

## Ultimate Nutrition AdreNOLine



AdreNOLine is the during-workout formula designed to keep you energized and focused throughout your workout. This intensive blend features 46 ingredients in 9 scientifically-designed blends including Waxy Maze carbs and a BCAA, Energy and Recovery complex:

- 46 scientifically-formulated ingredients
- 0g of sugar per serving
- 100mg of caffeine per serving
- 3g of BCAA's per serving
- Vitamin and Mineral Blend
- Digestive Enzymes

AdreNOLine is the during-workout formula that gives you 110% for the 110% you give. AdreNOLine is packed with scientifically-formulated complexes to keep you energized and focused throughout your workout. Ignite your workouts and take your muscle pumps to ultimate levels with AdreNOLine's N.O. DyNOMite Complex. AdreNOLine also contains Glycomaze Complex, Quick Pro Complex and Recovery Glutaplex to build your muscles during training. This intensive blend features 46 ingredients in 9 scientifically-designed blends:

- Glycomaze Complex
- Anabolic BCAA Complex
- Quick pro Complex
- Hydration Complex
- NO DyNOMite Complex
- Recovery Complex
- Fatigue Extender Complex
- Energy Complex
- Enzyme Complex

AdreNOLine is recommended for anyone looking for a during-workout drink to keep muscle hydrated, build and recover muscles during training, delay fatigue, and experience intense pumps. AdreNOLine is your ally—in the gym and on the field.

### FREQUENTLY ASKED QUESTIONS:

#### 1-Why is a During-Workout drink so important?

The consumption of nutrients immediately during-workout is essential. It helps the body recover from a grueling workout, replenish glycogen stores, repair muscle tissue, and reduces post-workout soreness. And the sooner nutrients are consumed and absorbed, the sooner the body can go from a catabolic (muscle destroying) state to an anabolic (muscle building) state.

## 2-Why did you add protein to your carbohydrate drink?

Most endurance athletes have been well versed in the importance of carbohydrate replenishment drinks already. Protein, on the other hand, is usually associated with strength and power sports such as bodybuilding. While it's true that endurance athletes do not require large amounts of protein in their regular meals, research has gradually been reshaping our idea of the ultimate during-workout drink. When consumed during aerobic exercise, a drink containing carbohydrate and protein in a 4:1 ratio provides better hydration, greater endurance, less muscle damage, and faster muscle recovery.

## 3-What is Glycogen?

During digestion carbohydrates are converted into glucose, which is used as an immediate source of "fuel." Glucose that is not directly used to provide energy is converted to glycogen. Thus, glycogen is the stored energy, which the body taps into when energy demands are placed on it.

**ULTIMATE NUTRITION**

**ADRENOLINE™ THE ONLY EFFECTIVE DURING - WORKOUT DRINK.**

adrenOLINE is the during workout formula that gives you 100% for the 100% you give adrenOLINE is packed with scientifically formulated ingredients to keep you energized and hydrated throughout your workout. Unlike your average pre and post workout energy drinks, adrenOLINE is packed with 4:1 Carbohydrate Complex, adenosine, and contains electrolyte complex, both the complete and necessary ingredients to fuel your aerobic during training.

This intensive blend features 4:1 ingredients in 4 scientifically designed blends. The necessity of Muscle Rebuilding blend will allow you used to increase your exercise efficiency.

**What adrenOLINE has that the leading sports drink doesn't**

**20 grams of a rapid absorbing**  
**Hydration Complex** that helps you stay hydrated. Many athletes believe that you need to hydrate to be able to replace the body's glycogen stores and that you need to hydrate to be able to replace the body's glycogen stores. While this is true, it's not the whole story. You need to hydrate to be able to replace the body's glycogen stores and you need to hydrate to be able to replace the body's glycogen stores. You need to hydrate to be able to replace the body's glycogen stores and you need to hydrate to be able to replace the body's glycogen stores.

**2 grams of amino acid complex** that helps you stay hydrated. Many athletes believe that you need to hydrate to be able to replace the body's glycogen stores and that you need to hydrate to be able to replace the body's glycogen stores. While this is true, it's not the whole story. You need to hydrate to be able to replace the body's glycogen stores and you need to hydrate to be able to replace the body's glycogen stores.

**10 grams of a rapid absorbing**  
**Hydration Complex** that helps you stay hydrated. Many athletes believe that you need to hydrate to be able to replace the body's glycogen stores and that you need to hydrate to be able to replace the body's glycogen stores. While this is true, it's not the whole story. You need to hydrate to be able to replace the body's glycogen stores and you need to hydrate to be able to replace the body's glycogen stores.

**1000 milligrams of amino acid complex** that helps you stay hydrated. Many athletes believe that you need to hydrate to be able to replace the body's glycogen stores and that you need to hydrate to be able to replace the body's glycogen stores. While this is true, it's not the whole story. You need to hydrate to be able to replace the body's glycogen stores and you need to hydrate to be able to replace the body's glycogen stores.

**1000 milligrams of amino acid complex** that helps you stay hydrated. Many athletes believe that you need to hydrate to be able to replace the body's glycogen stores and that you need to hydrate to be able to replace the body's glycogen stores. While this is true, it's not the whole story. You need to hydrate to be able to replace the body's glycogen stores and you need to hydrate to be able to replace the body's glycogen stores.

**ADRENOLINE**  
 ANABOLIC DURING - WORKOUT FORMULA

adrenOLINE is the Formula that gives 100% for the 100% you give. adrenOLINE is packed with scientifically formulated ingredients to keep you energized and focused all the way through your workout.

adrenOLINE features 4:1 ingredients in four fast-acting complexes.

- Glycogen Complex
- Anabolic BCAA Complex
- Quick-jet Complex
- Hydration Complex
- NO-DyNOSity Complex
- Recovery Complex
- Fatigue Extender Complex
- Energy Complex
- Enzyme Complex

**ULTIMATE NUTRITION**  
 The Future of Sports Nutrition™

Feed your adrenaline every meal with the ultimate Formula. Ignite your workout and take your muscle pumps to ultimate levels with adrenOLINE. adrenOLINE is your ally—in the gym and on the field.

© 2005 U.S. and U.K. trademarks owned by Ultimate Nutrition, Inc. All Rights Reserved.