

## Comparison of Sports Drinks per 8 ounces

	Shaklee			
Factors	Performance	Gatorade	Powerade	Cytomax
Potassium	50 mg.	25 mg.	30 mg.	110 mg .
Calcium	40	0	0	0 .
Sodium	115	115	55	70 .
Chloride	45	0	0	0 .
Magnesium	5	0	0	0 .
Phosphorous	20	0	0	0 .
Carbohydrates	25g	15g	19g	15g .
Polymer	Y	N	Y	? .
Fructose	Y	N	Y	Y .
Artificials	N	Y	N	Y .
Aspartame	N	N	N	N .
# of Carbo Sources	3	2	2	2 .

Performance contains all of the main electrolytes, has ample sodium for glucose absorption, is a polymer, contains fructose which is nearly 4 times as efficient in restoring liver glycogen as other sugars, and provides a combination of 3 carbohydrate sources for phenomenal energy delivery.

### WATER VS SHAKLEES PERFORMANCE



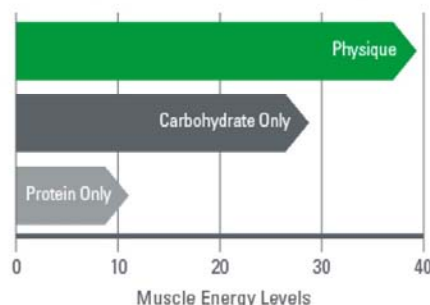
### PURE Science

**Shaklee Performance®**  
Sustains Energy!



More energy! More endurance! The longer and tougher your workout, the better Performance gets.

**Shaklee Physique®**  
Improves Recovery!



Recover faster! Recover more completely! Physique restores energy to your muscles when taken immediately after working out and again two hours later.