

Product: Cluster Bomb

Class: Fast Digesting Carbohydrate

Flavors available: Unflavored

Serving Size: 60 servings

Product Summary: This product is recommended for anyone who is looking for a highly soluble alternative carbohydrate source and a great source of energy. This product will also work well in conjunction with 50/50 Formula-X protein post workout. This product is suitable for those with gluten intolerance, vegetarians and vegans. Included is a blend of electrolytes to help replenish athletes and support both the intra and post workout use of Cluster Bomb.

Ingredient Details:

Highly Branched Cyclic Dextrin (25g) is produced through the breakdown of starch and the use of a unique enzyme to form clusters of sugar molecules. In doing so, this process ensures that Highly Branched Cyclic Dextrin offers a quick source of energy. This product is highly soluble, which makes it perfect for during and after exercise, allowing for quick high energy levels. At the same time carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.

Calcium (95mg) is one of the 7 major electrolytes and is a crucial mineral for bone health as well as metabolic functions all over the body.* Because bone is constantly remodeling, or rebuilding itself, a steady supply of calcium is needed to keep it strong.* DimaCal is a highly bioavailable form of calcium. In fact, comparative research has shown that DimaCal is better absorbed than calcium carbonate, calcium citrate, and microcrystalline hydroxyapatite.

Potassium (80mg) is one of the 7 major electrolytes and helps maintain the levels of water in the body, and can assist the body by converting excess blood sugar into glycogen. This is an extremely important benefit to athletes and weightlifters. Whereas sodium is mainly found outside cells, potassium is the major positively-charged ion (cation) inside cells and is hugely important for regulating heartbeat and muscle function. It forms the other half of the electrical pump that keeps electrolytes in balance and allows conductivity between cells, also making potassium a critical part of neuron transmission. Potassium citrate promotes kidney health and helps reduce the possibility of kidney stones. Kidney stones can be caused by increasing levels of calcium in the body, or acidic urine. In addition, potassium citrate can help maintain a healthy heart.

Sodium (50mg) is one of the 7 major electrolytes and is an essential electrolyte for humans; sodium is responsible for controlling the total amount of water in the body. It is also important for regulating blood volume and maintaining muscle and nerve function. Sodium is the major positively-charged ion (**cation**) outside your body cells and is mostly found in blood, plasma, and lymph fluid. This creates one-half of the electrical pump that keeps electrolytes in balance

between the intracellular and extracellular environments (i.e., sodium outside of cells and potassium inside).

Magnesium (28mg) is one of the 7 major electrolytes and may be the most under-appreciated mineral in your nutritional arsenal. Not only is it necessary for over 300 biochemical reactions in the body, but it also plays an important role in the synthesis of both DNA and RNA, essential to every cell of every known living organism. The fourth most prevalent mineral in the human body, magnesium helps maintain normal nerve and muscle function, boosts the immune system, maintains stable heart rate, stabilizes blood sugar, and promotes the formation of bones and teeth. Nuts, spices, leafy green vegetables, coffee and tea are all generally good sources of the mineral.

Phosphorus (114mg) is one of the 7 major electrolytes; health benefits include healthy bone formation, improved digestion, regulated excretion, protein formation, hormonal balance, improved energy extraction, cellular repair, optimized chemical reactions, and proper nutrient utilization. The health benefits of phosphorous make it an important constituent of any diet. Phosphorus is essential for proper functioning of human bones, meaning that it would be impossible to function normally without an adequate amount of this mineral in the body. In fact, phosphorus is regularly noted as the second most profuse mineral in the human body, and is the second most important element when it comes to maintaining bone health and integrity, behind calcium. Apart from providing strength to bones and teeth, other health benefits of phosphorus are essential for performing essential activities for different body parts like the brain, kidney, heart and blood.