

FREE T-SHIRT INSIDE!



TRAINING-PEAK™

#1 Rated Multi-Vitamin Pack* Energy - Strength - Recovery*

Formulated For Pro, College and High School Athletes*

Formulated With Zero Banned Substances***

Dietary Supplement

SUSTAINED RELEASE

30 Training Packs

WHY YOU NEED TRAINING-PEAK™: As you train, many thousands of biochemical reactions are occurring inside your body simultaneously. These reactions allow your muscles to generate force (contract) and make your body move. They are carried out by enzymes that are as critically dependent on vitamins, minerals and other co-factors for their function as a knife is on its blade. Enzymes are continually being synthesized and broken down, causing their vitamin and mineral "blades" to be excreted from the body in the process. That's why you need a continual supply of fresh vitamins, minerals and co-factors. Should the supply run out, the biochemical reactions that make your training possible will come to a screeching halt. Athletes who take TRAINING-PEAK don't have to worry. It contains many thousands of vitamins, minerals and co-factors, plus amino acids, enzymes and omega-3 fatty acids. Ingredients in TRAINING-PEAK have been clinically shown to reduce post-training muscle soreness and strength loss, mop up damaging free radicals, suppress levels of the catabolic hormone cortisol, stimulate muscle protein anabolism, and otherwise protect and enhance your ability to sustain higher muscular forces at higher speeds, also known as "speed X strength", or power. And when it comes to performance, power is what is what defines a great athlete.

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Keep out of reach of children.

Store at 15-30°C (59-86°F).
Protect from heat, light and moisture.
Do not purchase if seal is broken.

***Our products are formulated without the use of substances banned by the FDA and leading sports organizations.

*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.

Supplement Facts

Serving Size: 1 Packet	Servings Per Container: 30
Amount/Serving	% Daily Value
Vitamin A (as palmitate)	5,000 IU 100%
Vitamin D (as cholecalciferol)	400 IU 100%
Vitamin E (as d-alpha-tocopheryl succinate)	200 IU 1333%
Vitamin C (as mineral ascorbate)	250 mg 417%
Vitamin B-1 (thiamine mononitrate)	75 mg 5000%
Vitamin B-2 (riboflavin)	75 mg 4410%
Niacin (niacinamide)	75 mg 375%
Vitamin B-6 (pyridoxine HCl)	75 mg 5000%
Folic Acid (cyanocobalamin)	400 mcg 100%
Vitamin B12	75 mcg 1250%
Biotin	300 mcg 100%
Pantothenic Acid (d-calcium pantothenate)	75 mg 750%
Calcium (calcium citrate and amino acid chelate)	400 mg 40%
Magnesium (as amino acid chelate)	200 mg 50%
Potassium (as amino acid chelate)	99 mg 3%
Copper (as amino acid chelate)	2 mg 100%
Manganese (as amino acid chelate)	2 mg 100%
Chromium (as amino acid chelate)	120 mcg 100%
Zinc (as amino acid chelate)	15 mg 100%
Iodine (from Kelp)	75 mcg 50%
Iron (as amino acid chelate)	6 mg 33%
Selenium (as selenomethionine)	75 mcg 108%
Molybdenum (as sodium molybdate)	75 mcg 100%

TRAINING-PEAK #1 Rated Vitamin Pack*

Ingredients:

AminoSpeed M10™:

Recovery, Endurance and Anti-Catabolic Skeletal Muscle Amino Acid Complex [containing L-Glutamine, BCAAs (Branched Chain Amino Acids (Leucine, Isoleucine and Valine)].

Omega 3-6-9:

Flax Seed Oil [containing omega 3 (alpha-linolenic acid (ALA)), omega 6 (linoleic acid (LA)), omega 9 (oleic acid (OA)) and lignans].

SuperFood Performance Blend:

Wheat Grass, Spirulina, Barley Grass, Alfalfa Grass, Chlorella, Red Algae and Kelp (Naturally Containing Amino Acids, Vitamins, Alkaline Minerals, Enzymes, Essential Fatty Acids, Blood Oxygenators and Co-Factors Including: Glutamine (As Glutamic Acid), BCAAs (Branched Chain Amino Acids (Leucine, Isoleucine, Valine)), Arginine, Alanine, Aspartic Acid, Glycine, Histidine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Serine, Tyrosine, Proline, Cystine, SOD, RNA, DNA, Beta-Glucan, Chlorophyll).

Vegetable Power Blend:

Beet, Carrot, Broccoli, Tomato, Kale, Spinach, Cabbage, Cauliflower, Celery, Parsley, Asparagus, Brussel Sprouts, Cucumber.

Fruit and Berry Power Blend:

Acai, Pomegranate, Mangosteen, Goji, Red Raspberries, Red Grapes, Strawberry, Cherry, Blueberry, Raspberry, Blackberry.

*Percent Daily Values are based on a 2,000 calorie diet. Your diet values may be higher or lower depending on your calorie needs.

† Daily value not established.

Other Ingredients: microcrystalline cellulose, hydroxypropyl methylcellulose, stearic acid, magnesium stearate and silicon dioxide.

Directions: As a dietary supplement, take 1 packet with the largest meal of the day.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

IA Parisi TRAININGPEAK USA 9/09

