

Intra-Aid™. Targeted Intra-Workout Supplementation.

Proper workout nutrition (intra-workout) is an area that is being supported by a legit, growing body of science. Intra-workout nutrition represents the next big nutritional frontier for bodybuilders and weightlifters. Even so, many lifters often ignore this period. Why is targeted intra-workout supplementation so important? Here's a short list: proper rehydration, muscle and liver glycogen resynthesis, improved immune function, decreased muscle catabolism, increased muscle protein synthesis, increased muscle anabolism, faster recovery and training at a higher intensity. It's amazing how so many benefits can get overlooked. Intra-Aid™ brings intra-workout nutrition into the 21st century. It's a combination of key complexes that work in synergy to maximize the aforementioned benefits of workout supplementation. Intra-Aid™ consists of 5 potent components: fast-acting hydrolyzed protein, a highly specialized carbohydrate blend, critical electrolytes, an essential amino acid blend, and key ergogenic agents. Intra-Aid™ combines all of the scientific benefits of proper intra-workout supplementation, leaving out the guesswork. The gym water fountain and popular high fructose "sports" drinks may be good for the regular athlete, but for the serious weight lifter, they just can't compare. Think of Intra-Aid™ as first-aid for your workout.

Recommended Stack: Though Intra-Aid™ is an effective stand-alone supplement, to fully take advantage of the "anabolic window of opportunity" that exists before/during/after lifting, take 1 serving of Shock Therapy® before the workout (pre-), 1 serving of Intra-Aid™ during the workout (intra-) and 1 serving of Torrent™ after (post-). By combining all three, you can maximize your nutrient intake during this most critical of all periods.

100% GUARANTEE: All Universal Nutrition products are formulated with the highest quality ingredients available under the strictest controls in our own state-of-the-art facilities. If not satisfied for any reason, return remainder of product and receipt to place of purchase within 30 days for immediate refund or exchange.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent disease.

MADE IN THE U.S.A.

Formulated and Manufactured by:



New Brunswick, NJ 08901

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The Advanced Bodybuilder's Workout Drink

UNIVERSAL

BLUE
RASPBERRY

INTRA-AID™

Targeted Intra-Workout Performance Matrix

Ergogenic Supplement

Net Weight 1.74lb. (788g)

Supplement Facts

Serving Size 1 Scoop (~32g) Servings Per Container 25

Amount Per Serving		%DV*
Calories	72	
Calories from Fat	0	
Total Fat	<1g	0%*
Saturated Fat	0g	0%*
Total Carbohydrates	10g	3%*
Sugars	5g	**
Protein	8g	16%*
Calcium	50mg	5%
Magnesium	50mg	13%
Sodium	100mg	4%
Potassium	100mg	3%
Intra-Aid Proprietary Performance Blend™	10,000mg	
Beta-alanine		**
Taurine		**
Leucine		**
Isoleucine		**
Valine		**
Arginine		**
Histidine		**
Lysine		**
Methionine		**
Phenylalanine		**
Threonine		**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Intra-Aid Carb Blend™ (maltodextrin, D-glucose, waxy maize), partially hydrolyzed whey protein concentrate (milk) (providing di-, tri-, oligo- and polypeptides), sodium chloride, magnesium phosphate, potassium phosphate, calcium sulfate, natural and artificial flavors, citric acid, malic acid, acesulfame K, sucralose, red #40, FD&C blue #1.

Recommended Use: Use during your workout to achieve best results. On workout days, mix 1 level scoop of Intra-Aid™ along with 20 oz of water. To maximize your results, take 1 serving of Shock Therapy® pre-workout, 1 serving of Intra-Aid™ during the workout and 1 serving of Torrent™ post-workout. By combining all three, the entire anabolic window of opportunity that exists around the workout time is maximized.