



THE SPORT SPECIFIC PERFORMANCE DRINK®

Be U. Play-Better.®

www.play-better.com

Constant/Foundational Ingredients:

- Filtered Water
- Sugar (12 g per 8 oz.)
- Carbohydrates
- Potassium
- Vitamin B3 (Niacin)
- Calcium
- Chloride
- Citric Acid
- L-Carnosine
- Magnesium
- Vitamin B5 (Pantothenate)
- Vitamin C (ascorbic acid)
- Vitamin B1 (Thiamine)
- Vitamin B2 (Riboflavin)
- Vitamin E
- Vitamin B12 (Cyanocobalamin)
- Vitamin B6 (Pyridoxine hydrochloride)
- Natural colors (from vegetables)
- Natural flavors (from fruit/no dyes)
- Organic Sea Salt *

*(7 times stronger than Sodium / keeps muscles hydrated longer than regular sodium / minimizes cramping)

Soccer Information

A soccer player can cover between 4.5 and 7 miles (7 and 11 km) in a game. There is a substantial need in these athletes for carbohydrates and fluids, which should be ingested before, during, and after games. Beginning games with high glycogen levels is essential for second half energy. Carbohydrate intake during play is glycogen sparing and has been shown to facilitate greater running distances and more goals scored with less conceded. High Carbohydrate intake on a daily basis is imperative to replace glycogen for subsequent matches.

Hydration Science

There is evidence that GES (glucose electrolyte solution) drinks consumption may enhance exercise endurance capacity, delay central fatigue markers by increasing the ratio of tryptophan to BCAAs, and reduce exercise intensity affects by improving immune function.

GES products are especially important in excessive heat and humidity.

GES beverages will do the following:

- Limit the immune system suppression
- Minimize muscle damage
- Increase nutrient delivery to muscles and spare muscle glycogen and protein
- Set the nutritional stage for faster recovery following training/workout

Our research indicates that when creating a high end GES formulation for athletes, one of the key elements would be the intestinal fluid absorption rate. This is a critical component in an effective GES solution. This is referred to as an osmolality of a solution. High osmolality negatively effects fluid absorption and the risk of cramping becomes greater. Osmolality is primarily determined by the carbohydrate concentration in U-ADE or any beverage. Ideally, beverages must be isotonic or slightly hypotonic to reduce GI symptoms, and improve hydration to muscles.

Our nutrition team at UpTempo Sports, LLC recognized that each athlete has very different sport specific demands. Therefore, we created high end formulations that fit all of the criteria to be a healthy, impactful, and lasting nutrition for athletes to perform their respective sports. We have created foundational ingredients that are used as a constant throughout our sport specific formulas, but may vary per sport (e.g., sea salt levels are in both our football and soccer formulas, but much higher in football because of different body types, helmet, pads etc.). In addition, we have added sport specific ingredients to each of our foundational formulas to specifically aid each athlete to play better within their sport of choice. On average, we've added 2 – 4 new ingredients per sport. We are confident that our formulas are not only high end in quality, but also in performance results. We have received countless testimonials about our athletes with minimized cramping, or experiencing no cramping at all after drinking U-ADE.

Soccer Specific Formula

(all of the foundational ingredients will be included in addition to the ingredients listed below – levels of ingredients may vary per sport)

- Vitamin B3 – which uses fuel from carbs; helps and benefits recovery
- Vitamin E - functions as an antioxidant; lessens circulatory irregularities (e.g., leg cramping)
- Bromelain – anti-oxidant/anti-inflammatory
- Ribose – support APT production for energy