



# Science that performs.

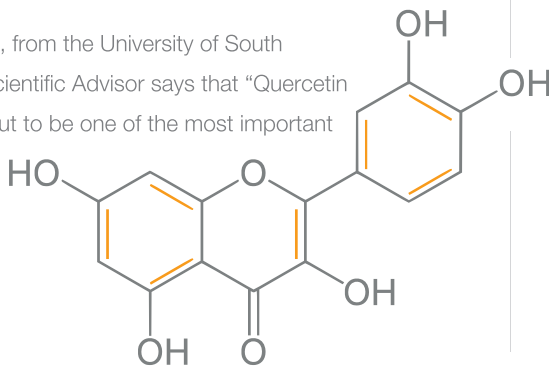
There are three key ingredients that make up the patented FRS<sup>®</sup> Healthy Energy<sup>®</sup> formula. It's not only the quality of each ingredient, but the way they work both individually and together that maximizes the effectiveness of FRS. Plus, scientific studies confirm that the FRS formula provides:

Long-lasting, natural energy | Improved athletic performance | Increased mental function | Immune system support

Let's start with **quercetin** (kwur-si-tin), a powerful natural antioxidant found in foods such as blueberries, apples and red grapes. With over 10,000 scientific studies on the benefits of quercetin, Scientists believe that quercetin works with our bodies to increase the production of mitochondria, the energy-producing units in our cells. Traditionally, exercise has been the only practical way to increase the amount of mitochondria in cells.

FRS uses the purest (99.5%) quercetin available allowing for maximum absorption and effectiveness.

Dr. Mark Davis, PhD, from the University of South Carolina and FRS Scientific Advisor says that "Quercetin could actually turn out to be one of the most important discoveries in nutrition in a very long time."



But it doesn't stop there. The patented FRS formula also contains **green tea extract**, another powerful antioxidant. Green tea unlike black or oolong tea is not fermented and is typically created by steaming fresh leaves at high temperatures. Because of this process, the antioxidant components within green tea remain in-tact maximizing the healthy benefits of green tea versus other teas.

The small amount of caffeine in FRS products are derived from green tea extract and merely acts as a metabolic enhancer to kick-start the patented FRS formula.

The third and equally important component of the patented FRS formula is **seven essential vitamins**. Today, diet alone does not always provide the body with adequate vitamins, which are staples to a balanced diet. FRS contains over 100% of the Recommended Daily Value of vitamins B1, B2, B3, B6, B12, C and E.

For information visit [FRS.com/formula](https://FRS.com/formula)

# Studies point to better performance

## Enhanced athletic performance



2.9%

Increase in treadmill time trial performance<sup>1</sup>

**Study Details:** A randomized, double-blind, counterbalanced, placebo-controlled crossover study— 26 healthy, untrained men. 1000mg per of quercetin per day for 14 days.

<sup>1</sup>Source: Quercetin's Influence on Exercise Performance and Muscle Mitochondrial Biogenesis. Nieman et al. *Med Sci Sports Exerc.* February 2010.



2%

Improvement in cycling time trial performance over the last 5km<sup>2</sup>

**Study Details:** A double-blind, placebo-controlled crossover study. 250 mg of quercetin twice daily, over 42 days to 11 elite cyclists.

<sup>2</sup>Source: Dietary Antioxidant Supplementation Combined with Quercetin Improves Cycling Time Trial Performance. MacRae Holden, Mefford Karl. *International Journal of Sport Nutrition and Exercise Metabolism*, 2006, 16, 405-419.

## Sustained energy and fitness



13.2%

Increase in endurance<sup>3</sup>

3.9%

Increase in VO2max (typical measure of fitness)<sup>3</sup>

**Study Details:** A randomized, double-blind, placebo-controlled, crossover study—12 healthy, active (but not highly trained) men and women. 1000mg of quercetin per day for 7 days.

<sup>3</sup>Source: The Dietary Flavonoid Quercetin Increases VO2max and Endurance Capacity. Davis JM, Carlstedt CJ et al. *International Journal of Sports Nutrition and Exercise Metabolism*, June 2009.

## Improved mental function at work



30%

Reduction in mental fatigue<sup>4</sup>

17.1%

Improvement in concentration<sup>4</sup>

**Study Details:** Randomized, double-blind, placebo-controlled crossover study. 33 university employees, non-athletes, working class, skilled trade professionals, age 29-63 years. 500mg of quercetin per day for 24 days.

<sup>4</sup>Source: The Effects of an Antioxidant Drink on Work Performance and Health Parameters in an Industrial Setting, Durak & Bell, 2006, Univ. of Santa Barbara, CA (unpublished study).