

February 2010

MULTISPORT MENU



FORZE GPS (\$19.90 PER CARTON OF 10 BARS)

Forze GPS is an appetite management tool designed specifically for athletes (or the first diet product for skinny people, as we joke here at Triathlete). All joking aside, Forze GPS nutrition bars are made with natural ingredients—including specific proteins, long-chain fats and

calcium—that are scientifically proven to stimulate the body's appetite control mechanism, says the company. They're available in chocolate decadence, caramel chocolate, cranberry nut and chocolate peanut butter flavors. Forzegps.com

OMEGA RX (\$26.95 FOR 60 CAPSULES)

Fish oil is fish oil, right? Wrong. Individual fish oil products vary greatly in terms of potency, purity, freshness and taste. Omega Rx by Zone Labs is an ultra-refined pharmaceutical grade EPA and DHA omega-3 concentrate that is among the world's best fish oil products for purity, potency, freshness and taste. Of course, fish oil products vary by price, too, and Omega Rx costs more than some, but you know what they say: You get what you pay for. Zonediet.com



MUSCLE MILK LIGHT (\$3.29)

After you finish a workout, you need to take in the right nutrition quickly to promote fast recovery. But what you want to do is reward yourself with something delicious. CytoSport's Muscle Milk Light ready-to-drink nutritional shake gives you both what you need and what you want. It provides 14 ounces of fluid for rehydration plus complex carbs, 20 grams of protein, healthy fats and vitamins and minerals for muscle repair and refueling. And yes, the chocolate and vanilla cream flavors are very tasty. Cytosport.com



MIX1 (\$2.99 PER 11-OZ BOTTLE)

Research has shown that real, natural foods promote recovery after workouts just as well as specially formulated recovery products. However, the specially formulated products do the job more efficiently and conveniently in many cases. Mix1 combines the best of both worlds. Mix1 is essentially a cross between an all-natural nutritional drink and a recovery product. It provides a blend of healthy carbs, fats, protein, fiber and antioxidants from natural food sources and can be used after workouts or anytime. It's available in five fruity flavors and in both "enhanced protein" and "hi-antioxidant fiber" versions. Mix1life.com

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