THE AIM COMPANIES
nutrition that works

AIM Peak Endurance™

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CANADA

Peak Endurance delivers an oral source of adenosine triphosphate (ATP) combined with six electrolytes, six B vitamins and vitamin C in a blueberry-açai flavored, energy-drink powder.

How is Peak Endurance Unique?

- Each serving delivers 200 mg of PEAK ATP® (adenosine 5′-(disodium triphosphate)), the exact ATP molecule required for the human body to create energy.
- One 300-gram canister makes up to 25 litres of blueberry-açai flavored energy drinks.
- Provides a proper balance of all six major electrolytes: sodium, potassium, calcium, phosphorous, magnesium and chloride.
- Contains six of the B vitamins essential to metabolism: B1, B2, B3, B5, B6 and B12.
- Contains natural, whole-food electrolytes from coconut water.

Approach

Adenosine triphosphate (ATP), the "energy currency of the body," is the primary source of energy for every function that occurs within each cell.

The key to energy release in cells lies in the phosphate bonds within ATP molecules. When energy is needed, the bond between the second and third phosphate is broken, so energy is released. This results in the formation of adenosine diphosphate (ADP). When food nutrients enter cells, ADP takes their energy source and converts it back to ATP in a process called the Krebs cycle. If ATP is depleted, cells cease to function correctly.

PEAK ATP® (Adenosine 5′-(disodium triphosphate))

Peak Endurance provides PEAK ATP®, a patented form of supplemental ATP which is clinically proven to elevate ATP levels within the body. Supplemental ATP boosts energy levels without increasing your heart rate as opposed to consuming caffeine, ginseng or ephedra products. It also reduces fatigue, protects vital organs and helps to improve muscle strength and recovery. Research indicates 400 mg of ATP is the optimum serving for improving endurance and muscle recovery[1]. Two daily servings of Peak Endurance provides this recommended daily intake.

Key Benefits and Features

- Helps to maintain proper muscle function and in connective tissue formation
- Elevates ATP levels in cells, blood and tissues
- Increases energy levels and reduces fatigue
- Stimulates blood flow to peripheral sites
- Supports cardiovascular and respiratory health
- Improves muscle growth, strength and recovery for peak athletic performance
- Boosts mental acuity and memory

Properly Balanced Electrolytes and Added B Vitamins

Peak Endurance provides all six major electrolytes: potassium, sodium, calcium, magnesium, chloride and phosphorous minerals that are necessary for conducting nerve impulses and essential for maintaining proper muscle functions and enzymatic reactions. It is important to replace electrolytes on a regular basis, especially when perspiring heavily due to hot weather or intense exercise.

Potassium helps regulate muscle function, including the heart. Sodium plays an essential role in enzyme operation and muscle contraction. Chloride works with potassium, sodium and other electrolytes to control the flow of body fluids.

Calcium regulates nerve impulse transmission, aids in smooth and skeletal muscle contraction and plays a central role in the synthesis and breakdown of muscle and liver glycogen. Calcium and phosphorous are two electrolytes inversely related in the blood, so it is good to take them together. When calcium levels are high, phosphorous levels are low and vice versa.

Magnesium is a key component of more than 300 enzymes that include ATPase and an enzyme involved in the metabolism of muscle glucose and glucogenesis.

B vitamins have been shown to increase metabolism, maintain healthy skin and muscle tone, enhance immune and nervous system function and promote cell growth and division. B vitamins are water-soluble and are dispersed throughout the body. They must be replenished every day.

FAQs

Can I take other products in conjunction with Peak Endurance?

You may take Peak Endurance with other AIM products. AIM recommends to use with GlucoChrom, CalciAIM, CellSparc 360, BarleyLife® and ProPeas.

How long does it take to notice the benefits of Peak Endurance?

Several human and animal studies indicate that cardiovascular, circulatory and vascular system benefits are realized almost immediately. Noticing significant increases in performance results, however, may take up to several weeks of consistent use.

Do I still need to take AIM BarleyLife® if I take Peak Endurance?

Yes, Peak Endurance is a supplement the targets the replenishment of depleted stores of ATP to address a specific molecule need, whereas BarleyLife provides a wide spectrum of nutrients needed by the cells and each body system.

1 Rathmacher, J.A., Fuller, J.C., Baier, S.M. *et al.* Adenosine-5′-triphosphate (ATP) supplementation improves low peak muscle torque and torque fatigue during repeated high intensity exercise sets. *J Int Soc Sports Nutr. 2012 Oct 9;* 9(1):48

2 Jäger, R., Roberts, M.D., Lowery, R.P. *et al.* Oral adenosine-5′-triphospate (ATP) administration increases blood flow following exercises in animals and humans. *J Int Soc Sports Nutr.* 2014 Jun 13; 11:28.

3 Wilson, J.M., Joy, J.M., Lowery, R.P., *et al.* Effects of oral adenosine-5′-triphosphate supplementation in athletic performance, skeletal muscle hypertrophy and recovery in resistance-trained men. *Nutr Metab (Lond.)* 2013 Sep 22; 10(1):57.

4 Purpura, M., Rathmacher, J.A., Sharp, M.H., et al. Oral adenosine-5′-triphophate (ATP) administration increases postexercise ATP levels, muscle excitability, and athletic performance following a repeated sprint bout. *J Am Coll Nutr.* 2017 Mar-Apr; 36(3):177-183.

5 Long, G., Zhang, G.Q. Effects of adenosine triphosphate (ATP) on early recovery after total knee arthroplasty (TKA): a randomized, double-blind, controlled study. *J Arthroplasty.* 2014 Dec; 29(12):2347-51.

How to use Peak Endurance

Each scoop or single serving of Peak Endurance contains 200 mg of PEAK ATP®.

- Hypotonic drink (rehydrate during and after exercise): mix one scoop (8.33 g) in 175 – 475 ml of water.
- Isotonic drink (promote rapid absorption of nutrients or electrolytes before and during exercise): mix one scoop (8.33 g) with 36 ml of water.
- Take twice daily.
- Take a few hours before or after taking other medications.
- Consult a health care practitioner prior to use if pregnant or breastfeeding.
- Consult a health care practitioner for use beyond 12 weeks.
- Keep out of reach of children.
- Close tightly after opening and store in a cool, dry, dark place. Do not refrigerate.

A 400 mg daily serving of PEAK ATP® in Peak Endurance is clinically validated to:

- improve blood flow[2]
- increase lean body mass by 100%[3]
- increase muscle thickness by 96%[3]
- increase peak power[3]
- reduce muscular fatigue[1]
- increase muscular excitability[4]
- increase total strength by 147%[4]
- increase vertical jump power by 30%[4]
- increase post-exercise ATP levels[4]
- increase recovery and reduce pain[5]

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