

# OverDrive®

## Performance Enhancement

**SUPPORTS OPTIMAL ATHLETIC PERFORMANCE AND POST-EXERCISE RECOVERY\***



### Positioning Statement

OverDrive® provides a blend of B vitamins, antioxidants, mineral cofactors, proteolytic enzymes, and unique electrolytes to promote normal energy metabolism during exercise and normal post-exercise muscle recovery, while also helping combat free radical exposure normally created during exercise sessions.\*

### Concept

Optimal athletic performance depends on numerous important factors. One of the most important is proper nutritional status. OverDrive® is formulated to provide all of the vital nutrients proven to be excreted during exercise, to be in higher demand during exercise, and to be generally lacking from the diet. Several of the essential vitamins and minerals, especially B vitamins, are vital to normal energy metabolism, especially during exercise. But water-soluble vitamins are easily excreted out of the body and optimal levels may be difficult to maintain, particularly in active, athletic individuals. OverDrive® provides all of the B vitamins and essential nutrients (i.e. chromium) to promote optimal energy metabolism and athletic performance during exercise.\*

After exercise, muscle soreness is a manifestation of the normal repair and recovery process of the body. The combination of potent antioxidants and proteolytic enzymes in OverDrive® help minimize discomfort associated with muscular repair while promoting recovery from physical exercise. These same antioxidants also help protect the body's delicate tissues from the increased free radical production that occurs during exercise. These natural by-products of mitochondrial energy metabolism can contribute to long-term cellular problems\*.

### Primary Benefits

- A complement of B vitamins helps assist the body's normal biochemical processes during exercise, including nerve function and proper metabolism of fats, carbohydrates, and proteins.\*

- Includes three phytonutrient sources of powerful antioxidants: grape seed extract, citrus bioflavonoids, and quercetin, a flavonoid with powerful antioxidant activity.
- Contains n-Acetyl-L-Cysteine, an important amino acid used by the body as a building block for the body's powerful antioxidant, glutathione\*.
- Provides magnesium, which plays a key role in muscle energy transfer reactions\*.
- Contains proteolytic enzymes.

### What Makes This Product Unique?

- Supports multiple aspects of exercise performance and recovery.
- Is free from substances banned by the International Olympic Committee (IOC).

### Who Should Use This Product?

OverDrive® is designed for active individuals and those who regularly engage in physical exercise or sporting competitions.

### Did You Know?

- Carbohydrate is the preferred fuel for the muscles both during and after hard exercise.
- Your muscles are most receptive to replenishing lost glycogen stores within the first hour after exercise.
- Sports nutrition books recommend consuming at least 50 to 100 grams (200 to 400 calories) of carbohydrates within two hours after hard exercise.

### Frequently Asked Questions

#### *What is the role of antioxidants in OverDrive®?*

Research indicates strenuous aerobic exercise is associated with oxidative stress and tissue damage in the body. The generation of oxygen free radicals increases during exercise as a result of increased mitochondrial oxygen consumption and electron transport flux, including lipid peroxidation. The antioxidants in OverDrive® help protect the

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body against the activity of these high-energy particles that can cause long-term cellular problems\*.

## What is the role of B vitamins and chromium in OverDrive®?

The B vitamins all play essential cofactor roles in mitochondrial energy metabolism. These vitamins are essential because we cannot synthesize them in our own body. During exercise, our need for these B vitamins increases due to a higher need for energy, but after exercise they are easily excreted from the body. OverDrive® provides important B vitamins to promote normal energy metabolism and to ensure optimal levels in the body both during and after physical exercise. Chromium is an essential trace mineral shown to promote normal glucose metabolism, which allows the body to generate the energy it needs for optimal athletic performance\*.

## What is the role of proteolytic enzymes in OverDrive®?

Proteolytic enzymes have been clinically shown to promote normal muscle recovery following exercise, helping to alleviate the discomfort associated with muscular repair. These enzymes also help increase functionality during recovery and help reduce the time necessary for muscles to repair and recuperate\*.

## Is OverDrive® safe?

OverDrive® is safe at the recommended dosage.

## Key Scientific Studies

1. Sjodin B, Hellsten-Westling Y, Apple FS. Biochemical mechanisms for oxygen free radical formation during exercise. *Sports Med*, 1990;10:236–254.
2. Niemann DC. Exercise, infection, and immunity. *Int J Sports Med*, 1994; 15(Suppl 3):S131–S141.
3. Hartmann A, Niess AM, Gruner-Fuchs et al. Vitamin E prevents exercise-induced DNA damage. *Mutat Res*, 1995;246:195–202.
4. Deitrick RE. Oral proteolytic enzymes in the treatment of athletic injuries: a double-blind study. *The Pennsylvania Journal*, 1965; 68:35–37.
5. Rathgeber WF, B.Ch. MB. The use of proteolytic enzymes (Chymoral) in sporting injuries. *SA Medical Journal*, 13 February 1971, pp. 181–183.

## Supplement Facts

Serving Size One Capsule

Amount Per One Capsule		% Daily Value*
Vitamin A (100% as Beta-Carotene from Dunaliella Salina)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin E (as d-Alpha Tocopheryl Succinate)	75 IU	250%
Thiamin (as Thiamine Mononitrate)	0.75 mg	50%
Riboflavin (as Riboflavin)	0.85 mg	50%
Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride)	1 mg	50%
Folate (as Folic Acid)	100 mcg	25%
Vitamin B <sub>12</sub> (as Cyanocobalamin)	3 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg	50%
Magnesium (as Magnesium Aspartate, Magnesium Oxide)	60 mg	15%
Selenium (as L-Selenomethionine)	35 mcg	50%
Chromium (as Chromium Chelate)	100 mcg	83%
Bromelain (from Pineapple Extract)	50 mg	*
Papain (from Papaya Extract)	50 mg	*
Citrus Bioflavonoid Complex	50 mg	*
RealSalt Powder	50 mg	*
n-Acetyl-L-Cysteine	20 mg	*
Quercetin	12.5 mg	*
Grape Seed Extract with Leucoanthocyanin	2.5 mg	*

\*Daily Value not established.

**Other Ingredients:** Gelatin, Magnesium Stearate, Sodium Carboxymethyl-cellulose, Silicon Dioxide, Maltodextrin.

## Directions for Use

To assist with athletic performance, take one (1) or more capsules with eight (8) ounces of liquid one hour prior to exercise according to the following chart. Take one (1) to two (2) capsules one hour after exercise. Store in a cool, dry place.

Exercise Duration	Body Weight (Pounds)		
	100–160	161–195	195+
30 min. to 1 hour	1 capsule	1 to 2	1 to 2
1 hour to 2 hours	1 to 2	2	2
2+ hours	2 to 3	3	3 to 4

## Warnings

**KEEP OUT OF REACH OF CHILDREN.** If you are pregnant or lactating, are diabetic, are hypoglycemic, or have a known medical condition, you should consult with a physician prior to taking supplements.

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