

EM•PACT® Pre-Workout Sports Drink



Net Wt. (360g)
Product Number 19302

Unlike popular, glucose-laden sports drinks that offer minimal benefits and trigger the release of insulin, the **EM•PACT Pre-Workout Sports Drink** mix is formulated to help furnish biochemicals that can increase oxygen uptake capacity.

About our EM•PACT Pre-Workout Sports Drink:

- Fructose and metabolic intermediate.
- Helps increase stamina and endurance.
- Best used in times of physical exertion.
- Helps increase stamina and endurance to help you perform in peak condition.

Assists pre-workout condition

Before you buy your next sports drink, ask yourself if it's giving you all you need. If all you want is hydration and a short burst of energy from sucrose or corn syrup, you'll get your money's worth. If you want increased stamina and endurance, you will be amazed at the difference a high-tech nutritional sports drink can make. Unlike most popular sports drinks that offer minimal benefits and trigger the release of insulin, Mannatech's EM•PACT Pre-Workout Sports Drink mix is a pre-exercise drink (PRX) formulated specifically to help provide biochemicals for your body to increase oxygen uptake capacity, aiding the body's natural energy production during a workout or athletic event.

EM•PACT® Pre-Workout Sports Drink

Supporting proper cellular communication

In addition to crystalline fructose, EM•PACT Pre-Workout Sports Drink mix features a proprietary ingredient called Ambrotose® complex that no other sports drink contains. This patented blend of carbohydrates was formulated to help maintain good health by supporting proper cellular communication. And what better time for your cells to "talk" than when you're physically pushing their limits.

Fructose provides a readily available source of carbohydrates essential to the initial phase of exercise. EM•PACT Pre-Workout Sports Drink mix also contains medium-chain-triglycerides (MCTs) that are readily broken down into short-chain, free-fatty acids that are burned rapidly and used effectively when muscles are exercised. When you drink the refreshing lemon-lime flavoured EM•PACT Pre-Workout Sports Drink mix it re-hydrates and delivers nutrients to help utilise stored carbohydrates and fats.

International Society of Sports Nutrition Study

The Effectiveness of a Pre-Exercise Performance Drink (PRX) on Indices of Maximal Cardiorespiratory Fitness is a study that examined the effectiveness of EM•PACT Pre Workout Sports Drink® mix. After random testing on both male and female subjects, the study found:

Indices of cardiorespiratory fitness, specifically oxygen uptake ability (VO₂max) and time to exhaustion were significantly enhanced by ingestion of the EM•PACT Pre Workout Sports Drink mix prior to graded exercise testing.

The main findings of this study were that indices of cardiorespiratory fitness, specifically VO₂max, and time to exhaustion were significantly

enhanced by ingestion of PRX prior to graded exercise testing. In particular, overall increases were observed in VO₂max (15.5%) and time to exhaustion (8.7%). The results of this study also support the use of the PRX as examined in this investigation in tests of aerobic power as well as support earlier reports of ingesting a PRX consisting of low glycemic sugars (5-8%) before exercise.

The results also support the use of a pre-exercise performance drink (PRX) as examined in this investigation in tests of aerobic power, as well as support earlier reports of ingesting a pre-exercise performance drink consisting of low glycaemic sugars.

Improvement of time to exhaustion claims also could possibly be substantiated as the data of this investigation support a recent study in which a mixture of carbohydrates and medium-chain triglycerides (MCTs) resulted in increased aerobic function as marked by increases in length of time trials to exhaustion.

It was concluded that, during bouts of exercise requiring aerobic power, the combined results of this investigation provide meaningful practical applications for coaches and athletes alike regarding possible alternative hydration options.

Journal of the International Society of Sports Nutrition. 3(1):56-59, 2006. Study performed on US-formulation.

Ingredients:

Each 14 g (one level 15 mL tablespoon) contains: Proprietary plant polysaccharide blend* (*Aloe barbadensis* inner leaf juice dry, tragacanth, ghatti gum), fructose, creatine monohydrate, calcium citrate hydrate, magnesium aspartate, magnesium gluconate, potassium aspartate, potassium gluconate, choline bitartrate, lecithin. Also contains anhydrous citric acid, caprylic/capric triglyceride, lemon oil, colloidal anhydrous silica.

Recommended use: Adults: Mix one level 15ml tablespoon (14g) with 250ml of water 15-20 minutes prior to exercise routine. Additional dosage may be taken during workouts extending beyond one hour. USE ONLY AS DIRECTED.

Warning: Seek professional advice before long-term use.

*Ambrotose complex

***All Patent Nos. 734, 183 and 775, 848**