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You've got chews, drinks, bars and gels to keep you going during training, but what about in between workouts? These supplements pack a nutrient-rich punch to ensure you're in your best shape the next time you toe the start line.



FRS HealthyEnergy Soft Chews, \$15.99 (30 packages)

Each two-chew serving contains essential vitamins, 40 calories and 20 mg of caffeine, as well as the antioxidant quercetin. The chews, available in orange, pineapple mango and pomegranate blueberry, are more like a candy than a nutrient-rich supplement. Look for the all-natural version, which doesn't leave as much of an aftertaste, hitting shelves in March. **Suggested use:** Eat two chews each morning, each afternoon and 30 minutes before exercise for extra energy. frs.com

Vidazorb + OPC, \$43 (90 tablets)

This probiotic dietary supplement is filled with live bacteria—the good kind—to keep your colon rollin'. Vidazorb + OPC comes in chewable pomegranate-flavored tablets and is great for maintaining digestive health. In addition to aiding digestion, probiotics have been found to facilitate better absorption of nutrients, and the oligomeric proanthocyanidins (OPCs)

provide additional immune support to fight free radicals. **Suggested use:** Take one chewable tablet three times a day, preferably with meals.

Vidazorb.com

Omega XL, \$49.95 (60 capsules)

An essential fatty acid supplement, Omega XL contains omega-3s extracted from the green-lipped mussel in the waters off New Zealand. The easy-to-swallow soft gel capsules are a more palatable alternative to consuming fish oil every day. In two capsules are 100 mg of omega fatty acids, said to relieve aches and pains and to help your body recover faster from hard workouts, from races or from injury. **Suggested use:** Take four daily. Omegaxl.com

Joint Juice Supplement Drink, \$29.99 (30 eight-ounce bottles)

An 8-ounce bottle of Joint Juice has 1500 mg of glucosamine and 200 mg of chondroitin to keep your cartilage lubricated and

flexible, plus vitamin D3—to help build strong bones—vitamin C and green tea extract, an antioxidant. Available in cran pomegranate and blueberry acai, the ready-to-drink supplement is pretty sweet, but the on-the-go drink mix gives you the option to water it down. Originally developed for pro athletes, it helps joints recover from all the damage that comes from miles of running. **Suggested use:** Drink one 8-ounce bottle daily. Jointjuice.com

Bazi Energy Shot, \$17.99 (pack of 6)

This non-carbonated drink packs a boost of energy, nutrients and minerals through its 2-ounce shots. Made with the extracts of blueberries, mangosteen, goji berry and acai, one shot has vitamins C, D, E and A. One shot also has 64 calories, 16 grams of sugar and a whopping 80 mg of caffeine, about the same as a cup of coffee. The shots are sweet and taste best chilled.

Suggested use: Drink one shot daily or anytime you need an extra boost of energy. Drinkbazi.com