



BASE
P E R F O R M A N C E

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About BASE Performance

BASE Performance provides premiere nutritional supplements for runners, cyclists, triathletes, swimmers and Crossfit athletes. BASE has developed a unique system with a variety of products that enable athletes to improve performance, gain lean muscle, increase endurance and enhance recovery. As a Professional Triathlete, BASE Performance founder Chris Lieto knows the importance of nutrition and the challenges athletes face in finding the perfect plan. He has channeled years of trial and error as well as mistakes and triumphs into creating the optimal nutrition strategy built on BASE products. In January 2014, Matt Miller and Tony Demakis joined the BASE team bringing with them the entrepreneurial expertise to grow BASE into an elite player in the nutritional supplement arena. Since then, our company has gained a strong and loyal following of athletes who have experienced performance increases built on the strong nutritional foundation BASE products provide.

BASEAMINO

MIXED BERRY / WATERMELON
RETAIL \$49.95

DESCRIPTION:

BASE amino provides athletes with a proprietary blend of 9.4 grams of free amino acids proven to improve your athletic performance and endurance during exercise and augment your physical and mental recovery after activities. BASE Amino provides easily absorbed and rapid acting amino acids, the building blocks of protein, to quickly and effectively rebuild damaged muscles and prevent the breakdown during physical activities. BASE Amino increases strength and reduces muscle soreness. Additionally, it has been shown to enhance mental ability and reduce body fat. For all athletes seeking to improve their fitness levels and bolster their exercise regimes, BASE Amino provides the tools to attain lean muscle mass, fight fatigue and speed recovery.

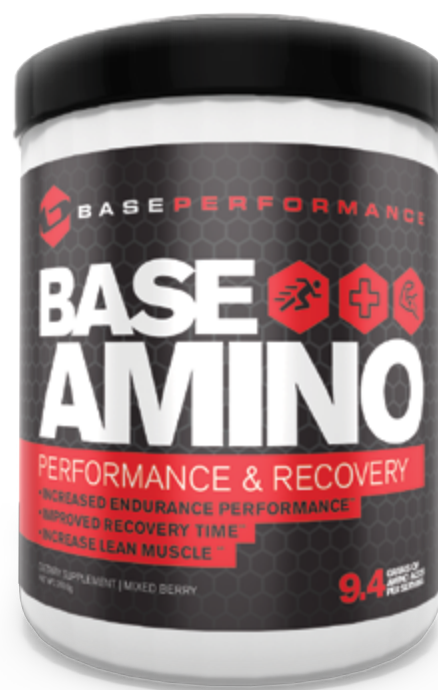
ACTIVE INGREDIENTS:

Leucine, Isoleucine and Valine are branched-chain amino acids (BCAA) that enter the bloodstream quickly. They decrease muscle damage during exercise, reduce muscle soreness and promote muscle synthesis and repair. BCAAs also provide an energy source during physical activity, sparing glycogen stores for use during prolonged exercise. Supplementation has been shown to improve physical strength and performance and reduce both central and peripheral fatigue. Additionally, Leucine improves mental and physical strength and may promote fat burning. Valine has stimulant properties and regulates nitrogen balance in the body, and isoleucine increases glucose uptake and utilization during exercise. Taken together, the three BCAAs provide greater protein synthesis than when taken alone.

Taurine is the body's most abundant free amino acid which is necessary for muscle contraction. It plays a role in metabolism and has anti-oxidant properties. As a supplement, it burns body fat during exercise and, in combination with BASE Amino's other ingredients, improves muscle endurance and anaerobic capacity, prevents fatigue and mental functioning.

Aspartic Acid is a naturally-occurring amino acid that promotes energy production in the body, thereby preventing muscle fatigue. It also enhances performance in short and prolonged exercise, presumably by lowering ammonia levels. And it spares glycogen stores and promotes glycogen production during physical activity. It also promotes the absorption of minerals like magnesium.

Methionine has antioxidant properties and enhances the production of glutathione, the most abundant antioxidant in the body. Thus, it promotes immune function and reduces damage from toxins produced during exercise. Additionally, it may lower cholesterol and protect the liver.



Lysine and Threonine are necessary for connective tissue synthesis and repair, including tendons, ligaments and bones. Supplementing with lysine promotes recovery after exercise. Additionally, lysine is necessary for the absorption of calcium, and it facilitates the metabolism of fatty acids for energy. It may also lower cholesterol and fight viruses. Threonine also promotes skeletal muscle growth.

Phenylalanine is converted into tyrosine in the body to build muscle. It promotes the synthesis of neurotransmitters like epinephrine (adrenaline), norepinephrine, dopamine and thyroid hormone, which are important to metabolism. These amino acids enhance mood and cognitive functioning and mitigate negative responses to stress.

Tryptophan is converted into the neurotransmitter serotonin, which reduces the perception of pain during strenuous exercise, thereby improving physical performance. It also reduces central fatigue.

Arginine increases nitric oxide, which promotes blood flow to the muscles to enhance performance, increasing aerobic capacity, and promote recovery. It also secretes growth hormone and make increase glucose uptake during prolonged exercise. Additionally, it may help certain cardiovascular conditions.

Rhodiola Rosea root extract is an herb that helps maintain balance by attenuating the body's negative physical and mental responses to physical, chemical and environmental stress. Shown to possibly protect cells from damage and regulate heartbeat, Rhodiola extracts increase energy, endurance and mental ability and facilitate physical recovery. It also may stimulate the release of mood-enhancing endorphins and neurotransmitters including norepinephrine, dopamine and serotonin.

Vitamin B6 (pyridoxine) plays an important role in energy production as well as amino acid and protein synthesis. It helps break down glycogen to release energy for use during exercise. Vitamin B requirements increase with strenuous and high volume exercise, and deficiencies impair performance. L-Isoleucine is an amino acid that is best known for its ability to increase endurance and help heal and repair muscle tissue. This amino acid is especially important to serious athletes and body builders because its primary function in the body is to boost energy and help the body recover from strenuous physical activity. L-Isoleucine is a branched-chain amino acid (BCAA). Isoleucine is actually broken down for energy within the muscle tissue.

L-Lysine is a necessary building block for all protein in the body. L-Lysine plays a major role in calcium absorption; building muscle protein; and the body's production of hormones, enzymes, and antibodies. L-Lysine is an essential amino acid, which means your body cannot manufacture it. It must be obtained through the diet or by supplementation. Lysine is one of the most well known amino acids and is an essential component of all proteins. Lysine supplementation has been shown to increase the absorption of calcium and it may reduce its excretion. Some researchers believe that lysine may be shown to have a role maintaining excellent bone health. Lysine works with other essential amino acids to maintain growth, lean body mass, and the body's store of nitrogen.

L-Phenylalanine is an essential amino acid that is needed for normal functioning of the central nervous system. The body needs phenylalanine to make epinephrine, dopamine, and norepinephrine, three neurotransmitters that basically control the way you perceive and interact with your environment. Phenylalanine supplementation may help mood, decrease appetite and increase alertness; it may also improve memory and concentration.

INDICATIONS

BASE Amino may be a useful dietary supplement for individuals who wish to increase their Branch Chain Amino Acids during bouts of training and competition in order to reduce muscle fatigue and increase muscle repair.

SUGGESTED USE

Dissolve one scoop of BASE Amino in 24 ounces of BASE Hydro. Mixing with water may produce a strong taste. Take one serving per each two hours of exercise and one serving at bedtime.

For best results and the most efficient recovery, combine one serving of BASE Amino with one scoop of BASE Hydro and one serving of BASE Electrolyte Salt per hour of exercise. We call this RocketFuel.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light.
Keep out of reach of children.



FORMULA

Servings Per Container: 26

Serving Size: 1 scoop = 10.8 (1 scoop)

Amount Per Serving

Vitamin B6 (as Pyridoxine HCl)	3 mg
Proprietary Amino Substrate Blend	5760 mg
L-Isoleucine, L-Valine, L-Methionine, L-Lysine (as HCl), L-Phenylalanine, L-Tyrosine, L-Threonine, L-Tryptophan	
Proprietary BASE Sign-Plex	3612 mg
L-Leucine, L-Taurine, L-Aspartic Acid	
Stevia Leaf Extract	360 mg
Rhodiola Rosea Root Extract	100 mg

Other Ingredients: Citric Acid, Natural Flavors,
Purple Carrot D (color) and Hibiscus (color)

BASEHYDRO

RETAIL \$19.95

DESCRIPTION:

Athletes that aspire to excel use BASE Hydro to fuel better performance during training and competition. BASE Hydro combines three types of fast-acting and easily absorbed carbohydrates that maximize uptake and utilization while reducing gastrointestinal distress. BASE Hydro's key electrolytes ensure proper absorption of water and reduce muscle cramps. Together, this combination provides the optimal hydration source during high-intensity and/or prolonged physical activities. You'll stay hydrated and fueled, enabling you to push farther with maximum energy. Plus its great taste and 90 calories per serving will keep you coming back for more.

ACTIVE INGREDIENTS:

Dextrose is a form of glucose, which is the body's principle quick energy source. Glucose converted into adenosine triphosphate (ATP), which stores and releases energy, most efficiently.

Maltodextrin is a chain of multiple glucose molecules, which provides an efficient and sustainable source of energy.

Fructose is a simple sugar that is quickly absorbed and utilized in the body. When ingested with glucose, it enhances the absorption of glucose in the gastrointestinal tract, not only increasing available energy, but reducing gastrointestinal distress.

Sodium Chloride is absorbed in the body and converted into sodium and chloride, two of the main electrolytes that enable the functioning of skeletal muscle, cardiac and brain cells. They also promote the optimal absorption of water.

Sodium Citrate is an alternative form of sodium that neutralizes acid and has been shown to augment performance in endurance athletes.

Potassium Citrate provides your body with potassium, another essential electrolyte, which prevents the muscle cramps that plague many athletes. Potassium is also vital for cardiac function.



FORMULA

Servings Per Container: 28

Serving Size: 22.91g (1 scoop)

Amount Per Serving

Calories	90	
Total Fat	0 g	0%
Sodium	275 mg	11%
Potassium	20 mg	1%
Total Carbohydrates	21 g	6%
Sugars	13 g	
Protein	0 g	0%

Other Ingredients: Triple Source Energy Blend (Maltodextrin, Dextrose, Fructose) Citric acid, Sodium Chloride, Sodium Citrate, Potassium Citrate, Natural Lemon Flavor, Silicon Dioxide, Beta Carotene



INDICATIONS

SUGGESTED USE

Dissolve two scoops of BASE Hydro in 20-24 ounces of water. Take one serving per hour of exercise.

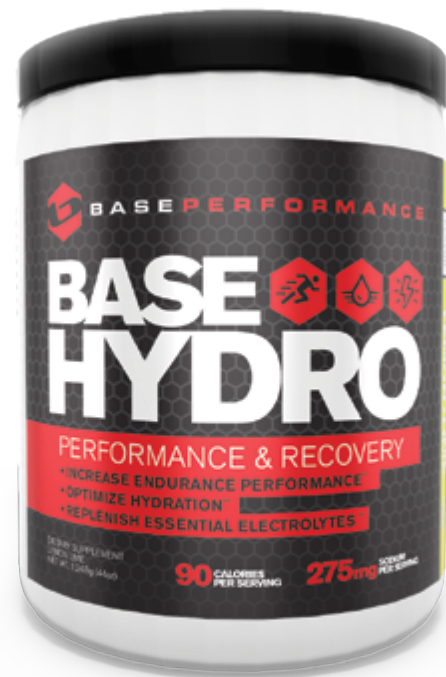
For best results and the most efficient recovery, combine one serving of BASE Hydro with one scoop of BASE Amino and one serving of BASE Electrolyte Salt per hour of exercise. We call this RocketFuel.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light.
Keep out of reach of children.





IRONMAN®
U.S. SERIES

OFFICIAL ENDURANCE SALT

BASE ELECTROLYTE SALT

RETAIL \$29.95

DESCRIPTION:

BASE Electrolyte Salt provides athletes with superior electrolyte replenishment, enabling them to maximize performance, stay hydrated and fight fatigue. More than just sodium chloride, BASE Salt's all natural formula contains 84 essential minerals needed to maintain proper energy and fluid balance and avoid muscle cramps. BASE Salt's unique crystalline form is very easily digested, rapidly absorbed and available in the bloodstream to replenish the electrolytes lost in sweat. Not only does it work quickly, it also prevents the gastrointestinal distress caused by many other electrolyte products. Add BASE Salt to your nutrition regime to take your training and competition to the next level.

ACTIVE INGREDIENTS:

Sodium regulates fluid balance, blood pressure and acid-base balance in the body. It also facilitates the transmission nerve impulses in skeletal muscle, brain and heart tissue. Since it is lost in sweat, it must be replenished during strenuous or prolonged exercise to prevent potentially life-threatening hyponatremia.

Potassium also plays an important role in fluid and acid-base balance, and it is particularly important for cardiac muscle contraction. It is also lost in sweat. Low potassium causes muscle weakness and severe depletion can induce heart arrhythmias.

Magnesium activates the enzymes required for energy production. It also plays a role in skeletal muscle contraction and bone structure. Even small deficits impair performance and increase damage from exercise. Magnesium facilitates potassium absorption from the gastrointestinal tract and helps balance electrolytes.

Chloride helps regulate fluid and acid-base balance in the body. Combined with hydrogen, it comprises the primary digestive acid in the stomach required to break down and absorb nutrients, and it may help the liver clear toxins. As the prominent negative ion in the body, it is commonly coupled with sodium and lost in sweat.

FORMULA

Servings Per Container: 225

Serving Size: 1 scoop = 1/8 tsp. | .625cc

Amount Per Serving

Sodium	290 mg
Chloride	442 mg
Calcium	3 mg
Magnesium	12 mg
Potassium	2.6 mg

Calcium in addition to promoting bone structure and repair, calcium enables heart muscle contraction, nerve transmission and regulates certain hormones. When depleted, the body usurps calcium from the bone, so supplementing helps protect bone health and integrity.

Also includes trace amounts of the following:

actinium, aluminum, antimony, arsenic, astatine, barium, beryllium, bismuth, boron, bromine, cadmium, carbon, cerium, cesium, chlorine, chromium, cobalt, copper, dysprosium, erbium, europium, fluorine, francium, gadolinium, gallium, germanium, gold, hafnium, holmium, hydrogen, indium, iodine, iridium, iron, lanthanum, lead, lithium, lutetium, manganese, mercury, molybdenum, neodymium, neptunium, nickel, niobium, nitrogen, osmium, oxygen, palladium, phosphorus, platinum, plutonium, polonium, praseodymium, protactinium, radium, rhenium, rhodium, rubidium, ruthenium, samarium, scandium, selenium, silicon, silver, strontium, sulfur, tantalum, tellurium, terbium, thallium, thorium, thulium, tin, titanium, uranium, vanadium, wolfram, yttrium, ytterbium, zinc and zirconium.



IRONMAN®
U.S. SERIES

OFFICIAL ENDURANCE SALT

INDICATIONS

SUGGESTED USE

Take 1-3 serving per hour of exercise depending on the heat and intensity of your work out to maintain electrolyte balance.

For fastest results place salt directly under your tongue and allow it to dissolve directly into your system.

For best results and the most efficient recovery, combine one serving of BASE Electrolyte salt with one scoop of BASE Hydro and one scoop of BASE Amino per hour of exercise. We call this RocketFuel.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

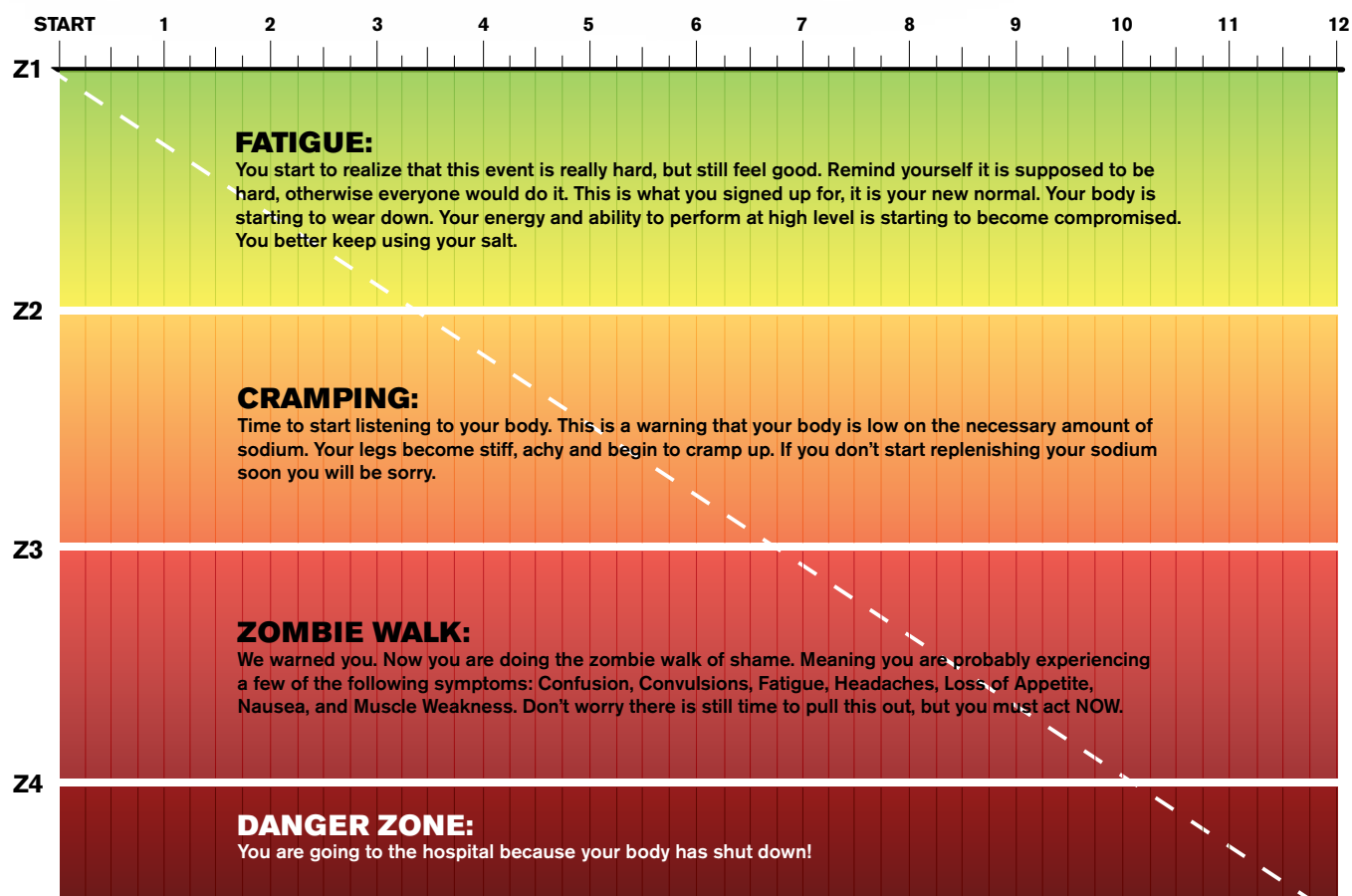
Store in a cool, dry place, away from direct light.
Keep out of reach of children.



IRONMAN®
U.S. SERIES

OFFICIAL ENDURANCE SALT

HOW THE BODY REACTS TO SODIUM DEPLETION





IRONMAN
U.S. SERIES
OFFICIAL ENDURANCE SALT

BASE ELECTROLYTE SALT

WHY BASE SALT:

- 1) Its crystallized form takes advantage of the body's superb ability to absorb in the mouth. It starts absorbing as soon as it hits the tongue, enabling it to start working fast!
- 2) It doesn't require digestion and has no artificial additives or casings, which avoids the gastrointestinal distress many other products cause.
- 3) It contains all of the electrolytes as well as 84 trace elements your body needs to perform at its absolute best.
- 4) Small amounts every 10 - 15 minutes allows your body stay to at an even level. If you have an IV drip, it is a slow process to allow your body to absorb it as needed. It is never just pumped straight through your system all at once. This allows you to avoid peaks and valleys.
- 5) Most people are deficient in a number of essential trace minerals. BASE Electrolyte Salt replenishes those areas to allow for optimal performance.
- 6) **It WORKS! Go ahead. Ask someone who's tried it—we dare you. Better yet? Try it yourself and see!**

BASE ENERGY

RETAIL \$44.95

DESCRIPTION:

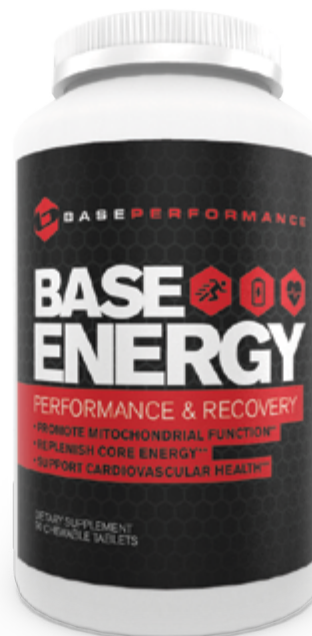
Increase energy and increase your exercise capacity with BASE Energy. BASE Energy contains D-ribose, which is a naturally occurring sugar that comprises adenosine triphosphate (ATP), which is the primary energy source for the body. And your body's ability to produce energy is limited by the amount of available ribose. Therefore, supplementing with BASE Energy will increase your energy, increase exercise capacity and speed the restoration of energy reservoirs, particularly after high intensity activities. It may even reduce the perception of pain and improve sleep, enabling you to take your performance to the next level.

FUNCTIONS:

BASE Energy contains pure D-ribose, a safe and clinically researched ingredient that supports the natural way our bodies produce adenosine triphosphate (ATP), the energy currency of the cell. † Ribose is the vital structural backbone of critical cellular compounds called purines and pyrimidines. Our bodies must have an adequate supply of purines and pyrimidines to form major cellular constituents such as our genetic material (DNA and RNA), numerous cofactors, certain vitamins, and, importantly, adenosine triphosphate (ATP). Ribose is the starting point for the synthesis of these fundamental cellular compounds, and the availability of ribose determines the rate at which they can be made by our cells and tissues.

D-ribose is a structural component of DNA, RNA, ATP, GTP, flavins (FAD, riboflavin) and other important nucleotides found in all living cells. Ribose is formed naturally via the pentose phosphate pathway. This pathway is slow and rate-limited in cardiac and skeletal muscle due to an inherently low concentration (lack of expression) of the enzymes, glucose-6-phosphate dehydrogenase and 6-phosphogluconate dehydrogenase. The product of this pathway is ribose-5-phosphate, which in turn is converted to 5-phosphoribosyl-1-pyrophosphate (PRPP), the primary driver in the synthesis and salvage of purine nucleotides. No other compound can be used by the body for this metabolic purpose. Purine nucleotides (ATP and its precursors) lost due to ischemia, hypoxia, or genetic predisposition are replaced via the purine nucleotide pathway. This pathway is rate limited by the availability of ribose in tissue. Administration of exogenous ribose bypasses the rate-limiting steps in the pentose phosphate pathway, resulting in a significant acceleration of PRPP.

Renewed concentration of ATP is accompanied by an increased energy potential in the cell, also known as the "energy charge." Cardiac and skeletal muscle functions (i.e. contraction, cell wall maintenance, relaxation, polarization of the cell membrane) each require a different, quantifiable energy charge to drive or provide allosteric regulation for each function. Restoration of cellular energy charge restores function consistent with the degree of energy charge restored.



D-ribose is indicated for sports and fitness activities because it helps to reduce the loss of energy during stress and accelerate energy and tissue/muscle recovery†. Endurance athletes and strength training athletes will both benefit from the effects of supplemental D-ribose.

Unless our hearts have an adequate supply of ribose, they simply cannot satisfy their astonishing energy demand. Our bodies make ribose naturally, but in times of stress the need is greater than our supply to satisfy the loss of energy from our cells. That is why supplementing with d-ribose can support proper heart function and helps maintain healthy stroke volume during and after high intensity exercise†. A study by Olman et al. in 2003 showed beneficial effects on diastolic function and quality of life in compromised patients after only 3 weeks of supplemental D-ribose. Although D-ribose is a five-carbon monosaccharide, it does not raise blood sugar. BASE Energy® D-ribose is non-GMO. D-ribose is rapidly and readily (~95%) absorbed with peak blood levels found within 30 – 45 minutes. Ribose not taken up by the cell is excreted unchanged in the urine. BASE Energy D-ribose is GRAS (generally recognized as safe), a determination that results only after considerable toxicology studies are performed and an expensive and time consuming FDA process is completed.

Xylitol is a naturally occurring carbohydrate. It is found in fibrous vegetables and fruit. Xylitol is only slowly absorbed and partially utilized; therefore a reduced calorie claim is allowed: 40% less than other carbohydrates. In addition, the body does not require insulin to metabolize xylitol. A number of studies have shown that xylitol actually interferes with bacteria's ability to adhere to body tissues (especially in the mouth and nasal passages). Furthermore, xylitol has the unique effect of diminishing bacteria's ability to produce biofilm – thereby making the bacteria more susceptible to natural immune system defenses. Regular use of xylitol may help prevent plaque from gaining hold on dental surfaces.

FORMULA

Servings Per Container: 30

Serving Size 3 Chewable Tablets

Amount Per Serving

Calories.....	10
Total Carbohydrates.....	2 g
Sugars (from D-Ribose).....	1.67 g
Sugar Alcohol.....	0.5 g
D-Ribose.....	1.67 g

INDICATIONS

BASE Energy Chews are natural D-ribose chewable tablets clinically proven to help restore energy, support cardiac function and reduce muscle stiffness, soreness, and fatigue. †

SUGGESTED USE

For maximum benefit, take 3 chewable tablets with food 45 mins before exercise for a minimum of 30 days.

SIDE EFFECTS

No adverse effects have been reported

CAUTIONS: Mild, transient hypoglycemia may occur if taken on an empty stomach. Insulin dependent diabetics and pregnant women should consult their physician before use. Ribose may cause a transient increase in uric acid levels; therefore those that have chronic gout should consult their physician before use.

STORAGE

Store in a cool, dry place, away from direct light.
Keep out of reach of children.



BASE RECOVERY ACTIVATOR

RETAIL \$39.95

DESCRIPTION:

BASE Recovery Activator's unique formulation is designed to enhance and accelerate recovery as well as clear toxins produced during intense or prolonged physical activity. The combination of L-Glutamine with Chinese botanicals facilitates gastrointestinal breakdown and absorption of vitamins and minerals required to repair and restore your body so as to tackle your next workout in peak shape. BASE Recovery also curbs the risk of infection athletes face during periods of intense or prolonged exercise. Mix BASE Recovery with a carbohydrate source to substantially increase your recovery time and improve core health performance over time. As an essential component of any athlete's recovery protocol, BASE Recovery Activator ensures you maximize the absorption and utilization of the nutrients your body needs to perform at its best.



ACTIVE INGREDIENTS:

L-Glutamine is the most abundant amino acid in the body, found primarily in the muscles and lungs. It removes waste from the body, such as ammonia, and promotes immune health. Since the stress hormone cortisol reduces glutamine levels, supplementing ensures adequate levels for endurance athletes. It has also been used to enhance the recovery of surgery patients, treat gastrointestinal and mood disorders, and prevent infection.

Chinese Botanical Blend

Codonopsis is related to ginseng, which increases energy and metabolism as well as stimulates digestion by stimulating the nervous system. It may also promote blood circulation. It has been used to treat HIV infection as well as the side effects of radiation treatment in cancer patients.

Acanthopanax (Siberian ginseng) increases oxygen uptake, spares muscle glycogen thereby reducing fatigue and increasing endurance in athletes. It also strengthens bones and may have anti-viral properties.

Aucklandia (costus) promotes digestion and is used to treat gastrointestinal disorders. It also may prevent airway narrowing in asthma and lower blood pressure.

Astragalus increases splenic digestion in the gastrointestinal tract. It also promotes lung health and has been shown to bolster the immune system and increase cardiovascular function.

Taraxaci (dandelion root) releases enzymes that promotes the breakdown of carbohydrates. It increases liver function and helps the body remove toxins. Its mild diuretic effect enhances weight loss.

Glycyrrhizae (licorice root) eases gastrointestinal discomfort and promotes hepatic detoxification. It has strong anti-inflammatory and anti-allergic properties and heals gastric ulcers. It has also been used to treat cough and asthma.

FORMULA

Servings Per Container: 30

Serving Size: 2 capsules

Amount Per Serving

L-Glutamine	500 mg
Codonopsis	60 mg
Acanthopanax	180 mg
Aucklandia	30 mg
Astragali	180 mg
Taraxaci	20 mg
Glycyrrhizae	30 mg

SUGGESTED USE

Take 2 capsules in the morning before breakfast and 2 capsules after intense workouts.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light.
Keep out of reach of children.

BASELEAN

RETAIL \$44.95

DESCRIPTION:

BASE Lean contains three active ingredients clinically proven to burn fat, increase metabolism and regulate blood sugar levels. Incorporating BASE Lean into your training and nutrition plan will help you blast the fat standing between you and your ideal weight without compromising the muscle mass that keeps you strong. Additionally, potent antioxidants will enhance recovery and keep you performing at your peak. With BASE Lean, you'll perform, feel and look great.

FUNCTIONS:

Meratrim contains sphaeranthus and garcinia mangostana, natural Ayurvedic herbs shown to prevent the multiplication of fat cells, decrease fat uptake from the bloodstream and burn stored fat. Over the course of eight weeks, studies revealed not only increased weight loss, but also decreased total cholesterol, triglycerides and fasting glucose compared to placebo. Meratrim also has antioxidant properties and Sphaeranthus decreases anxiety.

Capsimax contains capsicum, an extract derived from a group of compounds called capsaicinoids, which cause the "heat" of red hot peppers. Capsimax suppresses appetite and increases metabolism and fat burning without the negative gastrointestinal side effects of capsaicinoids. Several studies have confirmed the efficacy of capsaicinoids as weight loss agents.

Zychrome combines chromium, niacin (vitamin B3) and L-cysteine, which regulates glucose and insulin levels in the blood to stimulate weight loss. Chromium is a naturally-occurring mineral that enhances the action of insulin. Niacin is another natural mineral that lowers cholesterol while increasing levels of the "good" cholesterol, HDL. The amino acid L-cysteine promotes the synthesis of the antioxidant glutathione. It may also combat the negative effects of alcohol intoxication.



FORMULA

Servings Per Container: 60

Serving Size: 1 vegetarian capsule

Amount Per Serving

Chromium 100 mcg

(as Chromium Dinicocysteinate)

Meratrim™ Proprietary Blend 400 mg

(Sphaeranthus indicus [flower heads] extract,

Garcinia mangostana [fruit rind] extract)

CapsaicinoidA 0.5 mg

(from Capsimax™, providing capsaicin,

dihydrocapsaicin, nordihydrocapsaicin)

Other Ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, cellulose, vegetable stearate, pharmaceutical glaze and silica

SUGGESTED USE

Adults take 1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before dinner, or as directed by your health care professional.

SIDE EFFECTS

Gastrointestinal side effects such as bloating and flatulence may occur.

WARNING: If you are pregnant or nursing, consult a physician prior to use.

STORAGE

Store in a cool, dry place, away from direct light.

Keep out of reach of children.

BASEMULTI

RETAIL \$39.95

DESCRIPTION:

BASE Performance is proud to introduce BASE Multi tablets with important vitamins and minerals plus powerful antioxidant support from a proprietary phytonutrient blend of standardized spinach, blueberry and strawberry extracts, carotenoids, and methylated resveratrol in just 2 easy-to-swallow tablets daily. Astaxanthin is included as the most powerful carotenoid antioxidant for healthy aging and inflammatory support. Activated forms of B vitamins in BASE Multi ensure proper utilization of vitamins

FUNCTIONS:

Studies show that a high percentage of adults in North America and other developed areas eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for the dietary management of the body's structure as well as the optimum functioning of its various systems, including the immune and gastrointestinal systems.

BASE Multi has been carefully developed to contain the right proportions of vitamins, minerals, trace elements, and other nutrients without danger of toxic build-up or other side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Certain nutrients such as beta-carotene, vitamin D, and B-complex vitamins are included in high-potency amounts because of the vital roles they play in antioxidant protection, energy production, the maintenance of healthy blood cells, the nervous system, hormonal balance, and more. Minerals and trace elements are provided in their safest and most bioavailable forms.

BASE Multi contains Metafolin®, a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF). L-methylfolate is the naturally occurring, predominant form of folate commonly found in cells and is essential for overall health, as it participates as a cofactor in a reaction that involves the remethylation of homocysteine to methionine. Unlike synthetic folic acid, L-methylfolate can be used directly by the body, without the need for an additional conversion via the enzyme (5,10 methylenetetrahydrofolate reductase (MTHFR)). In certain populations, the body's ability to convert folic acid to 5-MTHF by use of this enzyme may be compromised due to genetic differences. Metafolin® contains only the S isomer of 5-MTHF and has been shown to be the only form of folate to be able to cross the blood-brain barrier.



BASE Multi also includes important phytonutrients in a proprietary blend of wild blueberry, strawberry and spinach extracts to supply active polyphenols for protection against free radical damage. Lutein, lycopene, zeaxanthin, and astaxanthin are carotenoid antioxidants for ocular health and beyond. Astaxanthin, the most powerful carotenoid sourced from algae, is increasingly popular due to its numerous health benefits studied such as cardiovascular, immune, and inflammatory support. † Pterostilbene, a methylated form of resveratrol is considered the next generation of resveratrol. Pterostilbene has advantages over resveratrol: superior biological activity, better oral bioavailability, and slower metabolism in the body. As another potent antioxidant, pterostilbene has been clinically studied for cardiovascular, blood sugar, cognitive and longevity support. †

FORMULA

Servings Per Container: 30

Serving Size: 1 vegetarian capsule

Amount Per Serving

Vitamin A (as natural beta-carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D-3	1,000 IU	250%
Vitamin E	100 IU	333%
(as d-alpha tocopheryl succinate)		
Thiamine (as Thiamine HCl)	25mg	1,667%
Riboflavin (as Riboflavin-5-phosphate)	10 mg	588%
Niacin/Niacinamide	30 mg	150%
Vitamin B-6 (as Pyridoxal-5-phosphate)	10 mg	500%
Folate (as L-methylfolate, Metafolin®)	400 mcg	100%
Vitamin B-12 (as methylcobalamin)	250 mcg	4,167%
Biotin	300 mcg	100%
Pantothenic Acid (d-calcium pantothenate)	25 mg	250%
Calcium (as Calcium Citrate/Malate Complex)	50 mg	5%
Magnesium (as Magnesium Citrate)	25 mg	6%
Iodine (from kelp)	150 mcg	100%
Zinc (as Opti-Zinc®, monomethionine)	15 mg	100%
Selenium (as amino acid chelate)	100 mcg	143%
Copper (as amino acid chelate)	1 mg	50%
Chromium (as amino acid chelate)	120 mcg	100%
Molybdenum (as amino acid chelate)	100 mcg	133%
Potassium (as Potassium Aspartate)	30 mg	<2%
Choline (as Choline Bitartrate)	60 mg	*
Inositol	25 mg	*
Lutein	3 mg	*
Lycopene (natural)	3 mg	*
Zeaxanthin	1 mg	*
Astaxanthin	1 mg	*
Pterostilbene (PteroPure™*)	10 mg	*
Proprietary Blend	300 mg	*
Wild Blueberry Extract (fruit, Vaccinium angustifolium, standardized to 4% polyphenols), Strawberry Extract (fruit, Fragaria vesca, standardized to 2% polyphenols), Spinach Extract (leaf, Spinacia oleracea, standardized to 1.5% polyphenols).		

*Daily Value not established



INDICATIONS

BASE Multi tablets may be a useful dietary supplement for those who wish to consume the essential nutrients for health and aging support in 2 easy to swallow tablets daily.

SUGGESTED USE

Adults take 2 tablets daily with food or as directed by a healthcare professional.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light.
Keep out of reach of children.

BASE OMEGA 3

RETAIL \$39.95

DESCRIPTION:

BASE Omega is Supercritical CO₂ extracted oils in triglyceride form, manufactured in Germany BASE Performance. BASE Omega is unique among other Fish Oils for its' critical extraction, purity, bioavailability and concentrations...

Critical Extraction

Supercritical CO₂ advanced technology is the superior protection against oxidation. The extraction method of BASE Omega uses less heat and no chemical solvents when compared to molecular distillation, resulting in fewer unwanted isomer formations and "cleaner" oil.

Critical Purity

Supercritical fluid extraction uses CO₂ (carbon dioxide) instead of oxygen to gently extract the fatty acids, which also protects them from microorganisms that can't survive without oxygen. No chemical preservatives, solvents, or undesirable compounds are found in BASE Omegas. Heavy metal and contaminant levels measure significantly lower than the standard.

Critical Bioavailability

Recent scientific data shows the triglyceride form of BASE Omega is better absorbed when compared to ethyl esters. Recent data have demonstrated that omega-3 fatty acids delivered in a triglyceride form may result in greater plasma levels and a higher omega-3 index compared with omega-3 fatty acids delivered in the form of ethyl esters.

Critical Concentration

Many Fish Oils contain only about 30% omega-3 fatty acids, of which roughly 18% is EPA and 12% DHA. The remaining 70% is a varying mixture of other components. In other words, regular fish oils contains less than a third of the desired active ingredients and more than two thirds of "other" components. These other components may include cholesterol, omega-6 fatty acids, saturated fatty acids, oxidation products and contaminants. Highly concentrated fish oils, like BASE Omega, provide at least 75% active ingredients, leaving less room for nonessential compounds.



FUNCTIONS:

The benefits of omega-3 fatty acids continue to emerge and numerous health organizations around the world recommend adequate daily intake of EPA and DHA. Data continues to accumulate that supports EPA and DHA in cardiovascular health as well as many other areas, including neurological health, vision health, and joint health.† The omega-3 fatty acid EPA is the direct precursor for the prostaglandins, which are involved in helping to maintain the body's normal inflammatory processes.†

FORMULA

Servings Per Container: 30

Serving Size: 2 vegetarian capsule

Amount Per Serving

Chromium 100 mcg

(as Chromium Dinicocysteinate)

Meratrim™ Proprietary Blend 400 mg

(Sphaerantus indicus [flower heads] extract,

Garcinia mangostana [fruit rind] extract)

CapsaicinoidA 0.5 mg

(from Capsimax™, providing capsaicin,

dihydrocapsaicin, nordihydrocapsaicin)

Other Ingredients: Hydroxypropyl methylcellulose (capsule),
dicalcium phosphate, cellulose, vegetable stearate,
pharmaceutical glaze and silica



INDICATIONS

High EPA BASE Omega is indicated for those individuals that want a higher ratio of EPA to DHA in small, pure, and potent softgels for cardiovascular and inflammatory support.

SUGGESTED USE

Adults take 2 softgels daily with a meal, or as directed by your health care professional.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light.

Keep out of reach of children.

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