



## **Athletic Endurance Protocol (Item #7111)**

Endurance and Recovery Protocol to Enhance Performance and Maintain Health

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### **Products included in this Wellness Protocol are:**

- ① Quint-Essence (6111) – Whole Food Meal Enhancement Supplement
- ① Vitamin E (5071) – Plant-derived natural source with mixed Tocopherols
- ① Brilliance (4017) - Brain Oxygenation Herbal Formula

### **Protocol Overview**

Universal Formulas has developed a simple, cost-effective and powerful protocol to increase athletic strength and endurance while improving the body's ability to perform longer and use energy more efficiently. This Wellness Protocol brings together the traditional herbs and compounds of our individual formulations necessary to enhance your performance level and assist you in reaching your short-term and long-term health goals.

**Quint-Essence** is added to this Wellness Protocol to oxidize the body, and enhance the digestion of nutrients for absorption into the body. This complete, unique blend of ingredients acts as a food supplement, providing food enzymes which aid digestion and probiotics which provide a daily nutritional foundation that is a simplified, consistent and balanced. Quint-Essence contains all the minerals and vitamins your body needs to maintain optimal energy levels without the side effects of taking empty carbohydrates or caffeine.

**Vitamin E** is one of nature's best antioxidants; it also increases endurance, stamina and sexual energy while protecting the cells from free radical damage. When added to this Wellness Protocol, in combination with the other provided nutrients and herbs, Vitamin E becomes a virtual powerhouse for maintaining your energy levels during exercise.

**Brilliance** is an herbal combination designed to oxygenate and feed the brain for superior mental clarity, focus and concentration.

Exercise enhancement products are often void of ingredients that effectively oxygenate the brain. The unique and specialized combination of Fo-Ti, Gotu-Kola, Meadowsweet and Ginkgo in our formula creates energy and balances brain function. These herbs also protect the muscles and brain cells from premature aging, tone the skin, feed the lungs and increase overall stamina.

Note: Additional information for the above products is included in the subsequent datasheets.

### **Dosage Recommendations:**

**Quint-Essence:** 1 vegi-capsule for every 60-75 pounds of body weight at each meals

**Natural Vitamin E:** 1 to 2 Softgels daily

**Brilliance:** 2 vegi-capsules with breakfast and lunch

### **Pre-Exercise Dosage Recommendations:**

**Quint-Essence:** 4 vegi-capsule

**Natural Vitamin E:** 2 Softgels

**Brilliance:** 3 vegi-capsules

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

**Ordering Information:**

**Quint-Essence** (*Item#6111*) priced at only: \$56.00 for 300 Vegi-Capsules

**Vitamin E** (*Item #5071*) priced at only: \$20.00 for 100 Soft-Gels

**Brilliance** (*Item #7017*) priced at only: \$19.00 for 100 Vegi-Capsules

**Total Price for this Wellness Protocol Bundle, *Item #7111* is \$95.00**

Conveniently Order On-line at: [www.UniversalFormulas.com](http://www.UniversalFormulas.com)

**Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.