take 1 capsule per hour. Increase to 2 capsules (and up to 3) per hour as conditions or needs dictate.

Endurolytes Extreme Powder: Consume 1-2 scoops per hour, mixed in water as needed. Prolonged exercise or extreme conditions may warrant higher dosages.

Tips and Considerations:

- If using **Endurolytes Fizz**, add tablets to your water or fuel bottle(s), allow them to dissolve completely, and consume as needed to maintain proper hydration and electrolyte levels.
- **Endurolytes Fizz** contains none of the toxic chemicals (such as polyethylene glycol), artificial flavors, or artificial sweeteners found in other effervescent electrolyte products.
- **Endurolytes Extreme Powder** may be added to other liquid fuels to increase electrolyte content.
- **Endurolytes Extreme Powder** is well suited for use in hydration packs as it leaves no residue.
- If using **Fizz** or **Endurolytes Extreme Powder**, it is recommended that you also carry electrolyte capsules. Should you cramp or experience other symptoms of electrolyte depletion, capsules are far easier to consume and much more rapidly absorbed.





HEED®

The real sports drink

- Sustains energy, no sugar crash
- Reduces cramps
- Buffers lactic acid
- Supports dental health

The “one bottle solution” for athletes who prefer a drink over Gel and water. HEED contains a full-spectrum electrolyte profile and key auxiliary nutrients. It may be used to meet all fueling needs for short workouts or as part of a comprehensive system for long duration activities.

How to Use

Mix 0.5-2 scoops (see chart above) of HEED in 16-28 ounces (approx 475-828 ml) of water. Sip continuously during exercise.

Serving Size

One scoop contains 100 calories. Individual dosage needs will vary. See Secrets of Success at hammernutrition.com for more information.



Ready-to-use single serving packets are for use on the go.

Steven Terry, celebrating his first place age group win at the Iceman Cometh in Kalaska, Michigan.
Photo: Rob Meendering

Tips and Considerations:

- For many athletes, under normal conditions, 1-2 scoops of HEED will completely fulfill electrolyte requirements.
- In hotter climates, or during longer activities, consume Endurolytes or Endurolytes Extreme in addition to HEED.
- In all instances, carrying back-up Endurolytes Capsules is recommended.
- When exercise lasts longer than 2-3 hours, Perpetuem or Sustained Energy may be a preferable option.





Perpetuem[®]

Endurance athletes' diesel

- Stabilizes energy & blood sugar
- Maximizes fat utilization
- Protects lean muscle mass

Designed for endurance events lasting several hours to many days. Perpetuem is designed to meet the specific macronutrient needs of endurance exercise. It is comprised of 75% long-chain carbohydrates, 13% fatty acids, and 10% protein. This unique blend is easily digested, provides steady energy, satiates hunger, optimizes fat-burning, and minimizes muscle cannibalization.

Serving Size

One scoop contains 135 calories. Individual dosage needs will vary. See Secrets of Success at hammernutrition.com for more information.

Tips and Considerations:

- For exercise lasting three hours or beyond, use Perpetuem from start to finish.
- Remember that the more concentrated mix will have a stronger/sweeter flavor.
- Because Perpetuem contains no artificial preservatives, it should NOT be premixed several hours before use, especially in warm weather.
- To prolong freshness, try mixing desired powder quantity in ½ bottle water and freezing the night before usage. Top up with water just prior to departure.

Perpetuem continued . . .

How to Use

One-Hour Bottles

Add one hour's worth of fuel to 16-28 ounces (approx. 475-828 ml) of water. Consume one bottle hourly.

This option is preferred by those that like to consume their calories and water together or prefer flavored drinks to water. It is most effective in situations in which resupply is easy, such as lap courses or when using a follow vehicle. Otherwise, mix bottles when refilling.

Multi-Hour Bottles

Multiply your predefined hourly caloric needs by duration of activity planned and add to one water bottle. If, for example, you use 1.5 scoops per hour, and you plan an activity of 4 hours of duration, add 6 scoops to one bottle with water. Add a few scoops at a time, shaking

as you go in order to best mix your bottle.

Take small sips every 15-20 minutes. You may prefer to mark the outside of your bottle with "hourly" hash marks in order to better gauge your consumption as you go.

This allows self-sufficient fueling for many hours. Water and electrolytes should be met through other sources.

Paste

Use a blender or bowl and spoon to mix scoops of Perpetuem powder with a small amount of water, gradually adding water to create a thick, paste-like consistency. Fill a Hammer Flask with the concentrate.

Depending on the concentration of your mix, each flask can supply you with 2-4 hours of fuel. As with the multi-hour bottle, carry additional plain water and electrolytes to meet those requirements.



Dane Christensen fueling on Perpetuem during a 22-day expedition on Pika Glacier, Alaska. Photo: Forrest Mahlen



Perpetuem Solids®

Steady energy you can chew on

- Steady, reliable energy
- Lactic acid buffering
- Stable and packable for any duration at any temperature



Actual Size Shown

Serving Size

Each Solid contains 33 calories. Individual dosage needs will vary. See Secrets of Success at hammernutrition.com for more information.

Tips and Considerations:

- Solids are NOT designed to be added to water. Slowly chew them individually.
- Solids are designed as an auxiliary fuel and are generally consumed in combination with a second fueling source.
- A long shelf-life makes Solids perfect for all/multi-day events, self-supported tours and expeditions.



Sustained Energy[®]

The original endurance fuel

- Long-lasting energy
- Lactic acid buffering
- Lean muscle mass protection

The world's first protein-fortified sports drink remains a favorite of those that go long and prefer a flavor-free fuel. The 7:1 carb to protein ratio is especially popular with ectomorphic, hyper-metabolic body types who struggle to maintain muscle mass during high volume training but may not efficiently digest or burn fatty-acids.

How to Use

As with Perpetuem, you can mix and consume Sustained Energy three different ways (the One-Hour Bottle, the Multi-Hour Bottle, and Paste) depending on your needs. See the mixing

directions for Perpetuem on page 17. Please experiment to determine the option best for you.

For exercise lasting three hours or more, use from the outset.

Tips and Considerations:

- Sustained Energy contains no artificial preservatives. To avoid spoilage, do not premix, especially in warm weather.
- Sustained Energy has no flavor added.
- If flavor is desired, consider combining in bottles with Hammer Gel. Be aware of total caloric levels of combined fuels so as to keep within desired consumption range.



Recoverite®

Recovery matters.
Do it right.

- Restores muscle glycogen
- Rebuilds muscle tissue
- Reduces soreness & fatigue

Exactly what your body needs to reap the most from every activity—a 3:1 ratio of complex carbohydrates of premium whey protein isolate, critical amino acids, and a full spectrum of electrolytes.

How to Use

Mix 2 scoops with 4-8 ounces of water. Consume immediately after exercise. If no post-workout feeding is planned or available, take a second serving within the hour.

Serving Size

2 scoops. 170 calories
(One scoop contains 85 calories.)

Mitchell DeYoung recovers after finishing 1st in his A.G. at Salsa Cycles 212.5 mile “Chase the Chaise” in Michigan. He crushed his goal by fueling right with Perpetuem, a HEED/Sustained Energy combo, and Fizz, and finished up with Recoverite.

Photo: Salsa Cycles Chase the Chaise



Tips and Considerations:

- The whey protein component of Recoverite, though derived of dairy, is 97% lactose-free and thus well-tolerated by most individuals—even those with dietary intolerances.
- For best flavor, mix with no more than 4-8 oz of water.
- For best results, do not combine with milk or milk substitutes, as this alters the preferable carb:protein ratio and may reduce rate of digestion.
- Prep Recoverite before your workout by adding two scoops to a clean, dry bottle. Add water and consume upon completion. To ensure best flavor and effectiveness of product do not mix with water in advance.
- Ready-to-use single serving packets are well-suited for use on the go.





Vegan Recoverite®

Recover right today, organically!

- Restores muscle glycogen
- Rebuilds muscle tissue
- Reduces soreness & fatigue

An organic, vegan version of Hammer's best-selling Recoverite. All the benefits of the original in a plant-based, grain-free formula suitable for all diet types.

Great tasting and easy to mix Vegan Recoverite includes the same perfect carb to protein ratio, electrolyte profile, and amino acid supplementation that Recoverite fans have relied on for years.

How to Use

Mix 2 scoops with 4-8 ounces of water. Consume immediately after exercise. If no post-workout feeding is planned or available,

take a second serving within the hour.

Serving Size

2 scoops. 180 calories.
(One scoop contains 90 calories.)



Leah Lawry taking a breather at Adirondack 46 High Peaks Edge Vista. Over the course of 7 trips and 11 days, she covered more than 253 miles! Leah's favorite Hammer products to take hiking are Fizz, Endurolytes, HEED, Recoverite, Tissue Rejuvenator, and Hammer Balm.
Photo: Peter Lawry

Tips and Considerations:

- For best flavor, mix with no more than 4-8 oz of water.
- For best results, do not combine with milk substitutes or other caloric beverages as this alters the preferable carb:protein ratio and may reduce rate of digestion.
- Prep Vegan Recoverite before your workout by adding two scoops to a clean, dry bottle.

Add water and consume upon completion. To ensure best flavor and effectiveness of product do not mix with water in advance.

- Ready-to-use single serving packets are well-suited for use on the go.





Hammer Bar®

Real food, ready to roll

- Reliable, long-lasting energy
- Lactic acid buffering
- Packable & easy to eat
- Suitable for all diet types

Made of whole, organic, raw-food sources, and free of added refined sugars, these delicious bars are an ideal solution for the active individual. Soft and easy to eat, digest, and assimilate, Hammer Bars are a great complement to any fueling system or a perfect stand alone snack. They provide nutrient-dense complex carbohydrates, complete vegetable proteins, and healthy fats. They are certified vegan and kosher, and free of GMO's and gluten.

How to Use

Use as a solid food complement to other Hammer Nutrition fuels or as a pre-exercise meal, post workout/race recovery food, or healthy snack anytime.

Serving Size

Each bar contains 200-220 calories, depending on the flavor.

Tips and Considerations:

- If using during an event, consider cutting open the package in advance to allow easy access.
- Be aware that chocolate-containing bars may melt in high heat. Choose your flavor preferences accordingly.
- Keep Hammer Bars handy—in the car, office or gym bag—for a healthy snack alternative when things get busy.
- Great for kids!

Vegan Protein Bar[®]

Plant based, protein packed



- Satiating and satisfying
- Long-lasting energy
- Delicious flavors

Both Chocolate Peanut and Almond Cacao flavors include a potent blend of healthy plant-based proteins from Sacha Inchi, pea, and pumpkin. Just like standard Hammer Bars, these bars are vegan, non-GMO, and soy-, gluten- and grain-free.

Serving Size

Each bar contains 240 calories.

How to Use

Use as a solid-food recovery fuel, a second feeding after your immediate post-workout/ race bottle of Recoverite, or as a healthy, high-protein snack any time.

Tips and Considerations:

- Each bar contains 14-15 grams of high-quality plant protein (pea protein and Sacha Inchi protein), a healthy carbohydrate (organic tapioca), and healthy fats. They do not contain trans fats or cholesterol.
- Vegan Recovery Bars are gluten-free, vegan certified, and made with organic, non-GMO ingredients.
- No added refined sugars.
- The all-natural, paraben-free chocolate coating will melt if left in the heat. They'll still be delicious and safe to consume—just messier.



The Chocolate Peanut Vegan Protein bar, delicious and nutritious.

Whey Protein Bar[®]

Grass-fed goodness



- Minimizes post-exercise soreness
- Maintains & repairs lean muscle tissue
- Convenient & delicious

All natural, antibiotic-free, grass-fed whey in a delicious, subtly chewy bar. Comprised of 70% organic ingredients; certified kosher dairy; free of GMO's, gluten, and grains. This is a delicious way to get the protein your active life demands.

How to Use

Use as a solid-food recovery fuel, a second feeding after your immediate post-workout/race Recoverite, or as a high protein snack.

Serving Size

Each bar contains 170 calories.

Tips and Considerations:

- Contains no refined sugars, trans fatty acids, and/or other unhealthy ingredients.
- Whey is the most bioavailable protein with unbeatable quantities of branched-chain amino acids. It is ideal for rebuilding lean muscle tissue and for supporting the immune system.
- For those who prefer a solid snack to liquid, Whey Bars are a good alternative to Recoverite. However, be aware that solid food is always processed more slowly than liquid.
- Keep Whey Bars handy—in the car, office or gym bag—for a healthy snack alternative or recovery tool when needed.
- The all-natural, paraben-free chocolate coating will melt if left in the heat. They'll still be delicious and safe to consume—just messier.



Whey Protein®

Your perfect protein

- Maintains & repairs lean body mass
- Strengthens immune system
- Accelerates recovery

Made of 100% grass-fed whey protein isolate, this is the most easily assimilated protein on the planet. Free of lactose, fat, gluten and added sugar, it's everything you need and nothing you don't. Whey protein is fortified with L-glutamine for additional recovery and immune system support.

How to Use

Use Hammer Whey after exercise, before bedtime, or throughout the day to boost protein intake.

Serving Size

One scoop contains 80 calories (protein, carbs, fat).

Tips and Considerations:

- High quality rBGH-free whey protein, produced in the U.S.A. from 100% grass-fed cows that have never been given artificial hormones, steroids, or growth enhancers. Completely free of antibiotics.
- Whey protein isolate is 97% lactose-free and thus well tolerated by most individuals –even those with dietary intolerances.
- Do NOT use before or during exercise; the glutamine will initially produce ammonia, a cause of muscle fatigue.



Recovery Booster

To naturally raise human growth hormone (HGH) as you sleep:

Mix 1 scoop Hammer Whey in 4-6 ounces (118-177 ml) of water (no carbohydrates).

Drink before bedtime.



Vegan Protein®

Powerhouse blend
of quality plant proteins

- Enhances exercise recovery
- Supports digestive health
- Balances body acidity

Hammer Vegan Protein is a unique blend of five nutrient-dense, 100% organic plant proteins: pea, pumpkin, Sacha Inchi, spirulina, and chlorella.

Packed with 20 grams of protein per scoop, Hammer Vegan Protein is dairy- and soy-free, nearly fat-free (1 gram per scoop), and has no saturated fats or cholesterol.

It contains no refined sugars or artificial sweeteners.

How to Use

Use Hammer Vegan Protein as a recovery tool after exercise or anytime additional protein is needed. Athletes in training should consume at least ½ gram

of protein per pound of body weight per day. Get what you need in this natural, delicious form.

Serving Size

One scoop contains 110 calories (protein, carbs, fat).

Tips and Considerations:

- Try it in smoothies or include it into other breakfast items. Go to hammernutrition.com/cookbook for tasty ideas.





Soy Protein®

Plant-based protein powerhouse

- Enhances exercise recovery
- Concentrated, nutrient-dense protein source
- Supports optimal cholesterol levels

This highly concentrated plant-based protein provides 23 grams of easily digested protein per serving. Perfect as a component of a smoothie, meal on the go, or recovery tool.

How to Use

Consume alone or combine in smoothies to increase daily protein consumption.

3:1 Soy Recovery Drink: Mix 0.5 scoop Hammer Soy Protein

with 1.25 scoops HEED in 4-8 ounces water (118-237 ml). Provides approximately 180 calories, 33 grams carbohydrates, and 11 grams protein.

Serving Size

One scoop contains 110 calories, 23 grams of protein, 1 gram of fat and 2 grams of carbohydrates.



Tips and Considerations:

- Hammer Soy Protein is 100% GMO-free. Research has shown that consuming soy protein may have numerous health benefits.
- Because Hammer Soy Protein is formulated for meal supplementation before and after exercise, it is far too concentrated for use during exertion. Perpetuum and Sustained Energy both contain an adequate amount of soy protein for your needs during prolonged exercise.
- Soy is rich in micro-nutrients such as Iron and B vitamins. For this reason it is an excellent choice for use in smoothies or other forms of meals-on-the-go or replacements.

Hammer Nutrition

DAILY ESSENTIALS



The cornerstone of the Hammer Nutrition line, Premium Insurance Caps, Race Caps Supreme, Mito Caps, and EndurOmega are the foundation of your supplement program. They provide a wide range of benefits for athletic performance and overall health. These four products should be taken daily, by everyone, throughout the year.

Read more about these on pages 35-40

PEAK PERFORMANCE



These supplements are designed to maximize your output during activity, training or competition. They are used before and/or during exercise in order to provide increased energy, buffer lactic acid and delay fatigue. Use these products to push past your limits, maximize your time, and feel your best, every time you head out.

Read more about these on pages 41-47

SUPERIOR RECOVERY



Get the most of every session while protecting your immune system and increasing daily energy through the use of these potent recovery tools. By doing so, you'll reduce damage, boost immunity, and reduce exercise-induced soreness, inflammation, and fatigue.

Read more about these on pages 48-53








WELL BEING



Support overall health and wellness or address specific conditions with these unique supplements. Each serves a unique function and all are compatible with other Hammer Nutrition supplements.

Read more about these on pages 54-65

Supplements

	Description	Application
	CoQ10 and complementary nutrients	Daily supplement for energy, cognitive and cardiovascular health. Before/during exercise to increase energy and endurance.
	Multi-vitamin/ mineral formula	Daily supplement for overall health.
	Cellular energy substrates	Daily supplement to increase energy and prevent age-related health declines.
	Natural anti-inflammatories and tissue rebuilders	Post-exercise to support recovery. During injuries to speed recovering. Daily to reduce inflammation/support joint health.
	Non stimulant, pre-workout ignitor, amino acids, fruit and vegetable extracts	Pre-workout to increase energy, endurance, and cognitive output.
	Ammonia scavengers, helps with heavy aching legs	Take before/during exercise to increase endurance and muscular power.



Take as a daily supplement:

- | | | |
|------------------------|--------------|-------------|
| Race Caps Supreme | Essential Mg | Digest Caps |
| Premium Insurance Caps | EndurOmega | Boron |
| Mito Caps | PSA Caps | Chromemate |



Take before bedtime:

- | | | |
|--------------|----------|----------|
| Essential Mg | REM Caps | PSA Caps |
|--------------|----------|----------|

The Myth of the “Balanced Diet”

It would be easier to discuss the “balanced diet” if we knew what one was. But the truth is, this nebulous phrase has never been scientifically defined. In fact, there has never been a clinical study documenting what such a diet would include, nor demonstrating that it is possible to meet nutritional requirements through whole foods alone.

What studies do show is that the modern food supply cannot provide all the micronutrients we need to prevent deficiencies (and their related health impacts), let alone achieve optimal health. This research also documents the drastic demineralization of soils (up to 90% declines in some cases), leading to nutritionally void foods. They further document damage during harvest and production, and degradation during shipping and cooking. The picture becomes clear—a “balanced diet” will not meet your needs—even assuming food choices were of quality from the start. The overconsumption of processed and packaged foods only makes things worse.

If you're seeking optimal health, performance, and wellness, the first step will always be a diet dominated by nutrient-dense whole foods. But that alone will no longer suffice—supplementation has become a part of modern life. Hammer Nutrition can fill in the gaps and provide you with the supplements you need to reach your performance and health goals.



The picture becomes clear—a “balanced diet” will not meet your needs—even assuming food choices were of quality from the start.



Premium Insurance Caps

Start here

- Supports optimum health
- Boosts energy all day
- Supports immune function

Premium Insurance Caps contains 54 different nutrients proportionately balanced to support peak health through the rigors of training, competition, and daily life.

How to Use

	Non-workout days	Workouts UNDER 2 hrs	Workouts OVER 2 hrs
Athletes younger than 20 years old OR athletes weighing less than 150 lbs	1-2 capsules daily in divided doses with food.	2-3 capsules daily in divided doses with food.	2-4 capsules daily in divided doses with food.
Athletes weighing more than 150 lbs	2-4 capsules daily in divided doses with food.	2-5 capsules daily in divided doses with food.	4-7 capsules daily in divided doses with food.

Tips and Considerations:

- The high-potency, broad-spectrum ingredients may allow for a reduction of use of other standalone nutrient supplements (such as B-vitamins, calcium, or vitamin C).
- Allow a 3+ hour window between the use of Premium Insurance Caps and the start of exercise.
- Individual dosage needs will vary. Start with 3-4 capsules/day and monitor energy and health status. Periods of high volume training, increased stress and exposure to contagious sicknesses or infections warrant extra doses.
- This product is well suited for everyone. If you breathe, eat, walk and exist in the modern world, this product is for you.



INFORMATION

FUELS

SUPPLEMENTS

Aaron Ophaug fueled right for a sub 25-hour finish at the Angles Crest 100 in Wrightwood, California. Photo: Ulysses Chan, Paksitphotos

Race Caps Supreme

Tested, trusted and proven for over 30 years

- Prolongs endurance
- Increases energy
- Supports cognitive & cardiovascular health

Race Caps Supreme offers potent sources of Coenzyme Q10 and idebenone, along with a host of other cellular energy catalysts to maximize assimilation thereby replenishing these critical nutrients.



How to Use

How to Use	Non-workout days	Workouts UNDER 2 hrs	Workouts OVER 2 hrs
Athletes younger than 20 years old OR athletes weighing less than 150 lbs	1 capsule with food	<ul style="list-style-type: none"> • 1 capsule 30-90 min. prior to workout (with or without food). • 1 capsule after workout with Recoverite or food. 	<ul style="list-style-type: none"> • 1 capsule 30-90 min. prior to workout (with or without food). • 1 capsule per hour during workouts that exceed 2 hrs • 1 capsule after workout with Recoverite or food.
Athletes weighing more than 150 lbs	1 capsule with food	<ul style="list-style-type: none"> • 2 capsules 30-90 min. prior to workout (with or without food). • 1 capsule after workout with Recoverite or food. 	<ul style="list-style-type: none"> • 2 capsules 30-90 min. prior to workout (with or without food). • 1-2 capsules per hour during workouts that exceed 2 hrs • 1-2 capsules after workout with Recoverite or food.

Tips and Considerations:

- CoQ10 has become a popular supplement—but not all are created equal. Race Caps uses the most absorbable form of this nutrient with substrates to maximize and accelerate usage.
- While not a central nervous system stimulant, the energy production fostered by this product is best used early in the day.
- Energy production processes as a whole decline with age. All people over 30 will benefit from this product, whether or not they engage in strenuous exercise regimes.
- Active individuals should increase consumption based on their activity levels.

The Daily Essentials

Improve your quality of life—simply

- Improves immune function
- Accelerates exercise recovery
- Increases energy levels



There are some things we all have in common. The desire for good health, high performance, and longevity,

for example—and these products support it all. The Daily Essentials Kit combines some of our most popular products into one simple kit. Premium Insurance Caps, Race Caps Supreme, Mito Caps, and EndurOmega create the supplemental foundation everyone needs.

In combination, these products are greater than a sum of

their parts. Together, they fill the gaps in the modern diet, add the coenzymes needed for full utilization, provide

healthy fatty acids for optimal absorption, and enhance fatty acid utilization and free radical elimination—all while reducing inflammation and improving the immune system. The resulting improvements in health, performance, and energy levels will leave you with no doubt about why we call these the “daily essentials.”



EndurOmega

Get the omega-3's you need

- Protects cardiovascular health
- Supports healthy joints
- Enhances brain function and mood

EndurOmega is rich in omega-3 essential fatty acids which provide a wide range of benefits for athletic performance and overall health. It also supports heart, skeletal, muscle, and kidney health.

How to Use

Take 2 capsules, two to three times daily, with or without food.

Tips and Considerations:

- EndurOmega contains 300 mg of EPA and 200 mg of DHA, the desired omega-3s, as well as 30 mg of DPA, an intermediate fatty acid not often found in other fish oil supplements. DPA helps increase blood concentrations of both EPA and DHA, while also benefiting the heart, bones, muscles, and kidneys.
- EndurOmega is made from menhaden fish oil (not salmon, which can be tainted with mercury and other contaminants). Unlike other fish oil supplements, it has no fishy taste or aftertaste.
- In addition to its many health benefits, EndurOmega increases absorption of vital fat-soluble nutrients such as Coenzyme Q10, vitamins E and D and many more.
- Fish oil has similar health benefits for dogs as it does people. EndurOmega is well-suited for your four-legged friends.



DAILY ESSENTIALS



Mito Caps

Turn back the clock

- Improves energy production
- Promotes well-being
- Improves fat metabolism

This unique formulation supports and protects mitochondria, the energy-producing organelles in cells, as they work to produce energy, neutralize free radicals, and combat age-related degeneration.

You'll notice an increase in your baseline energy levels without ever feeling stimulated. You will also feel a sense of stable health and wellness reminiscent of your youth.

How to Use

Non-workout days

1 capsule two to three times daily with food.

Workouts UNDER 2 hrs

- 1 capsule 30-90 min. prior to workout (with or without food).
- 2 capsules after workout with Recoverite or food.

Workouts OVER 2 hrs

- 2 capsules 30-90 min. prior to workout (with or without food).
- 1 capsule per hour during workouts that exceed 2 hrs.

Tips and Considerations:

- Take with or without food.
- Best used regularly and daily. Greatest impacts will be felt after regular dose for 1-2 months.



Anti-Fatigue Caps

Eliminate endurance barriers

- Prolongs endurance
- Speeds endurance
- Eliminates “heavy legs”

Anti-Fatigue Caps provides the nutrients your body needs to rapidly remove byproducts of energy production which will otherwise limit your performance. Muscle breakdown (either through intense efforts or cannibalization during long-duration efforts) causes ammonia buildup in the body. The result is heavy legs, a foggy mind, and reduced energy output.

This blend of ammonia-binding nutrients helps your body quickly remove this toxin, thereby improving performance.

How to Use

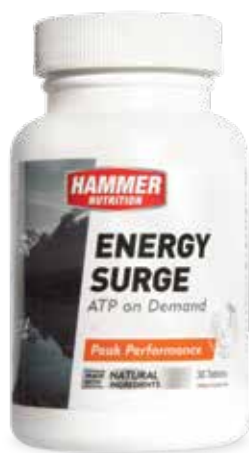
Take 2-4 capsules one hour prior to an endurance session. During extended efforts, take an

additional 1-2 capsules each hour beginning at the two-hour mark and every hour thereafter.

Tips and Considerations:

- Contains potassium/magnesium aspartate, L-citrulline, and OKG, all shown to increase stamina and counteract fatigue.
- While not designed as a daily supplement, it may be used to counteract daily fatigue, or as a recovery tool the hours or days following long and/or hard training sessions.
- Anti-Fatigue Caps are pink, making them easy to differentiate from Endurolytes capsules for use during activity. The pink hue comes from beet juice powder.
- For easy dosing during exercise, carry in Hammer’s FREE capsule dispensers or prepare hourly baggies of your supplement selections in advance.

PEAK PERFORMANCE



Energy Surge

Pure energy on demand

- Increases power output
- Improves repeatability of high-intensity efforts
- Helps you finish strong

Energy Surge's 100 mg of PEAK ATP® is the ready-to-use finished product of cellular energy that fuels all high-level efforts. During high-intensity exercise, ATP stores are depleted. This sublingual ATP is rapidly absorbed into your bloodstream.

How to Use

Take prior to interval or speed workouts, or during a session when a big climb, attack or finishing sprint is expected.

For high intensity, short-duration events (less than one hour),

dissolve 1-3 tablets under your tongue 5-30 minutes before the start. For longer events, dissolve 1-3 tablets as needed under your tongue, preferably every hour.

Tips and Considerations:

- Contains Adenosine Triphosphate (ATP), the chemical compound in cells used to provide energy. ATP is responsible for 95% of the biological activity in the body including muscle contractions, circulation, and the building of new tissue.
- Hammer Nutrition's proprietary sublingual (under the tongue) formula allows for direct absorption through the mucosa of the mouth and throat, going directly into the bloodstream. For faster absorption, chew tablets into a paste, then dissolve it under tongue.



Endurance BCAA+

Powerful amino acid benefits

- Delays perception of fatigue
- Builds, maintains, and repairs lean muscle tissue
- Supports immune system function

Branched-chain amino acids (BCAA's) assist in muscle repair and development, increase energy levels, support the immune system, stabilize blood sugar levels, and more.

Equally well-suited for strength or endurance exercise, Endurance BCAA+ is an economically competitive BCAA which also includes the amino acid L-alanine to assist in energy production and glutathione to support the immune system.

How to Use

Take 2-4 capsules prior to and after exercise. During prolonged workouts or races, take 1-2 capsules every hour.

Tips and Considerations:

- This product was formerly known as “Endurance Amino.” The name was updated in Spring 2018.
- Take during prolonged exercise to help decrease lean-muscle cannibalization—especially if your primary fuel does not include a protein component.
- While not stimulating, this product does help increase energy levels and is best not taken just before bed.
- Use with Anti-Fatigue Caps for massively enhanced endurance during longer workouts and races.
- For easy dosing during exercise, carry in Hammer's FREE capsule dispensers or prepare hourly baggies of your supplement selections in advance.

PEAK PERFORMANCE



Race Day Boost

Get the boost you need

- Boosts performance
- Increases endurance
- Reduces lactic acid

Enhances the function and performance of your body's three energy performance pathways and effectively buffers lactic acid.

How to Use

Use for four days prior to a major event (after first testing it in training) to enjoy up to 8% improvement in performance time.

Take four capsules with food and water four times per day (total of 16 capsules daily) for four days prior to competition.

For a multi-day event, this protocol may be used:

- Follow the same four-day loading protocol described above.
- Take four capsules of Race Day Boost with Recoverite as soon as possible after the race, as well as another four-capsule dose of Race Day Boost with food later in the day/evening.
- Follow this twice daily “maintenance dose” protocol after each stage.

Tips and Considerations:

- Because this product has a “tolerance factor” or biofeedback mechanism, it should NOT be used for every race. Ideally, it should be used four to six times per year, preferably with a minimum of 14-21 days between loading cycles.
- Malic acid, a natural, energy boosting substance found in a variety of fruits, is included in Race Day Boost to help balance out the extreme alkalinity of the product, thus minimizing-to-eliminating the potential for stomach distress.



Ron Amos digs deep to become the Canadian National Time Trial Champion (Men 50-59 AG). Photo: TLBVelo

PEAK PERFORMANCE



Fully Charged

Pre-exercise ignitor

- Boosts performance
- Increases endurance
- Reduces lactic acid

This revolutionary, pre-exercise formula prepares you mentally and physically for any form of exercise. It reduces warm-up time, increases cardiovascular capacity, prevents lactic acid build up, improves mental acuity, and increases energy levels.

Fully Charged uses a potent blend of fruit and vegetable extracts, amino acids, and green tea extract to give you the energy you need without the jitters or over-amped sensations.

How to Use

Mix 1 scoop in 4-8 ounces of water. Consume 15-30 minutes prior to exercise. During prolonged workouts or races, additional doses may be taken.

Tips and Considerations:

- Fully Charged is compatible with all other Hammer Nutrition supplements and fuels.
- Beta-alanine, can cause a temporary tingling in the skin for some users. This is natural, safe and will pass after a few minutes.
- Consider re-dosing mid-activity or mixing with your liquid fuel (i.e. Perpetuem or HEED) during long sessions.
- The boost in energy and focus that Fully Charged creates makes it an excellent and healthful coffee/caffeine alternative with no crash.
- Fully Charged contains 10-25 mg caffeine. Base the timing of your consumption on your own tolerance to caffeine and avoid taking directly before bed.



Liquid Endurance

Overcome the heat

- Increases heat tolerance
- Improves hot weather performance
- Reduces exercise-related dehydration

Enhances the functions and performances of your body's three energy performance pathways and effectively buffers lactic acid.

How to Use

Prior to a hot weather event, follow loading procedure outlined below:

Athletes weighing up to 130 lbs.

Mix 1/2 ounce Liquid Endurance with 16-28 ounces of water.

Athletes weighing more than 130 lbs.

Mix 1 ounce Liquid Endurance with 16-28 ounces of water.

- Slowly sip bottle over 2-3 hours.
- Repeat so that 3 total doses are consumed for the day.
- Follow this protocol for 3 days prior to the event.
- One dose may be taken the morning of the event.

Tips and Considerations:

- It is important to weigh yourself each day. If you have gained more than 3% of your body weight before loading procedure has finished, the maximal effective fluid increase has been achieved and it is time to stop loading. Beyond the 3% body extracellular water- performance-ineffective.
- Most athletes will gain 1-2% of their body weight.
- During multi-day events, an additional loading dose may be taken each evening.

SUPERIOR RECOVERY



Tissue Rejuvenator

Less pain, more gain

- Reduces inflammation & pain
- Supports rebuilding of body tissue
- Promotes joint mobility

Hammer's best-selling formula simultaneously helps to rebuild joints, tendons, and soft tissue while reducing inflammation, swelling, and pain.

With research on the harmful effects of NSAIDs (non steroidal anti-inflammatory drugs) mounting, there's plenty of motivation to cease consumption of those toxic substances. Tissue Rejuvenator offers a healthful alternative.

How to Use

Take 4 capsules once or twice daily during periods of injury.

Take 1-2 capsules once or twice daily for prevention and maintenance purposes.

Tips and Considerations:

- The effects of Tissue Rejuvenator are cumulative. Consistent use is vital to achieve the best results.
- Contains glucosamine sulfate, chondroitin sulfate, methylsulfonylmethane (MSM). If you have a shellfish allergy, consult your physician prior to use.
- Undenatured Type II Collagen (UC-II™) has been shown to work with the immune system to promote healthy joints by increasing joint mobility and flexibility.
- Take one capsule every 2-3 hours during ultra events as a replacement for over-the-counter pain relievers.
- This product contains nutrients derived from animals and is not suitable for a vegan diet.



Super Antioxidant

Superior recovery tool

- Reduces soreness
- Reduces free radical damage
- Improves circulation & cognition

The broad-spectrum free radical scavengers found in Super Antioxidant help the body remove the waste products caused by energy production, thereby reducing muscle soreness, accelerating recovery time, and protecting the immune system.

How to Use

Take 1-2 capsules with Recoverite or food after workouts.

During ultra-distance events, consume 1 capsule every 2-3 hours.

Tips and Considerations:

- Also supports focus and cognitive acuity (via the ginkgo biloba and vinpocetine components). Take when additional concentration is desired.
- If you live in a highly polluted environment or are regularly exposed to contagious illness, take daily.
- Best consumed early in the day.



Super Antioxidant contains Ginkgo Biloba – A potent herb traditionally used to improve circulation and cognition. It also offers antioxidant support.

SUPERIOR RECOVERY



AO Booster

Supercharge your recovery

- Supreme fat-soluble antioxidant support
- Reduces post-workout soreness & inflammation
- Benefits skin & eyes

This arsenal of powerful fat-soluble antioxidants is designed to enhance recovery, protect vision, improve your skin, reduce muscle soreness, and improve your immune system

With all of the vitamin E family included in proper balance, AO Booster is rapidly absorbed and well-utilized.

How to Use

Non-workout days: Take 1 capsule with food.

Workout days:

Take 1 capsule after workout with Recoverite or food. Take a second dose with food at a time of your choosing.



Tips and Considerations:

- May also be used to support optimal vision and healthy skin, due to the inclusion of the nutrients astaxanthin and lutein.
- Works synergistically to support and enhance the effectiveness of other antioxidants including those in Super Antioxidant.



REM Caps

Sleep well to live well

- Helps you fall asleep faster
- Leads to deeper sleep
- Improves immune function

Sleep more soundly and wake up refreshed with this potent non-habit-forming sleep aid.

How to Use

Take 1 capsule prior to bed on occasions in which sleeplessness may be expected (periods of high stress, etc.)

For systematic/regular sleep deficiencies, take 1 capsule nightly 30 minutes before bedtime for one week. If desired results are not achieved, increase to 2 capsules nightly. If desired results are still not achieved after the second week, increase to 3 capsules nightly.

Experiment with decreased usage once sleeping habits have regulated, using only as needed thereafter.



Tips and Considerations:

- Many users report increased vivid dreams with this product. This is a good sign that your body is entering the deepest cycles of sleep.
- The strong odor you may notice in REM Caps occurs naturally from the valerian root extract.
- Do not operate machinery or drive a motor vehicle after consumption. Do not take with alcohol.
- If you are taking anti-anxiety and/or antidepressant medications, consult your physician prior to using REM Caps.



Essential Supplements to Optimize Women's Wellness

Women have unique nutritional needs – which can't be met through diet alone. These key products will help you feel your best, every day, all day.

Boron

- Balanced production of essential hormones
- Improves mood and reproductive health
- Helps protect against osteoporosis by maintaining bone density
- Helps treat yeast infections
- May alleviate symptoms of menopause

Premium Insurance Caps

- Supports healthy pregnancy, and fetal growth and development with complete B-complex
- Accelerates athletic recovery
- Reduces rates of illness and infection
- Protects bone mass with full-spectrum nutrient profile

EndurOmega

- Fights inflammation
- Improves memory and mood
- Important for pregnant and lactating women, and for the development of the baby
- May help to soothe menstrual pain
- May reduce risk of some types of cancers
- Protects against osteoporosis

Xobaline

- Enhances iron utilization
- Supports red blood cell production
- Protects vascular function
- Helps prevent or reverse amenorrhea, an abnormal absence of menstruation
- Boosts mood by supporting proper nervous system function
- Increases energy levels



Xobaline

Highest quality nutrients, next level results

- Reduces fatigue
- Enhances muscle repair
- Increases oxygen utilization

Increase oxygen utilization, prevent against anemia, and enhance recovery with the world's most absorbable forms of folate and B-12, balanced in the body's preferred 1:4 ratio. These key nutrients play vital roles in protein synthesis, mood and emotional stability, energy production, and hormone regulation.

How to Use

As a recovery tool, consume 1 capsule after workouts or with a meal.

To reverse deficiency or as part of an anemia-recovery plan, take 1-2 capsules daily.

Tips and Considerations:

- Over 50% of the population poorly absorbs these nutrients due to a genetic abnormality. For these individuals, supplementation of these nutrients in methylated forms (as contained in Xobaline) is the only way to reverse deficiency and protect general health.
- Take prior to and during periods of high altitude acclimatization in order to assist with increased oxygen demands and blood cell creation.
- Both vitamin B12 and folic acid help lower dangerously elevated levels of homocysteine, considered a primary culprit in cardiovascular disease.
- Take during periods of strength training to support building of lean muscle mass via RNA synthesis.

WELL BEING



Phytolean

Win the war against weight gain

- Blocks starch absorption
- Enhances fat burning
- Decreases fat absorption

Phytolean increases your body's fat-burning potential, aids in the decrease of fat absorption, and blocks the digestion of starchy carbohydrates.

How to Use

Take 2 capsules before, during or after high-starch meals. If the meal is excessively high in

carbohydrates, a third capsule can be taken. Use year-round as desired.

Tips and Considerations:

- To lose the most body fat and least muscle mass, we strongly encourage you to lose weight slowly, limiting your weight loss to 5 lbs. per month.
- Phytolean should not be taken with post-workout Recoverite or snacks, as this could slow recovery process.
- Great for use during a period of injury, end of season, or other periods of reduced activity when your appetite has not yet recalibrated to your decline in energy needs.





Phytomax

Unsung green-food powerhouse

- Boosts energy
- Strengthens immunity
- Contains bioavailable nutrients & minerals

Phytomax is produced from hydrilla verticillata, an aquatic plant containing high levels of vitamins, minerals, chlorophyll, and phytonutrients. Specific harvesting and production processes preserve the plant's "living" enzymes and rich nutrients for unparalleled nutrient density and bioavailability.

How to Use

Take 3 capsules per day with meals. Additional dosages should be taken during periods of travel

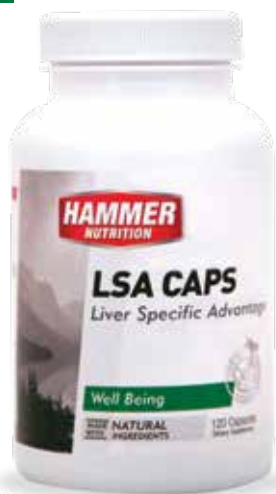
or when access to high quality vegetables is not readily available.

Tips and Considerations:

- A dosage of 3 capsules daily is sufficient for an athlete who consistently eats 5-7 servings a day of fresh, organic leafy green and cruciferous vegetables. If you eat non-organic, store-bought vegetables, higher doses may be necessary.
- If you do not consume 5-7 servings of vegetables per day, a 6-capsule daily dosage is recommended.
- Many athletes report that consistent use of Phytomax helps improve mood, mental clarity, and quality of sleep.
- High levels of B-12 vitamins make this an excellent food-sourced supplement for vegetarians or vegans who otherwise are more likely to experience deficiencies in this essential nutrient.

Hydrilla verticillata is an aquatic nutritional powerhouse with high levels of phytonutrients.

WELL BEING



LSA Caps

Support your hardest working organ

- Optimizes healthy liver function
- Supports the immune system
- Assists in proper glucose metabolism

LSA Caps support optimal wellness, recovery, and performance by protecting the hardest working organ in the human body.

How to Use

Take 2 capsules twice daily with food

Tips and Considerations:

- Additional dosages following exhaustive training sessions may optimize glucose metabolism and accelerate recovery rate.
- Add to your supplement regime following any bout of illness or increased exposure to environmental toxins.
- Consumption of alcohol multiplies exercise- and environment-induced liver stress. Those that drink should regularly consume LSA.
- Consider pairing with Endurance BCAA+ for maximum antioxidant support and Race Caps Supreme to maximize cardiovascular health.





Boron

Natural anabolic hormone support

- Helps restore exercise-depressed hormones
- Enhances bone health
- Helps restore libido

This micronutrient is vital for the production of essential anabolic hormones—testosterone and estrogen—in both men and women. By reversing deficiencies of boron, you may improve mood and reproductive health while restoring your ability to recover from high-volume training, protect bone mass, promote prostate health, and help treat yeast infections.

How to Use

Take 1 capsule per day, preferably with a post-workout/race meal.

Tips and Considerations:

- Each capsule contains 5 mg of boron. The desirable boron dosage for athletes over 40 is 5-10 mg per day.
- Boron also helps support healthy blood pressure levels, joint health, cognitive function, and healthy kidney function.
- Premium Insurance Caps contains 2.5 mg boron per seven capsules. However, high volume athletes, men and women over 40, those returning from injury, or anyone with symptoms of hormone dysregulation should augment their regime with this product.
- Training-induced hormone disruption is most common during periods of high volume training and/or racing. Additional supplementation is prudent during these times.

INFORMATION

FUELS

SUPPLEMENTS



Nick DiNapoli takes the expert category win at the CCCX Cross Country series in Monterey, California with the help of Hammer fuels and supplements. Photo: Fiona Swartz



PSA Caps

All-natural prostate support

- Promotes optimal prostate health
- Reduces frequent urination
- Protects against enlarged prostate

PSA Caps provides eight all-natural nutrients that synergistically work to support the prostate gland, helping to protect against age-related illnesses and function decline, as well as reducing overly-frequent and/or nighttime urination.

How to Use

Take 2 capsules daily in divided doses.

Tips and Considerations:

- PSA Caps is essential for all men over 40.
- Cycling increases pressure on this organ and may increase the risk of nerve damage, impotence, impaired urinary flow, and disorders of the male genital organs. Thus, all male cyclists, especially those who experience symptoms of prostate dysfunction, should regularly use this product.
- The nutrients in PSA Caps also provide antioxidant support, help maintain healthy cholesterol levels, and help to reduce inflammation.
- To assist in preventing nighttime bathroom trips, take second dose before retiring.
- For maximal impact, product must be used daily on a consistent basis.

WELL BEING



Digest Caps

Probiotics for improved performance

- Improves intestinal health
- Increases nutrient absorption
- Reduces ammonia levels and fatigue

Optimal human health demands proper digestion. These effective probiotic cultures are the “good bacteria” your gut needs for proper nutrient assimilation, waste elimination, and intestinal function.

How to Use

Take 1-2 capsules daily with or without food.

Tips and Considerations:

- A healthy balance of intestinal flora helps prevent ammonia production resulting from the digestion of protein-containing foods. This in turn may help alleviate ammonia-producing fatigue.
- Each capsule contains 2 billion cells of active probiotics.
- Digest Caps is designed for daily use under normal circumstances. If you have recently taken antibiotics or have a history of intestinal distress, we recommend two weeks of iFlora as the first line of support, then doses of Digest Caps daily for maintenance.
- For more information about iFlora, visit hammernutrition.com.



EnduroZyme

Digestive enzyme supplement

- Increases nutrient absorption
- Supports complete digestion
- Improves GI health

EnduroZyme provides premium enzymatic digestive support. Get the most from your food, eliminate GI distress, and feel great with this product.

How to Use

Take 1-2 capsules with meals, as needed.

Tips and Considerations:

- The body's ability to produce digestive enzymes declines with age.
- Strenuous exercise reduces digestive capacities. It is highly recommended that one take EnduroZyme with post-exercise feedings, especially large meals following long/exhaustive sessions.
- Can be taken in conjunction during activity as a part of fueling protocol in order to support digestion and prevent possible GI distress.



WELL BEING



Nasol

Relief is just a spray away

- Fast relief for allergies and congestion
- Relieves headache pain
- Non-habit forming

Nasol provides fast and dependable sinus relief without steroidal medication. This formula quickly and safely soothes irritation caused by the common cold, sinusitis, seasonal allergies, airborne irritants, and more.

How to Use

Shake bottle well before use (*very important!*)
Spray into each nostril while inhaling deeply.

Tips and Considerations:

- Nasol is the perfect complement to Clear Day, helping to alleviate the unpleasant symptoms caused by allergies.
- You may experience a light burning sensation that lasts for 2-5 seconds upon initial use. This reaction is caused by the capsaicin component of the product and also accounts partially for its effectiveness. The sensation quickly resolves itself.
- This natural spray is nonaddictive, nontoxic, and not tolerance-building.



Clear Day

No allergies, no side effects, just relief

- Reduces allergy symptoms
- Decreases systemic inflammation
- Reduces the need for medications

Clear Day's potent blend of natural anti-inflammatory, antibacterial, antiviral and antihistamine compounds reduces and prevents the immune responses responsible for airborne allergies—without the associated side effects of medications.

How to Use

Take 1-2 capsules every four hours.

Tips and Considerations:

- Helps alleviate allergy symptoms such as wheezing, burning eyes, and nasal congestion.
- Active people are at higher risk for airborne allergic response due to increased ventilation during exercise.
- This product does not cause drowsiness.

Beat seasonal allergies.

WELL BEING



Chromemate

Micronutrient with massive benefits

- Enhances carbohydrate metabolism
- Stabilizes blood sugar
- Reduces sugar cravings

Chromium is a trace mineral which helps ensure proper insulin function, enhances recovery, and curbs sugar cravings. As with many minerals and nutrients, chromium levels have been depleted from the soil and thus modern food supplies.

How to Use

For blood sugar level support, take 1-2 capsules with meals—especially those high in carbohydrates.

As a recovery tool, take 1 capsule with post-work out Recoverite

Tips and Considerations:

- For those with diabetes, pre-diabetes, hypoglycemia, or anyone following weight loss protocols, this product should be used daily with each meal.
- Due to its role in energy production and the synthesis of glucose, fatty acids, and amino acids, Chromemate is well-suited for occasional use after exhaustive exercise.
- A seven-capsule dose of Premium Insurance Caps provides 200 micrograms of chromium. Research suggests that higher dosing is a wise strategy for those with blood sugar instability or those seeking to enhance carbohydrate synthesis following exercise.



Essential Mg

Magnesium—undisputed wellness superstar

- Relieves muscle spasms, cramps and tightness
- Supports optimal blood sugar and blood pressure
- Deepens sleep

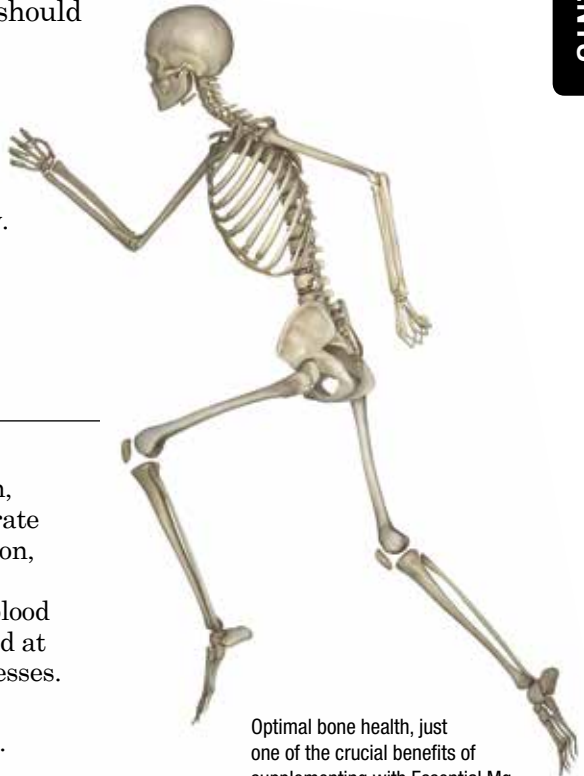
The antidote to widespread magnesium deficiency, this high-quality, multi-source magnesium supplement should be taken by all.

How to Use

Take 2 capsules twice a day.

Tips and Considerations:

- Magnesium is crucial for proper muscle contraction, nerve function, carbohydrate metabolism, ATP activation, protein synthesis, blood pressure normalization, blood sugar level regulation, and at least 300 other body processes.
- Take at night to promote relaxation and deep sleep.



Optimal bone health, just one of the crucial benefits of supplementing with Essential Mg.

Informative Resources



Secrets of Success for Endurance Fueling

The “bible” of endurance fueling, this is the all-encompassing, failproof guide guaranteed to support your best results in any athletic endeavor. The Secrets of Success distills the knowledge we’ve gained from more than three decades of rigorous research and field testing. Put these principles to work and you **WILL** succeed!

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None of the statements in this manual should be construed as dispensing medical advice or making claims regarding the cure of diseases, nor can these products prevent heat stroke, hyponatremia, or any other results of excessive physical exhaustion. You, the athlete, must listen to your body and use common sense to avoid serious injury. None of the statements contained in this manual have been evaluated by the Food and Drug Administration. You should consult a licensed health care professional if you have any pre-existing medical conditions.

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Loren Mason-Gere hammering up the Going to the Sun Road, Glacier National Park, Montana. Photo: Bill Sirl