

91020 **Optain!**® Lemon
 91021 **Optain!**® Orange

Purpose: Sports Nutrition

Servings: 30

Directions: Mix one scoop (one serving) daily with 8 mL of water or other favorite beverage.



| It has... (Features) | Which means... (Benefits) |
|--|---|
| An advanced blend of vitamins, minerals and carbohydrates designed to help prevent dehydration and restore energy... | ...you'll be able to work out longer and more effectively with less fatigue while maintaining your electrolyte balance. |
| Antioxidant in the form of Vitamin C ... | ...it protects cell membranes against damage caused by free radicals. |
| Chromium... | ...your body will be able to process carbohydrates more efficiently and will receive a boost in energy production, muscle development and fat and cholesterol metabolism. |
| Zinc... | ...you'll receive numerous benefits to your immune system and help in repairing muscle damage, which helps you recover faster after you workout. |
| Balanced level of sodium and potassium which are important cellular electrolytes... | ...it supports muscle exertion without cramping and perspiration without salt depletion. |
| Two delicious flavor options... | ...there's a flavor everyone is sure to love! |

