

## GPS Performance System - FAQ

### **Q: Is GPS an acronym?**

A: GPS is a play on the traditional meaning of GPS (Global Positioning System) and how our line of products help you navigate your performance and get you to where you want to go in your fitness goals.

### **Q: What is the GPS System?**

A: The GPS System provides quality performance nutrition. These six products are created for pre-, during-, and post-workouts, as well as bedtime, to provide nutritive support throughout an entire workout routine or for individual physical activity needs. Use all six as a system for best results or customize the products according to your activity and endurance level.

### **Q: Who should use the GPS System?**

A: The GPS System is ideal for anyone wanting to maximize their physical output and exercise results. Everyone from professional athletes to individuals simply desiring increased endurance will benefit. It is also a great system for those who desire to further enhance the utilization of body fat for energy.

### **Q: How does the GPS System work together?**

A: The System was created to be used before, during and after exercise and at bedtime. The combination of nutrients in each product provide unique benefits to the body. When taken as a system, the products support body composition. Not all six products have to be taken every day, but when they are, you will optimize your performance energy. \*

### **Q: How does the GPS System benefit muscles?**

A: Muscles experience minor tears when working out or when the body experiences additional physical stressors. The GPS System will help in muscle recovery, as well as reduce soreness. This system also helps to maintain and build strength and performance output. \*

### **Q: Why do I need to take all six products if some of them contain the same ingredients?**

A: Each formula was created with a specific benefit in mind. There may be similar ingredients in some products; however, the formulas work together as a system to provide maximum benefits. You can also customize product usage according to your activity and endurance level. The GPS product line is also uniquely suited to support the activity cycle and circadian rhythms of the body that affect the growth and maintenance of lean body mass.\*

### **Q: Can I take GPS Adapt if I do not exercise?**

A: Yes, you can still benefit from GPS Adapt if you are not active. GPS Adapt may help reduce stress and feelings of anxiousness, improve mood and memory and protect against oxidative damage. \*

### **Q: Approximately how long after taking GPS products will I notice any physical improvement?**

A: Individuals may notice immediate changes such as reduced soreness, the ability to exercise harder and longer, quicker recovery time and greater endurance. Additional changes such as body composition and muscle mass may take up to a few of weeks. Every body is different, but you should see incremental changes and/or improvements. In the long run, you will experience more lean body mass which will effectively burn more calories. \*

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

**Q: Will any of the GPS products help me lose weight?**

A: GPS products are designed to help you change your body composition, not to lose weight. If you want to lose weight, we recommend pairing GPS products with our HealthTrim<sup>®</sup> products. By volume, muscle weighs more than fat so the scale may not show a change in weight, but your measurements will change (i.e., belt size, dress size, etc.).\*

**Q: Will benefits differ for men and women?**

A: When it comes to improvements in physical output, endurance and strength, men and women will see similar results in performance. Maintenance of lean muscle mass and reduction of body fat are also similar when combined with exercise. Men who have higher levels of testosterone will likely see greater improvements in muscle strength and growth.\*

**Q: Do GPS products provide sexual benefits?**

A: Yes. Beyond the athletic advantages provided by GPS Circulate, there are additional physiological effects that are often noted from its use. These can arise from vascular effects of the nutrient composition, (those resulting in the more efficient delivery of nutrients/oxygen throughout the body) as well as from the support of HGH (human growth hormone) release from the pituitary and from supported production of the neurotransmitter GABA (gamma aminobutyric acid). The key ingredient in GPS Circulate is L-arginine, an amino acid that works by increasing nitric oxide levels in the body and improving the elasticity of the arteries, thus facilitating increased blood flow. These physiological effects can include quicker recovery, improved mood, increased muscle mass and heightened sexual function in men and women. GPS Reset also supports sexual function and/or performance in both men and women. \* GPS Adapt, which helps minimize a feeling of anxiousness, can also help improve sexual performance. These products are not recommended for anyone younger than 18 years of age.

**Q: If I don't exercise, can I still benefit from the GPS products?**

A: Yes. GPS Adapt will help reduce stress and feelings of anxiousness while improving mood and memory and protecting against oxidative damage. GPS Energize can be used as an alternative to ENERGY, but it will also support muscle preservation, which ENERGY does not. GPS Hydrate is a flavorful beverage that efficiently hydrates the body.\*

**Q: Are GPS products gluten free?**

A: Yes, all GPS products are gluten free.

**Q: Are GPS products safe for those sensitive to caffeine?**

A: GPS Energize is not recommended for those sensitive to caffeine.

**Q: Do any of the GPS products contain dairy?**

A: Yes, GPS Rebuild contains whey protein derived from dairy.

**Q: Are GPS products safe for children to consume?**

A: The following GPS products are safe for kids.

GPS Energize – ages 6-12, half serving; ages 12-18, full serving (maximum one serving per day); age 18+, full serving (maximum determined by total daily intake of caffeine)

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GPS Hydrate – ages 4 and up

GPS Rebuild – ages 12 and up

The nutritional needs of children during growth and maturation are different from those of adults. Consult your doctor about appropriate supplements for children younger than 18 years of age.

**Q: Which GPS products are not recommended for children?**

A: GPS Reset, GPS Adapt and GPS Circulate are not recommended for children younger than 18 years of age or for those sensitive to caffeine. The nutritional needs of children during growth and maturation are different from those of adults. Consult your doctor about appropriate supplements for children younger than 18 years of age.

**Q: How does GPS Energize compare to ENERGY?**

A: ENERGY provides energy and mental clarity for general activity. GPS Energize feeds the muscles and neuromuscular system and protects muscle tissue from being broken down by activity. There is no need to take ENERGY and GPS Energize at the same time, but you can take them on the same day. Do not exceed 4 servings per day of ENERGY, Metabolic ONE, GPS Energize or PURE Café in any combination, to prevent potential undesirable effects of too much caffeine.

**Q: How does GPS Rebuild compare to Matcha Vegan Shake and 360 Complete Shake meal replacement shakes?**

A: Both meal replacement shakes provide protein and carbohydrates; however, GPS Rebuild with its proprietary formulation also replenishes and restores muscle cells. It is not recommended to take Rebuild or use it as a meal replacement if you are inactive.

**Q: Are GPS products free of any banned substances?**

A: Yes, the entire GPS line including GPS Adapt, GPS Circulate, GPS Energize, GPS Hydrate, GPS Rebuild and GPS Reset are Informed-Sport Certified. They have been validated to be free of banned substances through LGC Ltd., a third-party testing organization.

**Q: Will Informed-Sport logo be on the product labels?**

A: Yes, you will start to see the logo on the labels as updates become available.

**Q: Do the GPS products follow the University Interscholastic League (UIL) guidelines for athletes?**

A: The UIL has rules on anabolic steroid use and testing. In the 'Athletic Code for Coaches,' it states coaches are to avoid the encouragement of performance enhancing drugs. Neither anabolic steroids nor performance enhancing drugs are found in any of the GPS products. All GPS products are Informed-Sports certified and free of banned substances. Our GPS line is made under the strict quality guidelines of the Food and Drug Administration's current good manufacturing practices (GMPs). GMPs have been established to ensure the safety of dietary supplements. The GPS products are manufactured in NSF registered facilities (Bio Nutraceuticals, Inc., Nutribiotech USA, and ProTec Laboratory). While not mentioned by the UIL, the NCAA also has its own guidelines on "performance enhancing" products. On their list includes caffeine. Of course, they are not telling their athletes they cannot not consume caffeinated beverages, but high amounts of caffeine can be performance enhancing. The amount needed for this effect would be upwards to 300 to 400 mg of caffeine in a single sitting use. Keep in mind GPS Energize contains 110 mg of caffeine per serving.

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