

This new and improved OptygenHP formula is the strongest Optygen formula available. It contains Rhodiola that's twice as strong as the original OptygenHP formula. OptygenHP also contains Beta-Alanine because clinical research has shown it increases exercise capacity and muscular strength (1,2). The two main adaptogens in OptygenHP (Rhodiola and Cordyceps CS-4) were first used by Tibetan Sherpas to help them climb Mt. Everest. Optygen and OptygenHP utilize these two unique adaptogens because clinical research on elite endurance athletes has shown them to:

- Improve Performance (3)
- Increase the body's ability to adapt to high levels of physical stress (3)
- Increase aerobic threshold and reduce lactic acid (4)

1. Hill et al. (2004) Influence of L-alanine supplementation on skeletal muscle creatine concentrations and high intensity cycling capacity. *Journal of Sports Sciences*

2. Kim et al. The effect of a supplement containing beta-alanine on muscle creatine synthesis and exercise capacity during 12 week sustained endurance and weight training

3. Bucci LR. Selected herbs and human exercise performance. *Ann NY Acad Sci*. 2000 Aug;22(2):

4. Xu J. Et al. Oxygen transfer characteristics of Rhodiola. *Chin J Biomed Sci* 1998; 14

For a complete research packet go to: www.firstendurance.com/optygen

First Endurance

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120 Capsules

Endurance Supplement

NEW & IMPROVED

OPTYGEN[®]

High Performance HP

• Strongest Optygen Formula Available

• Improves Endurance & Performance

• Enhances Oxygen Utilization

• Boosts Strength & Exercise Capacity



Dosage recommendations: Take 4 capsules daily with a meal.

FOR BEST RESULTS: use OptygenHP during all intense training blocks.

Optygen should be used consistently for many months. If you start taking Optygen a week before a race, benefits will be minimal.

Use 1st Endurance's Ultragen[™] for optimal recovery.

Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 30

	Amount Per Serving	%DV
Chromium (as Chelavite [®] amino acid chelate)	200mcg	167%
Rhodiola Extract (<i>Rhodiola Rosea</i>)(root) minimum 10% rosavins	300mg	*
Cordyceps (<i>Cordyceps Sinensis</i>) (mycelia biomass) minimum 7% cordycepic acid	1000mg	*
Beta-Alanine	1000mg	*
ATPro [™] Matrix (Calcium Pyruvate, Sodium Phosphate, Potassium Phosphate, Ribose, Adenosine)	800mg	*

*Daily Value Not Established

Other Ingredients: Gelatin capsule.

Chelavite[®] is a registered trademark of Albion Laboratories, Inc.

Covered by Albion International, Inc., U.S. Patent 5,614,553.

Made in the USA

STORE IN A COOL DRY PLACE.



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