

ACLI-MATE[®]

NATURAL SPORT DRINKS



ACLI-MATE[®].COM



NATURAL INGREDIENTS

ACLI-MATE® NATURAL SPORT DRINKS

Acli-Mate® Natural Sport Drinks are made from high quality, natural ingredients and are well tolerated by those with sensitive stomachs, suited for all ages and abilities, and taste great!*

MOUNTAIN SPORT DRINK

*Go Higher - Feel Better™**

- ◆ Acclimatization
- ◆ Energy
- ◆ Pre-Sport Nutrition
- ◆ Recovery

ENDURANCE

*Go Longer - Feel Stronger™**

- ◆ Sport Performance
- ◆ Energy



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

Go Higher - Feel Better™*

Acli-Mate® MOUNTAIN Sport Drink



How does the MOUNTAIN SPORT DRINK work?

For enhanced acclimatization, energy at elevation, pre-sport nutrient loading and optimal recovery, chose Acli-Mate® MOUNTAIN Sport Drink.

- Balanced Electrolytes** = Optimal hydration
- B-vitamins & CoQ10** = Improved energy
- Essential Minerals** = Decreased cramping and enhanced recovery
- Rhodiola & Schizandra** = Herbal support for adapting to the stressors of altitude, exercise and mental exertion.

The combination of these, and other ingredients, make the MOUNTAIN formula ideal for the mountain visitor and athlete. (May be used at any elevation.)



ALTITUDE AID*
Rhodiola, Ginkgo & Schizandra Berry



ENERGY & PERFORMANCE*
B-Vitamins and CoQ10



HYDRATION*
Balanced Electrolytes



RECOVERY*
Calcium, Magnesium, Potassium & Rhodiola

FOR BEST RESULTS:

Directions: Mix one serving of powder with 10-12 ounces of cool or warm water; adjust to taste preference.

Acclimatization: 1-3 servings daily starting 3 days prior to arrival at elevation and for the duration of your stay. Adjust intake based on age, size and need.

Pre-Sport Nutrition: Consume 1-2 servings 30-60 minutes prior to exercise.

Recovery: Consume 1-2 servings after exercise or exertion for optimal recovery.

Energy: Consume up to 3 times daily as a healthy sport drink.

For more information visit

Acli-Mate.com

and click on "For Best Results"

XNO High Fructose Corn Syrup
 Caffeine Dairy Gluten
 Soy Egg Yeast
 Artificial Colors, Flavorings or Preservatives

No other sport or electrolyte replacement drink offers such a comprehensive and healthy array of ingredients. Acli-Mate® MOUNTAIN Sport Drink contains 35 calories and only 8 grams of sugar per serving.

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Go Longer - Feel Stronger™*

Acli-Mate® ENDURANCE Performance Sport Drink



Acli-Mate® ENDURANCE is a NATURAL Sport Performance & Energy Drink.

It is physician and athlete formulated for use by the adventure athlete, sportsman and everyday individual seeking a healthy, hydrating sport drink offering all the benefits of a nutritious sport beverage with so much more! ENDURANCE contains 88 calories per serving and comes in two delicious, go-down-easy flavors: Orange-Mango and Cran-Raspberry.



PERFORMANCE & ENERGY*
B-Vitamins, CoQ10, Simple and Complex Carbohydrates



HYDRATION*
Balanced Electrolytes



REDUCED MUSCLE FATIGUE & CRAMPING*
Calcium, Magnesium & Electrolytes



RECOVERY*
Vitamins, Minerals and Electrolytes

FOR BEST RESULTS:

Directions: Mix one serving with 10-12 ounces of cool water; adjust to taste.

Sport Performance: Consume 1-4 ounces every 15-20 minutes during exercise for sustained energy and replacement of essential vitamins, minerals and electrolytes.

Enhanced Performance:

- ◆ **BEFORE** Use the **MOUNTAIN** Sport Drink before exercise for pre-sport nutrient and electrolyte loading.
- ◆ **DURING** Use the **ENDURANCE** Sport Drink during athletic activities for optimal caloric intake and sustained energy.
- ◆ **AFTER** Repeat the **MOUNTAIN** Sport Drink after exercise for optimal recovery.

Energy: Consume up to 3 servings daily as a healthy sport, energy drink.

For more information visit
Acli-Mate.com
and click on "For Best Results"

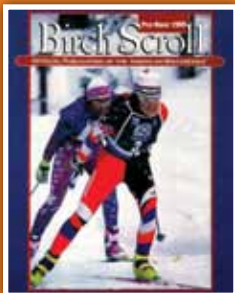
XNO High Fructose Corn Syrup
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to share your stories and to interact with our
Colorado based team and worldwide fans.



Ingrid Butts: 3x Winter Olympian - Cross Country Skiing

Acli-Mate® gives back to your body what it deserves in nutrition, promoting good recovery. Acli-Mate® is a must for all who seek the mountains. Plus it tastes great hot or cold. After a cool, rainy day of setting up a base camp at 10,000 ft, high in the West Elk Mountains, we served Acli-Mate® MOUNTAIN to clients as a hot drink to warm them up and for the acclimatization benefits. It was great! We warmed up and we felt the acclimatization benefits immediately.



Scott Drum, Ph.D., FACSM: Associate Professor in the Department of Recreation, Exercise & Sport Science and Director of the High Altitude Performance Lab at Western State College of Colorado in Gunnison, CO.

Acli-Mate® Mountain Sport Drink is an "Excellent natural sport/performance product with a blend of important electrolytes, vitamins and minerals, and acclimatization herbs to boot! I am thoroughly enjoying this product and the ENDURANCE too!"



Joy A.: Mountain Visitor

Acli-Mate® MOUNTAIN Sport Drink truly helped our daughter minimize her severe altitude sickness. We are from Florida, so going from sea level to Crested Butte at roughly 9500 feet, is always tough. We keep an oxygen condenser unit in our Colorado home so our daughter doesn't feel so bad. Starting Acli-Mate® Mountain Sport Drink, 3 days prior to our trip and using while at altitude, she was fine. No oxygen, no getting sick. Everything was great. I highly recommend Acli-Mate® MOUNTAIN for the low-landers heading "up"!!!

ACLI-MATE®
NATURAL SPORT DRINKS
Testimonials



Acli-Mate® sponsored athlete, Bryan Wickenhauser competing in The 5 Peaks Race in Breckenridge, Colorado with teammate Jon Brown. The team climbed 10,000 vertical feet in 4 hrs. 8 mins. and took 1st place in the Men's Division. Photo by Drew Saunders

5280

Article from October 2009



“With an average base-village elevation of nearly 9,000 feet, Colorado’s resorts sell the legendary Rocky Mountain High. But while we all covet the spectacular terrain the altitude affords, the thin air takes its toll and it’s a high price to pay. Colorado’s high hills attract more than 25 million tourists annually. Of those, more than five million will feel altitude’s effects: nausea, fatigue, headache, weakness, dizziness all of which lead the affected to reduce their activity level by a whopping 56 percent. Some say the cost to the Colorado ski industry alone is \$200M each year.”



Dr. Roanne Rouse Houck, N.D.
Owner, Founder and Director of Product Development
Acli-Mate® Formulations, LLC

About Acli-Mate®

“As a native of Crested Butte, Colorado (8885 ft), a mountain athlete and naturopathic doctor, I understand the importance of optimal hydration and efficient acclimatization. In 2002, I created Acli-Mate® Mountain Sport Drink specifically to aid mountain visitors and athletes feel better at elevation as well as to promote optimal performance and efficient recovery at any elevation. In 2009, I released Acli-Mate® Endurance Sport Drink in order to better meet the caloric and nutrient demands of those participating in longer activities, at any elevation. I’ve selected high quality, natural ingredients for use in all Acli-Mate® products and hope that you, your friends and family will enjoy all of our products and flavors and include them as a healthy part of your day and your active lifestyle!”

Acli-Mate® Formulations, LLC is based in Gunnison, Colorado and employs a local team involved in product development, sales, marketing and community outreach. We allocate 1% of all profits to non-profit organizations in the Gunnison Valley and we support numerous local, state and national cycling, skiing, hunting, and adventure racing events. Furthermore, we use post-consumer recycled materials in our boxes, #2 recyclable plastic tubs and encourage our buyers to recycle these containers after use.

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Photos by XavierFane.com

Call or Log-on to Order!

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