



It's time to get up and get active!

Did you know that people who engage in regular physical activity enjoy a significant increase in their overall physical and mental wellness? Getting regular exercise is one of the best ways to enjoy better health now and maintain your healthspan (the years of your life when you're in good health).

To support you as you step up your level of activity, Melaleuca provides a complete array of proven products that give you fuel and energy as you begin your workout, sustain your energy and performance as you move through your exercise, maximize your results as you recover, and help you stay physically energized and mentally motivated throughout your day.

How to Maximize Your Fitness!



BEFORE YOUR WORKOUT

Eat a small snack or light meal with carbohydrates and protein 1-3 hours before your workout to provide steady energy as you increase your activity.

Take a pre-workout supplement 15-30 minutes before your workout to help your body and mind power up, avoid dips in power and stamina during your workout, and amplify your recovery results after your workout.

Warm up with light aerobic activity and dynamic stretching in the minutes before your workout to increase your blood flow and prepare your muscles and joints for the extra strain.



DURING YOUR WORKOUT

Sip an electrolyte drink as you go rather than waiting until you're feeling thirsty. As you sweat, you lose water and electrolytes. Your body needs ongoing hydration and electrolyte replenishment to keep performing at its best.

Use proper form with every movement to avoid injuries, even if you have to slow down or decrease the weight you're lifting. Stick to weights and levels of intensity that you're physically and mentally prepared for and that you can handle safely.



AFTER YOUR WORKOUT

Listen to your body and be mindful of soreness. Gentle stretching, foam rolling, and massage can help your muscles and joints maintain comfort and flexibility.

Use the right post-workout nutrition to help your body's recovery process get going. Post-workout nutrition can kick-start muscle repair and energy restoration while fighting activity-induced inflammation and soreness. Be sure to get a good night's sleep, as that's when most of the recovery process happens.

Get your protein! Protein is essential to your body's recovery process after your workout. This macronutrient provides the amino acids your body needs to repair and rebuild the microtears in your muscle fibers and promote muscle growth. Taking a protein supplement helps make this recovery process more efficient and minimizes soreness.



DAILY CREATINE SUPPORT

Creatine plays a central role in your body's ATP production—the molecule that stores the chemical energy that powers cellular functions. Your body stores creatine mainly in your muscles, and it draws on creatine to regenerate spent ATP and quickly restore energy during high-intensity exercise and in the course of your normal daily routine. Creatine also plays a role in your memory, mental focus, metabolic health, blood vessel function, and blood sugar health! If your creatine levels dip, you can experience fatigue and muscle weakness.

While your body produces some of the creatine it needs, the rest must come from your diet and supplementation. To maintain optimal creatine levels, it's important to supplement with creatine every day—not just when you exercise.

FACT: Your muscles store most of the creatine in your body. When your body runs low on ATP, it taps those creatine supplies to generate more ATP.



DAILY PROTEIN SUPPORT

Protein is essential to every part of your body—not just your muscles. You use this macronutrient to build and repair tissues; form enzymes, hormones, and immune cells; and support satiety, weight management, and muscle repair and growth.

The more work your body is doing—whether it's increased activity, building muscle, aging, losing weight, or recovering from illness or injury—the more protein you'll need.

You get protein from many of the healthy foods you eat, including eggs, tofu, lean meats, and legumes. But it's common to not get all the protein you need from your diet alone. Taking a high-quality protein supplement is a great way to consistently reach your daily protein goals. Look for a supplement that supplies complete protein with all of the essential amino acids.

FACT: After a workout, your muscles need days to recover (and that period gets longer as you age). This means you need more than just one protein shake or one protein-filled meal after a given workout. Every day, you should be getting enough protein and other essential nutrients to maximize your recovery.



How Much Protein Do You Need?

CATEGORY	PROTEIN INTAKE grams per pound per day	PROTEIN INTAKE grams per kilogram per day	EXAMPLE 150 lb (68 kg) person	PURPOSE
Sedentary Adult	0.36-0.45	0.8-1.0	55-68 g	Maintain basic bodily functions
Active Adult	0.45-0.54	1.0-1.2	68-82 g	Support mild muscle recovery
Endurance Athlete	0.54-0.72	1.2-1.6	82-109 g	Rebuild muscle tissue after workout
Strength/ Power Athlete	0.72-1.0	1.6-2.2	109-150 g	Maximize muscle repair and growth
Older Adult (50+)	0.54-0.68	1.2-1.5	82-102 g	Help prevent muscle loss
Weight Loss/ Calorie Deficit	0.72-1.1	1.6-2.4	109-164 g	Preserve lean mass during fat loss
Recovery from Illness/Injury	0.68-0.9	1.5-2.0	102-136 g	Promote tissue healing and immune support

Your Muscles Power Every Motion!

[Learn More About Your Muscular System](#)

Fuel Your Life

You need the right nutrition to maximize your performance at each stage of your workout. Melaleuca provides that nutrition in the form of scientifically developed, highly effective drinks, bars, and shakes.

WORKOUT NUTRITION

ELEVATE YOUR POTENTIAL

Vitality Elevate™ Pre-Workout fuels energy, stamina, and healthy circulation and is powered by a blend of performance-supporting ingredients:

- L-citrulline—supports greater stamina and reduced muscle fatigue*
- 200 mg of natural caffeine—for a clean, sustained energy boost*
- Ancient peat and apple extract—supports natural cellular energy production that powers strength, endurance, and recovery*

HYDRATE AND ACCELERATE

Sustain® Active Electrolyte Hydration helps replenish the water and electrolytes you lose through your sweat. It includes:

- Our 4-in-1 electrolyte complex (powered by our twice-patented *Oligo®* mineral-delivery technology)* to help you stay hydrated, sustain muscle function, and power through your workout
- Twice the electrolytes of Gatorade® Classic Thirst Quencher, with a fraction of the calories†

ELEVATE YOUR RECOVERY

Vitality Elevate Post-Workout helps power your body's recovery process for maximum results using scientifically proven ingredients:

- 9 essential amino acids—critical for rebuilding muscle tissue, reducing muscle soreness, and protecting lean muscle strength*
- Tart cherry—supports joint comfort, muscle recovery, and sleep quality*
- Creatine—supports your body's energy production, muscle recovery, strength, and brain function*

DAILY NUTRITION

CREATINE FOR WELLNESS, NOT JUST FOR WORKOUTS

Vitality Elevate Pure Creatine helps fuel your body's energy production with our ultrapure, gold-standard creatine monohydrate, the most effective form of creatine.

- Our creatine uses a formula backed by decades of research to promote muscle strength, endurance, and cognitive focus*
- We recommend taking at least 5 grams of *Pure Creatine* a day to support muscle strength and energy*
- Creatine powers your workout by helping your muscles and brain recharge energy faster for better performance*

DAILY PROTEIN SUPPORT

Delicious Cookies & Cream *Proflex Chewy Protein Bars* are the perfect on-the-go option to keep your body fueled between meals or after an intense workout session! Here's what you get with each bar:

- 20 grams of protein—including 7 grams of grass-fed collagen
- Only 170 calories and 5 grams of net carbs
- No soy or gluten

DAILY PROTEIN SUPPORT

Proflex and *Proflex Pro Protein Shakes* provide high-quality whey protein when you need it, whether you've just finished your workout or simply want more protein in your day. Here's what you get with each *Proflex* and *Proflex Pro Protein Shake*:

Proflex Protein Shakes provide:

- 20 grams of whey and casein protein in a satisfying shake with no added sugar
- Your choice of Creamy Chocolate, Vanilla Bean, Strawberry, and Cookies & Cream flavors

Proflex Pro Protein Shakes provide:

- 30 grams of whey protein isolate and 6.5 grams of BCAAs*
- A lean formula with no added sugar
- Your choice of Strawberry, Chocolate, Vanilla, and Cookies & Cream flavors

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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