

# Living Fuel Rx™ for Peak Performance



A reliable, safe nutrition solution from start to finish

- **Elevate** your performance
- **Sustain** your momentum
- **Replenish** your energy reserves
- **Maximize** your long-term potential

"Living Fuel makes me more mentally alert and keeps me physically strong before, during, and after competition...I believe in this stuff!"

-Benjamin Barger, 2004 U.S. Olympic Sailing Team

**A**nyone who has ever crashed in the middle of a competition or workout knows how frustrating and bewildering it can be. You've invested a lot of time and energy in equipment and training and the very latest research into what will give you the edge. You're giving it everything you've got, and now you're eager to see your hard work and discipline pay off. When you're pushing yourself to new levels of performance and competitiveness, you need a *nutritional solution you can count on*.

Living Fuel Rx, a wholly natural meal replacement product endorsed by physicians and tried and tested by world-class athletes, will ensure you hit your stride each and every time you exercise. Made of plant proteins and essential nutrients, Living Fuel Rx is a blend of the earth's most potent organic ingredients, so at the same time it's giving you the staying power you need for unsurpassed performance.

## How it Works

*The simplest solution is also your best.*

Designed to be a completely balanced nutritional solution that replaces your body's cells with the finest organic ingredients available, Living Fuel Rx is low-calorie, low glycemic, and hypo-allergenic. Simply mix with 12 ounces of water or juice for:

- A safe and nutritional meal replacement option;
- A daily nutritional supplement for optimal health;
- A performance-enhancing *before workout* drink that helps build and maintain muscle tone while stabilizing blood sugar;
- An energy-boosting *after workout* drink that replenishes and supports your body throughout the day.



**LIVING FUEL Rx™**  
Everything Your Body Needs

## Why it Works

*A winning combination for top results!*

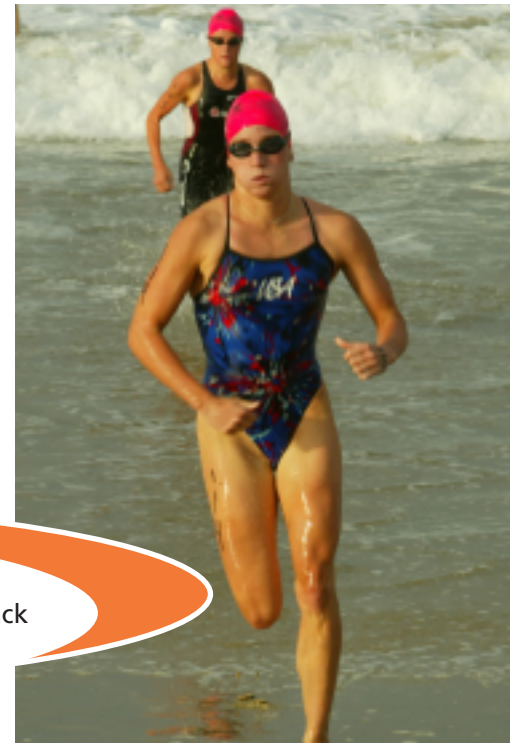
Living Fuel Rx has set a new industry standard for optimum nutrition that satisfies your demands for winning, endurance, and longevity. Even the most well-trained athletes will neglect their nutritional needs, leaving them feeling tired, bloated or unfocused during competition. Living Fuel Rx's wholesome combination of ingredients allows your body to replenish faster and more efficiently. It has:

- More calcium than milk;
- More potassium than bananas;
- More fiber than oatmeal;
- More friendly bacteria than yogurt;
- More protein than a dozen egg whites; and
- More vitamins, minerals, and antioxidants than a full day's serving of fruits and vegetables.

You can stop searching for the perfect energy bar or protein drink. And you can toss out all those harmful pills and supplements that deplete and compromise your body in other ways. Whatever your fitness goal, Living Fuel Rx is designed to be a total fitness solution.

“I use Living Fuel once a day...either as a meal replacement or post workout 'snack'. It is a great way to have a nutritious and organic snack in the afternoon that stabilizes my blood sugar.”

*-Amanda Stevens, elite Tri-athlete, USA*



## Everything Your Body Needs

*Living Fuel Rx is grounded in the four fundamental cornerstones of optimal health and nutrition:*

**CRON (calorie restriction with optimal nutrition):** When it comes to calories, the key is to pack as much nutrition as possible into the low-calorie foods you eat. In fact, more than 2,000 medical studies have shown that calorie restriction with optimal nutrition diets such as Living Fuel Rx can increase lifespan by as much as 30 to 50 percent.

**Low-Glycemic Response:** Consumption of high quantities of sugar and foods that quickly convert to sugar is directly related to disease. Sugar provokes an insulin response that leads to numerous health problems and acute energy shortages over time. Living Fuel Rx is low-glycemic, and has no sugar added.

**High-Antioxidants:** Free radicals and oxidation can harm your body and be a roadblock to optimal health and performance. Living Fuel Rx provides the antioxidant fire power to destroy free radicals and restore your vitality and stamina.

**Healthy Fats:** Essential fats such as Omega 3 & E are vital to mental and physical health. Pure, all natural Omega 3 essential fatty acids EPA/DHA/Tocotrienol/Tocopherol/GLA in buffalo gelatin capsules is the most sophisticated Omega 3 supplement on the market. And our CocoChia snack provides additional critical fats necessary for optimum health.

## Help Your Body Reach its Highest Potential

Living Fuel Rx combines all four cornerstones of optimal health into one safe and effective superfood. No other supplement does this! Whether you're an armchair quarterback or a world-class athlete, Living Fuel Rx is your powerful secret weapon.

To find out more about Living Fuel Rx contact your local healthcare practitioner or fitness professional.

[www.livingfuel.com](http://www.livingfuel.com)

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