

COMPETITIVE  **EDGE**
PERFORMANCE

SUPPLEMENT GUIDE

BRILLIANCE IN THE BASICS

Competitive Edge Performance™

Competitive Edge Performance™ is a high quality nutritional supplement company that addresses the demanding needs of today's athletes, regardless of their fitness level, with an extensive education resource for coaches and athletes alike. Our product line has been carefully developed and consists only of the essential supplements that are of the most benefit to our athletes. Our education program provides the vital knowledge required to provide effective Supplement Applications(™) to our customers to give them that competitive edge to stay ahead of the competition.



Pre-Workout

Creatine, Citrulline Malate, Alpha Lipoic Acid and Arginine Alpha-Ketoglutarate fuel intense exercise. CarnoSyn® Beta Alanine suppresses the onset of blood lactate accumulation and buffers H⁺ inherent of lactate training. Caffeine provides training drive to help push through workouts and take your training intensity to the next level. Our pre workout combines all of these powerful supplements into one great tasting, drink mix devoid of artificial flavors, colors and sweeteners.



BCAAs + Glutamine

Branched chained amino acids cannot be beat for improved recovery, reduction of muscle soreness, and increased energy during long workouts. Our 4:1:1 ratio of Leucine, Isoleucine, and Valine provides all the essential aminos at the right quantity. The added 3 grams of Glutamine not only allows an athlete to push harder in workouts, but also speeds recovery, bolsters gut health and improves immune function.

L-Tyrosine

L-Tyrosine is one of the most important amino acids, and is essential for the development of proteins your body needs. Intense exercise increases your body's required dietary intake of this vital amino acid. It is a precursor to dopamine, epinephrine and norepinephrine and therefore, improves alertness, mood, and cognition. However, it is not a stimulant and has no jitters or nervousness associated with its use. Taken in the AM tyrosine has a positive effect on cognition and will help you get your day going. Taken with pre-workout, it will provide increased intensity and focus during your training.



Whey Protein

Whey protein is a high quality protein known for its recovery promoting amino acid profile. Our whey protein is an Isolate and Concentrate blend that provides the general wellness benefits of concentrate and the exercise nutrition characteristics of isolate needed by athletes. Our whey is derived from grass fed, non-GMO cattle, raised free of antibiotics and rBGH. It contains very little lactose and is high in Branched Chain Amino Acid amino acids. It contains no artificial flavors, colors, or fillers and is sweetened naturally with Sweta™ brand stevia. It mixes easily in water, and tastes great.



Vitamin C 1000

Vitamin C is an antioxidant powerhouse that bolsters the immune system and helps the body recovery from intense exercise. In addition to reducing oxidative stress of free radicals and helping the body ward off sickness, Vitamin C improves cortisol to testosterone ratios by lowering cortisol and inhibiting the enzymatic process that converts testosterone to estrogen.

L-Taurine

Taurine levels in skeletal muscle are reduced significantly by intense exercise. Replenishing taurine post-workout is a must for athletes because it immediately begins to facilitate recovery. However, its benefits are more far reaching. Taurine facilitates fat metabolism, improves blood lipid profiles and has a calming effect on the nervous system. It is a powerful antioxidant and helps the body clear by products of intense training.



Chelated Magnesium



Because Magnesium is utilized in nearly all metabolic processes in the body and reduced tremendously during intense exercise, maintaining appropriate levels is essential for any athlete. Supplementing with our Chelated Magnesium leads to better absorption, and therefore better replenishment of the body's Magnesium stores.

Ultra EPA 500 – Fish Oil



Molecularly distilled to remove impurities and toxins, Ultra EPA 500 is formulated specifically for athletes. The higher ratio of EPA to DHA provides all the inflammation reduction and recovery benefits you expect from a high quality fish oil while avoiding the body fat increases associated with excessive intake of DHA.

Chelated Zinc



Zinc is involved in numerous aspects of metabolism. It is required for the production and activity of more than 100 enzymes and it plays a vital role in immune function, protein synthesis, wound healing and cell division. Zinc is an essential component of the diet for maintaining proper testosterone levels and secondary sex hormone balance. Athletes require a daily intake of zinc to maintain a steady state because the body has no means of storing Zinc. Chelated Zinc provides the body a source of Zinc that is readily absorbed and utilized by the body.

Vitamin D3 5000



Vitamin D3 strengthens the immune system and improves overall health. Vitamin D3 increases the absorption of dietary and supplemental magnesium, zinc, calcium, iron, and phosphorus. Therefore, Vitamin D3 positively affects reproductive function and hormone profiles, bone health, hydration, and lactate buffering.