

**HOW AND
WHEN
TO USE
EVERY
HAMMER
PRODUCT!**

HOW TO HAMMER

Fuel Right, Feel Great![®] • Guaranteed Since 1987

HOW TO HAMMER



Helping athletes achieve peak performance since 1987



Read to Succeed!

In this book, I explain how and when to use each Hammer product for best results. Instructions on labels are brief and for generic purposes. Combine these usage plans with *SOS: 5 Secrets of Success for Endurance Fueling* and you will have a winning combination, guaranteed.

As always, feel free to call us if you have any questions or would like help with a personalized fueling and supplement plan.

Keep Hammering!

A handwritten signature in black ink that reads "Brian Frank".

Brian Frank

Hammer Nutrition Founder and Owner



SAVE THIS BOOK FOR FUTURE REFERENCE

ON THE COVER: **Brian Frank** riding during the Cycling House Camp in Mallorca, Spain.

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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HAMMER CBD

The Gold Standard



Make it part of your daily routine!

CBD is everywhere, and the claims being made for it are astounding. We've been researching CBD since 2015 and marketing it since 2018. Sorting through the hype, wild claims, varying potencies, pricing, and quality can be overwhelming. Luckily, you've made the right choice

with Hammer CBD. Our wide variety of products and potencies ensures you get the product that best fits your needs at a fair price. The guidance provided here will get you started but do feel free to call us to speak with a CBD expert who can help you optimize your CBD usage.

BROAD-SPECTRUM CBD

- 0.0% THC
- Promotes quality sleep
- Boosts recovery
- Soothes soreness



Read how you will
**NEVER FAIL A
DRUG TEST**
using Hammer
Broad-Spectrum
CBD



FULL-SPECTRUM CBD

- Up to 0.3% THC
- Deepens quality sleep
- Provides superior mood support
- Heightens overall tranquility

*Contains THC. Do not use if subject to drug testing.



ALL HAMMER CBD

DAILY USAGE

For stress/aches/soreness

Take in the morning and after exercise

For sleep quality

Take before bed

Tinctures

Hold under tongue or in mouth for
1–2 minutes for increased absorption.

Softgels

Can be taken on an empty stomach or
with food

Topical

Apply liberally for localized areas of aches
and discomfort (joints and muscles)
immediately after exercise or whenever
needed. Combine with daily oral intake for
best results and acute needs.

NEW TO CBD

New users report feeling significant improvement in sleep quality and relaxation from the first or second day. Relief from aches and soreness in joints, connective tissue, and muscles usually noted in the first week and maximum effects realized after 3–4 weeks of continuous usage.



EXPERIENCED WITH CBD

If you are already familiar with other brands of CBD, read this:

Tinctures



Hammer tinctures have third-party verified potency; many other brands don't. Begin using the same consistent dosage you have previously been accustomed to for the first week. After the first week, increase the dosage to increase benefits.

Softgels



Our nano emulsified process increases absorption rates by five times! Therefore, you will likely notice more significant effects

from the same dosage. So, start with the same dosage used previously for the first week and evaluate. Increased dosage equals increased benefits.

How do I know if I am taking too much?

Feeling drowsy in the morning for an hour or more after a great night's sleep is the most reported effect from high dosages. If you experience this for more than 3–4 days in a row, decrease dosage until drowsiness abates.

What is my optimal dosage? If some is good, is more better?

Higher dosages may be warranted for acute conditions of stress, sleep, aches, pain, and uneasiness. After 1–2 weeks, increase the dosage in weekly increments to see an increase in effects. Stop increasing dosage when benefits level off.



OPTIMUM FUELING



Here we will show you how to **Fuel Right and Feel Great** for any endurance event or adventure.

We make naturally effective endurance fuels, not sugar-loaded junk masquerading as sports nutrition!

HAMMER PRODUCTS DO NOT CONTAIN:

- refined sugars
- excess sodium
- citric acid
- artificial sweeteners
- artificial colors
- artificial flavors

Only the healthiest, natural ingredients are good enough for us to sell to you or consume ourselves!

Use Hammer fuels according to our usage protocols, and your success is guaranteed!

35 years of working with thousands of athletes worldwide, doing every type of endurance event imaginable, has proven it. Plus, we guarantee your satisfaction.

Hammer Gel®

Real endurance fuel

- **Rock-solid sustained energy**
- **No sugar crash**
- **Easy to digest**

Contains 80 to 100 calories per serving, depending on the flavor.

PRE-EXERCISE	DURING EXERCISE
10 min before	1-3 hours
✓	✓



Use as a primary fuel source of calories during exercise less than 3 hours.

Consume 1 serving 10 minutes before and every 45 minutes during exercise. Add 16–26 oz (473–768 ml), depending on temperatures, of water per hour.

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

Use as a secondary calorie source during exercise lasting more than 3 hours; it's time to switch to Perpetuem® as your primary fuel source. However, Hammer Gel can be combined with Perpetuem or any other Hammer fuel during prolonged exercise for variety and to avoid flavor fatigue. Just be sure to count calories from all sources to avoid over-consuming.

HOW TO USE

Pouches



Carry as many as needed for the duration of your exercise. Please retain the tab and empty pouch for proper disposal.

Hammer Jug & Flask



Economical, eco-friendly, and convenient!

Add the desired amount of servings, then top off with water. Shake well and consume entire contents gradually during exercise until the flask is empty.

Hourly Fuel Bottle

Mix 1–2 servings of Hammer Gel® in a 21–26 oz water bottle to make a custom sports drink. Consume during each hour of exercise.

PRO TIP

Add a scoop of Endurolytes® Extreme Powder to your bottle for conditions over 80 degrees.



Miles Frank fills his Hammer flask to prep for a summer MTB ride.

Go Green! Use a Flask!

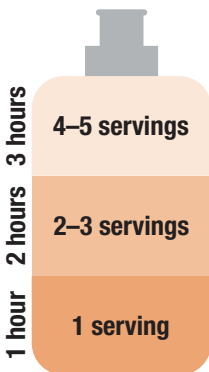
Read how you can use More Gel with Less Waste at a greater value



EASY FLASK USE!

Make a full flask for exercise lasting up to 3–4 hours.

- 1. Fill Flask** with 1–5 servings of Gel
- 2. Top off** with water
- 3. Shake well** and consume entire contents during exercise



EXERCISE DURATION /
NUMBER OF SERVINGS



ALSO GOOD TO KNOW

Complex carbs are from maltodextrin, vastly superior to sugar.

Hammer Gel contains branched-chain amino acids to support energy production and reduce muscle breakdown.

Hammer Gels do not contain electrolytes. Meet electrolyte needs with our Endurolytes® product line.

ONLY Espresso (50 mg) and Tropical (25 mg) flavors contain caffeine.

- All Hammer Gel flavors are gluten-free.
- All flavors but Nocciola are vegan.

Endurolytes®

Precise electrolyte replenishment

- Full-spectrum formula
- Rapidly assimilated
- Versatile dosing

PRE-EXERCISE	DURING EXERCISE		RECOVERY within 30 min after exercise
	10 min before	0-3 hours	
✓	✓	✓	✓



Precise Electrolyte replenishment in a Full-Spectrum Formula

NEVER CRAMP AGAIN!

The Endurolytes family of products all contain our proprietary perfectly balanced, full-spectrum, rapidly assimilated electrolyte source.

You can prevent cramps, ensure smooth energy production, optimize hydration, and accelerate recovery by properly addressing your electrolyte maintenance with whichever formulation best suits your needs.

Dietary salt intake, fitness level, weather, acclimatization, and other variables affect electrolyte requirements during exercise.

FOLLOW THE SCIENCE



Read more in-depth product details and Hammer client reviews

HOW TO USE

Original Endurolytes Capsules

Low-sodium formula

Take 1–3 capsules 10–30 minutes before the start of exercise.

Take 1–6 capsules per hour as needed to maintain electrolyte balance.

Take 1–3 capsules immediately following exercise.

Endurolytes Extreme

Take 1 capsule 10–30 minutes before the start of exercise.

Take 1–2 capsules per hour as needed to maintain electrolyte balance.

Take 1 capsule immediately following exercise.

PRO TIP

Get a free capsule dispenser that holds 24 capsules for convenient carry and usage.

Electrolytes done right, 4 different ways!



Endurolytes Fizz

Effervescent electrolytes, light flavor, no calories

Add 1–2 tabs to a water bottle or hydration pack and consume as desired. Can use as a stand-alone product or added to HEED®, Perpetuem®, diluted Hammer Gel®, or Sustained Energy for extra electrolyte content when conditions warrant.

Endurolytes Extreme Powder

Consume 1–2 scoops per hour, mixed in water or fuel. Endurolytes Extreme Powder will dissolve in water completely and is thus great for using in hydration bladders.

Long before you ever cramp, your performance is being compromised by electrolyte depletion. So, look for the earliest signs, such as:

- mild headache
- muscle fibrillation (twitching)
- increased perceived effort
- increased heart rate at same pace/intensity

As soon as you detect any of these, take more Endurolytes immediately.

NIGHT-TIME ELECTROLYTES

Take Endurolytes before bed after extreme depletion efforts (extra hot, extra long) to prevent night cramps. You can also use Endurolytes as needed for occasional restless legs at night.



HEED®

The real sports drink

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

Contains 110 calories per serving

PRE-EXERCISE	DURING EXERCISE
10 min before	2-3 hours
✓	✓

HEED contains complex carbs from maltodextrin, our proprietary full-spectrum electrolyte profile, and critical nutrients. Consider it a “guilt-free” replacement for traditional sports drinks. Use it to meet all your fueling needs for up to three hours or as a partial fuel source for exercise lasting more than 3 hours.

HOW TO USE

Mix 1 scoop of HEED in 16–26 oz (473–768 ml) of water, depending on temperatures. Sip continuously during exercise.

Hydration Packs

Add 1–2 scoops per liter. In hot weather, consider adding 1–2 servings of Endurolytes Extreme Powder per liter, too.

PRO TIPS

In hotter climates or during prolonged activities, add one form of Endurolytes® to your HEED.

*Only Cherry Bomb flavor HEED contains 25 mg of caffeine and 500 mg of taurine.



The absence of sugar and citric acid plus the addition of Xylitol makes HEED the only sports drink that actually improves oral hygiene instead of causing tooth decay!



NO
ADDED
SUGARS

With HEED in hand, Brian stays hydrated and energized!

HEED® 2.0

Same great HEED,
Organically reinvented

■ Lemon Lime ■ Orange

More flavors are on the way!

Sustained Energy

The original ultra fuel

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

Contains 320 calories per serving

PRE-EXERCISE		DURING EXERCISE
3 hours before	10 min before	3+ hours
✓	✓	✓

Introduced in 1991 as the world's first protein-fortified sports drink, Sustained Energy remains a favorite of athletes who 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

Consume in three different ways:

1-Hour Bottle

Mix 1–2 scoops in a 16–26 oz bottle and consume entire contents each hour. Only supplemental electrolytes are needed here.

Multi-Hour Bottle

Mix 1–2 scoops per hour of planned exercise, up to 8 scoops in a large water bottle. Drink gradually over the desired number of hours.



Paste

Mix 1–3 scoops in a bowl with a small amount of water, stir, and mix until the combination forms a paste. Fill a flask or other container with paste. Use as desired during exercise as a source of calories only.

NOTES ON MULTI-HOUR AND PASTE

When consuming in this manner, it's not a source of hydration, just calories. You must have a separate, plain water source for your hydration needs. You must also consume electrolytes from an independent source.

PRO TIPS

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

Sustained Energy contains no artificial preservatives. To avoid spoilage, do not premix or leave unrefrigerated, especially in warm weather.

Perpetuem®

Diesel for endurance athletes

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

Contains 260 to 270 calories per serving, depending on the flavor

PRE-EXERCISE		DURING EXERCISE
3 hours before	10 min before	3+ hours
✓	✓	✓

Perpetuem is the legendary ultra fuel for exercise lasting several hours to many days. It has 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.

HOW TO USE

1–2 scoops per hour as a primary source of calories as follows:

One Hour Bottles

Add 1–2 scoops to 16–26 oz (473–768 ml) of water.

This option is most effective when resupply is accessible, such as on-lap courses or when using a follow vehicle. Otherwise, mix bottles when refueling. Carry extra servings of dry powder and blend more as needed.



Multi-Hour Bottle

Mix 2–8 scoops in a water bottle.

Take small sips every 15–20 minutes. Augment with additional water and electrolytes from separate sources to meet your hydration and electrolyte needs.

Paste

Gradually add water to 2–4 scoops of Perpetuem to create a thick, paste-like consistency. Fill Hammer Flask or other container with the concentrate.

Each flask can generally supply you with 2–3 hours of fuel. Augment with additional water and electrolytes from separate sources as needed.

PRO TIPS

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

Perpetuem contains no artificial preservatives. To avoid spoilage, do not pre-mix or leave unrefrigerated, especially in warm weather.

Perpetuem® Solids

Steady energy you can chew on

- **Steady, reliable energy**
- **Buffers lactic acid**
- **Stable and packable for any duration at any temperature**

Contains 100 calories per serving

PRE-EXERCISE		DURING EXERCISE
3 hours before	10 min before	3+ hours
✓	✓	✓



PRO TIPS

Solids will not dissolve in water. Slowly chew them individually.

A long shelf life makes Solids perfect for all-day or multi-day events, self-supported tours, and expeditions.



**Steady energy
you can chew on**

Recoverite®

Recovery matters. Do it right.

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

Contains 170 calories per serving

RECOVERY	DAILY
within 30 min after exercise	As a meal replacement
✓	✓

Recover Right with Recoverite!

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

HOW TO USE

Mix 2 scoops with 4–8 oz of water. Consume immediately after exercise. If you're not able to eat a full meal within one hour of completing your exercise, take a second serving.

PRO TIPS

For best results, do not combine with milk or milk substitutes, as this alters the preferable carb-to-protein ratio and may reduce the rate of digestion.

To ensure the best flavor and effectiveness of the product, do not mix in advance.



Recoverite uses whey protein isolate, which is 97% lactose-free and provides the highest biologic value of any protein.

Recoverite® 2.0

Optimum Recovery, with a little caffeine kick!

■ Caffè Latte

Organic Vegan

Recoverite®

Optimize recovery, the vegan way.

- 100% organic
- Gluten-free pea protein
- Easily digested

Contains 180 calories per serving

Hammer PHOOD

Meal Replacement Drink

- **Hunger satisfying**
- **Reduces cravings**
- **Supports weight management**

Contains 170 calories per serving

RECOVERY	DAILY
within 30 min after exercise	As needed
✓	✓



Hammer PHOOD rewrites the book on meal replacement products with its high-protein, high-fat, low-carb composition, and delicious flavor. It's an excellent source of premium protein and healthy plant-based fats for meal replacement and as part of a calorie restriction program. Compared to any other MRP, Hammer PHOOD shines because of what is NOT in it. Hammer PHOOD boasts a short, clean ingredient deck, featuring:

NO cheap protein source

NO added sugars

NO artificial ingredients

NO emulsifiers

NO trans fats

HOW TO USE

Mix 2 scoops with 10–16 oz (295 mL–475 mL) of water.



READ MORE
about PHOOD in
our article *“Lean
Out with Hammer
PHOOD!”* in
Endurance News
Issue #125

Hammer Bar®

Real food, ready to roll.

- **Reliable long-lasting energy**
- **Packable and easy to eat**
- **Suitable for all diet types**

Contains 190 to 220 calories per serving, depending on the flavor

PRE-EXERCISE	RECOVERY	DAILY
3 hours before	within 30 min after exercise	As needed
✓	✓	✓



Unusually delicious and easy to digest, these are the ideal energy bars for everyone.

HOW TO USE

Eat as desired, as a pre-exercise meal, post-exercise/race recovery food, partial fuel source during prolonged exercise, or a healthy snack alternative.

KEY FEATURES

Made from organic raw food sources

Free of added sugar

Easy to digest

A perfect addition to any fueling routine or as a stand-alone snack

Comprised of nutrient-dense complex carbohydrates, vegetable proteins, and healthy fats

Certified Vegan and Kosher

Gluten-Free and Non-GMO

PRO TIPS

When using as an additional fuel source during exercise, add as part of your sum calorie count.

Bars containing chocolate will melt in the heat. Pack accordingly.





Whey Protein Bar

Grass-fed goodness

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

Contains 170 calories per serving

AFTER EXERCISE	DAILY
within 30 min after exercise	As a meal replacement
✓	✓



HOW TO USE

Eat as desired, after exercise as a perfect recovery food or a high-protein snack.

Vegan Protein Bar

Plant-based, protein-packed

Contains 230 to 250 calories per serving, depending on the flavor

PRE-EXERCISE	RECOVERY	DAILY
3 hours before	within 30 min after exercise	As needed
✓	✓	✓



PRO TIP

Almond Cacao is an unsweetened, savory flavor that won't melt.

Whey Protein

Your muscles' best friend

- Maintains & repairs muscle tissue
- Strengthens immune system
- Accelerates recovery

Contains 60 to 70 calories per serving, depending on the flavor

RECOVERY	DAILY
within 30 min after exercise	As needed
✓	✓

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. Hammer Whey Protein has 6 grams of L-glutamine per serving for additional recovery and immune system support.

Hammer Whey Protein will help you meet your goal of consuming at least .5 grams of protein per pound of body weight each day!

HOW TO USE

Mix one scoop of Hammer Whey with 4–6 oz of water, unsweetened oat, almond, or rice milk. Use post-exercise for added protein during the day and especially before bed.

Add a scoop to smoothies, pancakes, and other foods for added dietary protein.

rBGH-free Whey
Made in the USA from
100% Grass-fed Happy Cows



PRO TIPS

No added sugar or artificial ingredients

We use only premium-quality rBGH-free whey protein, produced in the USA from 100% grass-fed happy cows.

Completely free of antibiotics

Whey protein isolate is 97% lactose-free and tolerated by most individuals—even those with dietary intolerances.

DO NOT use before or during exercise; metabolism will initially produce some ammonia, a cause of muscle fatigue.

MAJOR HORMONE HACK!

Use Whey Protein before bedtime to naturally raise human growth hormone (HGH) levels by 400%! It also helps restore testosterone and estrogen levels as you sleep. You **MUST** fast (no food at all) for 3 hours before bed for this to work. Consume with water, brush your teeth, and go to bed.

Vegan Protein

Delicious 100% organic plant power

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



Contains 110 to 140 calories per serving, depending on the flavor.

RECOVERY	DAILY
within 30 min after exercise	As needed
✓	✓



**Mix It Up!
Make it your
own!**

Soy Protein

Plant-based protein powerhouse

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

Contains 110 calories per serving

RECOVERY	DAILY
within 30 min after exercise	As needed
✓	✓



Liquid Endurance

Hyper Hydration Formula

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

Contains 16 calories per serving

Keep your cool when things heat up!

THE ONLY WAY TO “LOAD” WATER!

Safely and effectively prepare your body for heat exposure, minimizing dehydration and maximizing performance. Glycerol, the active ingredient in Liquid Endurance, maximizes inter-cellular water levels to be called upon as needed during activity, thus preventing a decline in body water.

HOW TO USE

Traditional Loading Procedure

3 days before a hot weather event

1. Mix 0.5 oz of Liquid Endurance with 16-26 oz (473-768 ml) of water.
2. Slowly sip a bottle over 2–3 hours.
3. Repeat for 2 or 3 daily doses.

During Event/Exercise

Mix 1 oz into your first bottle

Non Loading/Quick Help in the Heat

3-day loading is not required to enjoy significant benefits. When exercising for long periods in the heat, add .25 oz–.5 oz of Liquid Endurance to each large water bottle, which will slow your rate of dehydration.



PRO TIPS

During multi-day events, it is okay to take an additional loading dose each evening.

Most athletes will gain 1–2% of their body weight.

Weigh yourself each day. If you have gained more than 3% of your body weight before finishing the loading procedure, you have achieved the maximum effective fluid increase, and it is time to stop loading. More than 3% gain does not improve performance.



FOLLOW THE SCIENCE

Read more in-depth product details and Hammer client reviews



SUPPLEMENTS



Hammer Nutrition started as a supplement company in 1987, developing cutting-edge products that effectively enhance energy, endurance, and recovery! You've come to the right place for your supplement needs. You also know that the "balanced diet" is a myth and have chosen to

supplement your diet with the highest potency and quality supplements on the market. The following pages provide optimal usage recommendations for each supplement. As always, feel free to call to speak with a supplement expert who can help you decide which will give you the best bang for your buck.

Race Caps Supreme

Tested, trusted, and proven for over 35 years

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

Daily	Before exercise	During exercise	Recovery
✓	✓	✓	✓

Race Caps Reign SUPREME!

Race Caps Supreme is the ORIGINAL endurance supplement for naturally enhancing energy, endurance, and recovery. It is a potent source of Coenzyme Q₁₀, idebenone, and antioxidants.

HOW TO USE

For best results, take 2–3 every day.

Before Exercise

Take before primary exercise period of the day or with breakfast or lunch.

During Exercise

Take 1 capsule per hour during prolonged exercise to reduce fatigue and improve endurance.

TIPS AND CONSIDERATIONS

Take with a fat source for better absorption.

While not a central nervous system stimulant, the energy production of this product means it should be used early in the day, not in the evening or before bed.



Brian Frank is excited to get out for the first ride of the season through Glacier Park.



FOLLOW THE SCIENCE

Read more in-depth product details and Hammer client reviews

Premium Insurance Caps

Daily Multivitamin

- Supports optimum health
- Boosts energy all day
- Supports body's defense system



READ MORE

from our article
*"5 Reasons why
Premium Insurance
Caps should be your
Multi!"* on *Endurance
News Weekly*

Premium Insurance Caps contains 54 different nutrients, proportionately balanced in each capsule, to support peak health through the rigors of training, competition, and daily life. Instead of a one-size-fits-all, dosages can be tailored to your needs. It fills in nutrient gaps in the daily diet and supplies more significant health benefits than the typical once-daily multivitamin.

HOW TO USE

Take 1–7 capsules daily with food as follows:

1–2 Capsules Daily with Meal

Ideal for children, young adults, and even those with an excellent whole foods-based diet.

3–4 Capsules Daily with Meal

The most common dosage for adults training fewer than 8–10 hours per week.

7 Capsules Daily Split Between 2 Meals

Super high-potency for high-volume exercise well over 10 hours per week.

PRO TIPS

Due to its calcium, selenium, and biotin contents, this product qualifies as a “women’s, pre-/post-natal formula.”

Allow 2–3 hours between the use of Premium Insurance Caps and the start of exercise.

Store in refrigerator or cool, dark place.

Mito Caps

Turn back the clock

- Improves energy production
- Promotes overall wellness
- Assists fat metabolism

Daily	Before exercise	Recovery	With a meal
✓	✓	✓	✓

NO NAP CAPS!

This unique formulation supports and protects mitochondria, the energy-producing organelles in cells. They work to produce energy, neutralize free radicals, and combat age-related degeneration, regenerating a sense of stable health reminiscent of your youth. It is one of the most popular anti-aging formulas in the world.

EndurOmega

Get the omega-3s you need

- Protects vascular health
- Supports healthy joints
- Enhances brain activity

Daily	Recovery	With a meal
✓	✓	✓

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



HOW TO USE

Take 1 capsule daily with a meal.

Take 1 capsule every one or two hours during prolonged efforts to reduce fatigue and increase endurance.

PRO TIP

Ingredients are very heat-sensitive—store Mito Caps in a refrigerator or a cool, dark place.



HOW TO USE

Take 2–10 capsules daily with meals. For best results, split dosages during the day.

Fully Charged

Pre-exercise ignitor

- Increases energy
- Promotes mental acuity
- Improves power output

Before exercise	During exercise
✓	✓

THE **NON-STIMULANT** MOTIVATOR

This revolutionary, pre-exercise formula gives you the energy you need without the over-amped jitters. Fully Charged reduces warm-up time, increases cardiovascular capacity, prevents lactic acid build-up, improves mental acuity, and increases energy levels.

Anti-Fatigue Caps

Eliminate endurance barriers

- Prolongs endurance
- Fights everyday fatigue
- Eliminates “heavy legs”

Before exercise	During exercise
✓	✓

AMMONIA HOOVER!

During prolonged exercise, ammonia is released into the muscles as a byproduct of energy production. Unchecked, ammonia in the muscles accelerates fatigue and causes the dreaded heavy, aching feeling. The result is “dead legs,” a foggy mind, and reduced energy output. Anti-Fatigue Caps provides the nutrients your body



HOW TO USE

Mix 1 serving in 4–8 oz of water, or take 2 capsules, 15–30 minutes before exercise.

During exercise lasting more than 3 hours, take additional doses as desired, especially late in the going.

PRO TIP

Due to the rapid increase in circulation, some people notice a slight tingling or flushed sensation.



needs to rapidly remove these toxins, resulting in increased and prolonged muscle performance.

HOW TO USE

Take 2–4 capsules one hour before exercise, lasting up to 3 hours.

Take 1–2 capsules per hour during exercise periods lasting more than 3 hours.

Endurance BCAA+

Powerful amino acid benefits

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

Before exercise	During exercise	Recovery
✓	✓	✓



THE ULTIMATE, CONCENTRATED MUSCLE SPECIFIC PROTEIN.

Two-thirds of muscle is composed of L-Leucine, L-Isoleucine, and L-Valine. These branched-chain amino acids (BCAAs) assist in muscle repair and development, increase energy levels, support the immune system, and stabilize blood sugar levels.

HOW TO USE

Take 4 capsules per 30 pounds of body weight immediately after exercise.

Use as a source of protein during exercise periods lasting over 3 hours if you prefer to fuel with HEED® or Hammer Gel®, which do not contain protein.

PRO TIPS

Equally well-suited for strength or endurance exercise, Endurance BCAA+ includes the amino acid L-alanine (to assist in energy production) and glutathione (to support the immune system).

A winning combination!



Race Day Boost

Get the boost you need

- Boosts performance
- Increases endurance
- Reduces lactic acid

Before exercise	With a meal
✓	✓

It's like having a third lung!

Enhance the function and performance of your body's three energy performance pathways and effectively buffer lactic acid. For maximum effectiveness, this product must be used sparingly in a loading format. **Save this one for your biggest races of the year**, or at least allow 30 days or more between loading cycles!



HOW TO USE

Use for major events.

One-Day Event—"A" Race

Take 4 capsules with food and water 4 times per day (16 capsules daily) for 4 days before a competition.

Multi-Day Event

Follow loading protocol for 3 days prior to start:

4 capsules, 4 times per day.

Then follow this twice-daily "maintenance dose" protocol after each stage:

Take 4 capsules with Recoverite® as soon as possible after racing each day, as well as another 4-capsule dose with food later in the day/evening.

TIPS AND CONSIDERATIONS

Do not use it for every race because this product has a "tolerance factor." Therefore, use it ideally only four to six times per year.



FOLLOW THE SCIENCE

Read more in-depth product details and Hammer client reviews

Energy Surge

Pure energy on demand

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

Before exercise	During exercise
✓	✓



PURE ENERGY, IN PILL FORM!

Adenosine Triphosphate (ATP) powers 95% of biological and physiological activity in the body. First introduced in 1989, 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 quickly before being recycled. During prolonged exercise, ATP levels degrade, contributing to fatigue and lower performance.

This sub-lingual (under the tongue) ATP is rapidly absorbed into your bloodstream, increasing ATP levels throughout the body as desired.

HOW TO USE

Take before high-intensity, short-duration exercise (less than one hour). Dissolve 1–4 tablets under your tongue 5–30 minutes before the start.

For prolonged exercise, dissolve 1–3 tablets under your tongue, as needed before climbs or other strenuous efforts and whenever you desire a quick boost of energy.

PRO TIP

To accelerate absorption, chew tablets, but do not swallow. Hold chewed-up tablets in your mouth for 1-5 minutes before swallowing.



Miles Frank demonstrates how easy it is to supplement your performance on the go.

Tissue Rejuvenator

Less pain, more gain

- Targets joint & muscle soreness
- Optimizes joint mobility & flexibility
- Assists in maximizing recovery

Recovery	With a meal	As needed
✓	✓	✓

Hammer's bestselling formula simultaneously helps rebuild joints, tendons, and soft tissue while reducing soreness, swelling, and discomfort. Tissue Rejuvenator offers a healthy alternative to toxic over-the-counter and prescription drugs.

HOW TO USE

Occasional/Prevention Use

Take 2 capsules, twice daily if you have only occasionally experienced discomfort, aches, etc.

Post Injury/Surgery

Take 2–8 capsules daily, divided into two or three doses for 4–6 weeks, then reduce to 4 capsules daily.

Acute Cases

For chronic discomfort and advanced joint degeneration, take 4 capsules or more daily.



PRO TIPS

For acute needs, combine with topical and/or oral CBD.

The effects of Tissue Rejuvenator are cumulative. Consistent use is vital to achieving the best results.

Contains glucosamine sulfate, chondroitin sulfate, and methylsulfonylmethane (MSM). If you have a shellfish allergy, consult your physician before use.

Vegan Tissue Rejuvenator does NOT contain ingredients derived from shellfish.

Undenatured Type II Collagen (UC-II™) helps the immune system promote healthy joints by increasing joint mobility and flexibility.



Vegan Tissue Rejuvenator

Vegan joint health support

- Reduces swelling & soreness
- Supports rebuilding of body tissue
- Promotes joint mobility

AO Booster

Supercharge your recovery

- **Helps maintain immune system**
- **Reduces post-exercise soreness**
- **Benefits skin & eyes**

Daily as
needed



This arsenal of powerful fat-soluble antioxidants enhances recovery, helps protect vision, improves your skin, reduces muscle soreness, and supports your immune system. With the entire vitamin E family in proper balance, AO Booster is rapidly absorbed and well-utilized, making it one of the most potent antioxidants available.

Super Antioxidant

Superior recovery tool

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

Daily as
needed



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



HOW TO USE

Rest Days

Take 1–2 capsules with food

Exercise Days

Take 1–2 capsules after working out with Recoverite® or Hammer PHOOD. After long training days, take an additional capsule with dinner if desired.



HOW TO USE

Rest Days

Take 2 capsules with food

Exercise Days

Take 2 capsules after working out with Recoverite® or Hammer PHOOD. After long training days, take an additional capsule with dinner if desired.

PRO TIP

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

Xobaline

Highest quality nutrients, next level results

- Reduces fatigue
- Enhances muscle repair
- Increases oxygen utilization

Daily	Recovery	As needed
✓	✓	✓

LIKE A B12 INJECTION WITHOUT THE NEEDLE!

Increase oxygen utilization, help prevent anemia, and enhance recovery with the world's most absorbable forms of folate and B12, balanced to match the body's preferred 4:1 ratio. These essential nutrients play vital roles in protein synthesis, mood and emotional stability, energy production, and hormone support.

Chromemate

Micronutrient with massive benefits

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

Daily with meals
✓

SAY GOODBYE TO THE 3 O'CLOCK BLUES!

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



HOW TO USE

Rest Days

Take 1 capsule with food.

Exercise Days

Take 1–2 capsules after a main exercise with Recoverite® or Hammer PHOOD.

PRO TIP

To reverse deficiency or as part of an anemia-recovery plan, take 2 capsules daily with iron rich meal.



HOW TO USE

Daily

To help stabilize blood sugar levels and aid insulin function, take 1–2 capsules with each meal—especially those high in carbohydrates.

As Needed

As a recovery tool, take 1 capsule after exercise with Recoverite® or Hammer PHOOD.

REM Caps

Sleep well to live well

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

1 hour Before
bedtime



START DREAMING AGAIN!

Lack of memorable dreams upon waking is proof of poor sleep quality and impaired recovery and endocrine function. Sleep more soundly and wake up refreshed with this potent non-habit-forming sleep aid.

HOW TO USE

Melatonin Restoration Cycle

Take 2 capsules one hour before bed every night for 30 days straight. If sleep pattern has not normalized and dream life has not significantly improved, repeat another 30-day cycle.

When Traveling/Jet Lag

Take 2 capsules one hour before wanting to go to sleep.

PRO TIP

Vivid dreams are a sign that your body is entering the deepest cycle of sleep = good.



FOLLOW THE SCIENCE

Read more in-depth product details and Hammer client reviews

Sleep Well

HAMMER CBD

can be used as a sleep aid alongside REM Caps.

DON'T FORGET CBD!



Essential Mg

Magnesium—undisputed wellness superstar

- Relieves muscle spasms, cramps, and tightness
- Supports dextrose and glucose level, and blood pressure
- Deepens sleep

Daily	Recovery	With a meal	Before bedtime
✓	✓	✓	✓



EFFECTIVE MAGNESIUM SUPPORT, WITHOUT THE RUNS!

The antidote to magnesium deficiency, which almost all humans have. Everyone should take this high-quality, five-source magnesium supplement.

HOW TO USE

General Support

Take 2–4 capsules with meals. For better absorption, split dosage between two meals if convenient.

Sleep/Restless Legs

Take 2–4 capsules before bed instead of taking them early in the day.

PRO TIPS

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.

Optimal bone health is just one of the massive benefits of supplementing with Essential Mg.



Brian Frank hammers up a hill during the Hammer Highline Ride.



READ MORE

from our article
*“Magnesium:
The Spark of
Life Mineral”*
on Endurance
News Weekly

Phytomax

Green-food powerhouse

- Boosts energy
- Strengthens the body's defense system
- Contains bioavailable nutrients & minerals

Daily	With a meal
✓	✓



3 LBS OF VEGGIES PER CAPSULE!

Phytomax is produced from hydrilla verticillata, including high levels of vitamins, minerals, and phytonutrients, making for unparalleled nutrient density and bioavailability. Each dose provides the phytonutrients, enzymes, and organic minerals found in three pounds of vegetables. We all need more vegetables!

Phytomax is a must for anyone not consuming or with limited access to organic, leafy cruciferous vegetables.

HOW TO USE

Vegetable Eaters

Take 3 capsules per day with meals.

Non-Vegetable Eaters

Take 6 capsules daily.

PRO TIPS

Consistent use of Phytomax helps improve mood, mental clarity, and sleep quality and is an excellent source of B12 supplementation for vegetarians or vegans.



LSA Caps

Support your hardest-working organ

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

Daily	With a meal
✓	✓



HELP YOUR OVERWORKED LIVER!

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

HOW TO USE

Take 2–4 capsules daily with food.

During high-volume training or high alcohol consumption, you may take additional doses before bed and upon rising.

PRO TIPS

Additional doses taken following exhaustive training sessions will optimize glucose metabolism and accelerate your recovery rate.

Ideal for use following any bout of illness or increased exposure to environmental toxins.

PSA Caps

All-natural prostate support

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

Daily	Before bedtime
✓	✓



PROSTATE HEALTH CHAMPION

PSA Caps provides six all-natural nutrients that synergistically work to support the prostate gland, helping to protect against age-related illnesses and function decline, and reduce overly frequent urination.

HOW TO USE

Prevention/General Prostate Health

If you show no signs of BPH, take 2 capsules, twice daily.

Prostatitis/BPH Symptoms Present

(frequent urination, having to get up several times during the night, etc.)

Take 2 capsules in the morning and 2 capsules in the evening.

A higher dose is okay to take if needed.

Boron

Natural anabolic hormone support

- **Helps restore exercise-depleted hormones**
- **Enhances bone health**
- **Helps restore libido**

Daily	Recovery	With a meal
✓	✓	✓



TRACE MINERAL WITH BIG BENEFITS

This micronutrient is vital for producing essential anabolic hormones—testosterone and estrogen—in both men and women. Soil depletion creates a universal deficiency of this powerful mineral. By reversing boron deficiencies, you can improve mood and reproductive health while improving your recovery from high-volume training.

It also protects bone mass and promotes prostate health.

HOW TO USE

Take 1 capsule daily with meal or after exercise.

High-Volume Training

(10–12+ hours per week)

Take 2 capsules daily.



Hammer fueling expert Steve Born easily conquers a climb with energy to spare!



FOLLOW THE SCIENCE

Read more in-depth product details and Hammer client reviews

Digest Caps

Probiotics for improved performance

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

Daily	Before a meal	As needed
✓	✓	✓

THE FRIENDLY TRIO!

Optimal health demands proper digestion. Containing a trio of *L. plantarum*, *L. acidophilus* DDS-1, and *Bifidobacterium bifidum*, these effective probiotic cultures are the “good bacteria” your gut needs for ideal nutrient assimilation, waste elimination, and intestinal function.

HOW TO USE

Take 1–2 capsules daily with midday or evening meal.

EnduroZyme

Digestive enzyme supplement

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

Recovery	With a meal	As needed
✓	✓	✓

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 1–6 capsules with meals, as needed.



PRO TIPS

Each capsule contains 450 mg of active probiotics.

Essential to use after taking antibiotics and or nonsteroidal anti-inflammatory products.

A healthy balance of intestinal flora helps prevent the ammonia produced by the digestion of protein-containing foods. This balance may help alleviate ammonia-producing fatigue.



TIPS AND CONSIDERATIONS

Strenuous exercise reduces digestive capacities. Take EnduroZyme with post-exercise snacks or meals.

Can be taken during activity to prevent possible GI distress.

Phytolean

Win the war against weight gain

- Helps block starch absorption
- Enhances fat burning
- Decreases fat assimilation

Before a meal	As needed
✓	✓

BLOCK 200x STARCH

Phytolean increases your body's fat-burning potential, aids in the decrease of fat absorption, and blocks the digestion of starchy carbohydrates. One 750 mg capsule will prevent 150 grams of starch (600 calories) from being absorbed! Phaseolin, the key ingredient, inhibits alpha amylase, the enzyme that breaks down starch.

ChitoLean

Bind and block the fat. Lose the weight.

- Helps improve body composition
- Powerfully assists fat burning
- Promotes healthy bowel movements

Before a meal
✓

BLOCK 10x FAT

When you go overboard on the fast train, ChitoLean is here to help. Powered by chitosan, an indigestible fiber, along with a vital assist from Vitamin C, ChitoLean effectively binds unwanted dietary fat and blocks its absorption. N-acetyl-L-carnitine ensures effective fat oxidation.



HOW TO USE

Take 2–3 capsules immediately before, during, or after high-starch meals.

TIPS AND CONSIDERATIONS

Phytolean should not be taken with post-exercise Recoverite® or post-exercise meal.

Phytolean and ChitoLean can be used together.



HOW TO USE

Take 2–3 capsules just before or during a high-fat meal.

TIPS AND CONSIDERATIONS

Be sure to drink at least 8 oz of water when using ChitoLean.

Wait at least 4 hours before consuming healthy fats or fat-soluble vitamins and medications.

Nasol

Relief is just a spray away

- Fast relief of seasonal sensitivity
- Relieves headache discomfort
- Non-habit forming

As needed



Clear Day

No side effects, just relief

- Reduces seasonal sensitivity symptoms
- Reduces the need for unnatural remedies

As needed



IT PIQUES SO GOOD!

Nasol helps provide fast and dependable headache relief without the need for other alternatives. This formula quickly and safely soothes irritation caused by seasonal sensitivities and airborne irritants.

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 alleviate the unpleasant symptoms caused by exposure to dust, hay, pollen, or anything else that makes your nose and eyes water and itch, runny nose, etc.

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

HOW TO USE

During periods of constant irritation

Take 2 capsules once or twice a day, as needed to eliminate symptoms.

Periodic irritation

Take two capsules as soon as possible and see relief in 8–10 minutes!

PRO TIP

Get a Capsule Dispenser or two and keep them handy in your gym bag, car, purse, or wherever so they are handily accessible anytime the need arises.

Endurance C

Potent Vitamin C Blend

- Provides antioxidant support
- Helps support immunity
- Helps reduce soreness

Before a meal	As needed
✓	✓



Brian Frank feeling great, on a fall ride at Hammer HQ in Montana.

Vitamin C is involved with many bodily functions: the formation of collagen, absorption of iron, and assisting in the proper function of the immune system. It also aids in wound healing and the maintenance of cartilage, bones, and teeth.

Endurance C provides you with three different types of vitamin C in optimal amounts.

HOW TO USE

Maintenance dosage

3 capsules with meals daily.

Acute needs (illness)

Take 3 capsules two or three times daily at the onset of symptoms. Dosage can be increased to bowel tolerance for maximum benefits.

PRO TIP

For long-duration exercise (3 hours +), take 1 capsule prior and 2 capsules afterwards for recovery benefits.



FOLLOW THE SCIENCE

Read more in-depth product details and Hammer client reviews

EnDuro D

Superior Vitamin D₃ + K₂ Formula

- Superior bone health combination
- Offers powerful immune support
- Helps improve insulin sensitivity

Before a meal	As needed
✓	✓



Here Comes The Sun!

Vitamin D₃ and K₂ are equally essential fat-soluble nutrients that supply many benefits individually, but they rely on each other to function optimally.

EnDuro D takes advantage of these synergistic effects to provide a superior formula in an easily assimilated softgel.

For immune system support, bone health, and cardiovascular health, take EnDuro D: the dynamic duo for health and well-being.

HOW TO USE

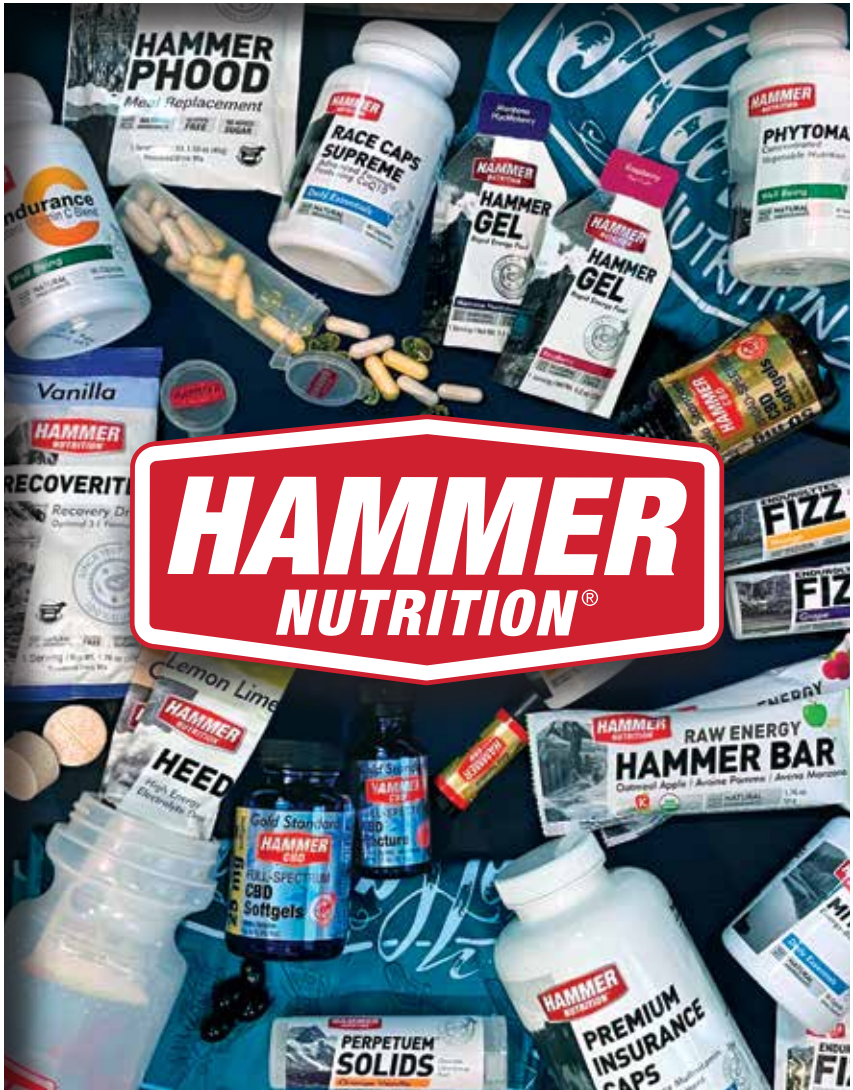
Maintenance dosage

Take 1 softgel daily with meals or separately.

Acute needs (winter months, low sunlight conditions)

Take 2–3 softgels daily all at once or in divided doses.

HOW TO HAMMER
**HOW AND WHEN TO USE
EVERY HAMMER PRODUCT!**



hammernutrition.com

800.336.1977