Power Generation

Pre-workout energy boost

- Helps energize your body and maintain stamina throughout your workout.*
- Enhances your mental clarity and ability to focus.*
- Supports the body in times of stress.*

Professional athletes agree: peak physical performance during workouts and competition require maximum energy and mental focus. Even if you’re not a professional athlete, the same principle applies—during any workout, you need the energy and focus to achieve the best results you can in the time available. What’s more, fatigue and lack of focus often lead to injuries and poor exercise results. Whether you’re a professional athlete or simply trying to stay in shape, you’ll use your time more wisely and get better workout results if you start each workout with Power Generation.

Power Generation is formulated to supply nutrients that promote both optimum physical energy and mental focus. With four proprietary blends of herbs, amino acids, and other nutrients, Power Generation prepares your body for powerful training and helps support mental focus. With body and mind geared up, you may enhance your routine, which can lead to increased stamina and endurance. Power Generation can help you unleash energy and mental focus so you can accomplish more.

- Adaptogenic herbs help your body maintain homeostasis in the face of stress. With these ingredients, the body is better equipped to cope with these responses. The adaptogenic herbs include Rhodiola rosea, Korean ginseng, and Eleuthero senticosus.*
- Power Generation’s cognitive energy blend combines the non-essential amino acid L-tyrosine and gingko biloba, which are commonly used for mental clarity and enhanced cognitive functions.*
- Power Generation’s energy blend includes caffeine (from green tea) and cayenne pepper to enhance the body’s energy production process.*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
FREQUENTLY ASKED QUESTIONS

Q: What is the difference between Power Generation and Optimal Performance™?
A: Power Generation is specifically designed to enhance mental and physical performance under the stressful conditions of competition or intense workouts. It contains a combination of ingredients designed to help athletes gear up for the mental and physiological stresses associated with workouts. Power Generation is useful to those with active, productive lifestyles who want more energy.*

Q: My teenagers are into fitness and work out regularly. Can they take Power Generation?
A: No, Power Generation has been formulated for adults over 18 years of age.

Q: Can Power Generation be used as a fat-burning product?
A: Power Generation is not intended as a fat-burning product. Its formulation is designed to promote physical energy and mental focus during exercise.*

Q: Both Power Generation and CognoBlend contain ginkgo biloba. Can I take both?
A: Commission E monographs find safe levels of ginkgo biloba to be 240 mg/day in two to three doses. Since the combined total of this nutrient from both products would be 163.2 mg/day, you may combine the products.

SCIENCE

Our bodies depend on energy to function. Energy is derived mostly through the breakdown of dietary nutrients and is transported as biological energy by adenosine triphosphate (ATP). This is “metabolic output,” the creation of energy through the breakdown of nutrients. When proper nutrients are not ingested to keep energy stores high, metabolic output is low and your body is deprived of sufficient energy to perform at its peak.

Physical activity exerts metabolic stress in the sense that many physiological changes occur, including release of stress hormones and consequent shifts in fuel availability and use. This disrupts the natural homeostasis of body, which in turn causes more stress on the body.

REFERENCES