

LOWOZ®



Item: 21424
Quantity: 16 Packets

Rapid electrolyte replenishment

- ▶ Provides a low osmolality blend to support distribution of fluids, oxygen, and nutrients throughout your body.*
- ▶ Provides a balanced mixture of carbohydrates (fast- and slow-metabolizing) and B vitamins to sustain energy during workouts.*
- ▶ Provides antioxidant support during exercise to help protect cells from free radicals.*
- ▶ Fresh citrus flavor.

A ANTI-AGING HEALTH SYSTEM

Unicity is proud to introduce Xtra Fitness Nutritionals—the next generation of fitness supplements. If you’ve made the commitment to a healthier lifestyle through fitness, then you need to give your body Xtra Fitness Nutritionals—all the necessary tools for building a unique routine that supports your active lifestyle. By combining the latest advances in science and sports nutrition, Xtra Fitness Nutritionals provide a full line of high-quality, great-tasting, effective products to help you tone your physique and elevate your performance. Whether you desire a more active lifestyle or to reach your peak athletic performance, Xtra Fitness Nutritionals provide four essential elements required of a healthy fitness regimen: Energy, Hydration, Strength, and Recovery.

P PRODUCT INFORMATION

Ever get thirsty while working out? Dehydration can occur long before you even become thirsty. In fact, without sufficient fluids, your body is less capable of moving nutrients through your system and distributing oxygen. The result? Fatigue and muscle cramps. Research shows that dehydrating muscle by as little as three percent can result in a 12 percent decrease in strength. Plus, as you become dehydrated, you lose essential electrolytes such as sodium and potassium, which are critical for bodily functions.

LowOz features exclusive Rapid Replenishment technology that not only delivers a blend of essential electrolytes, energy-efficient nutrients, and antioxidants but also delivers it in an effective manner. Our secret? Low osmolality—hence, “LowOz.” Osmolality is the measurement of solid particles in a liquid. For example, the average osmolality of blood is 250. It’s difficult for the body to absorb liquids with osmolality ratings higher than 250. Most of the leading sports drinks have ratings above 250—which means your body doesn’t absorb them efficiently, even if your body is dehydrated. LowOz’s osmolality rating is only 150, which means that the ingredients essential to combating dehydration are quickly and efficiently absorbed by your body.*

F FEATURES AND BENEFITS

- ▶ LowOz’s electrolyte blend combines potassium, sodium, and magnesium in an optimal proportion to maintain water balance during exercise. The electrolyte blend helps you maintain your fluid balance during exercise so you can benefit from your workout and avoid exhaustion.*
- ▶ LowOz’s energy blend combines slow metabolizing (fructose) and fast metabolizing carbohydrates (maltodextrin) and B vitamins to provide energy sources to sustain your workout.*
- ▶ LowOz’s antioxidant blend includes vitamin C and an OPC blend (grape seed extract and maritime bark extract). This blend provides powerful flavonoids, catechins, and other antioxidant properties to support your body’s natural antioxidant defense mechanism.*

* 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.

LOWOZ®

? FREQUENTLY ASKED QUESTIONS

Q: Do I use LowOz during or after training?

A: It's important to ensure proper hydration and electrolyte balance during training. LowOz should be consumed during your workout regimen for best results.

Q: Do I need additional water along with the product during a workout?

A: Proper hydration is important, and additional water intake is beneficial during a workout.

Q: How does LowOz affect insulin?

A: If you are under a doctor's care or using any medication, consult your physician prior to using any dietary supplement, including LowOz.

Q: Can I mix LowOz with fruit juice?

A: Because of the unique carbohydrate blend that controls the low osmolality of LowOz, it should be mixed only with water for best results and maximum absorption.

Q: Can I mix up large quantities of LowOz and put it in a cooler for later use?

A: For best results, the product should be mixed and used within one to two hours after mixing.

S SCIENCE

Osmolality is the measurement of solid particles in a liquid. Principles of chemistry teach us that a liquid will flow from a low osmolality environment to a high osmolality environment. This lowers the overall concentration of the solid particles and spreads out any associated charges of ions (electrolytes).

The average osmolality of blood is 250. LowOz has been tested at an osmolality of 150.* Water is driven to areas of higher osmolality. Since the drink will have a lower osmolality than the tissues, water will be absorbed into the tissue where it is needed. Research has shown the importance of proper hydration to help maintain optimal performance. In fact, dehydrating a muscle by as little as 3 percent can cause a 12 percent decrease in strength. Allowing water into the muscle tissue helps to balance the electrolytes, as well as providing an environment that may allow for further muscle growth and optimal recovery from exercise.

As we sweat, we lose water and important nutrients known as electrolytes. These electrolytes are necessary to regulate the flow of water across the cell membrane. Without the proper balance of electrolytes, our cells and tissues may become dehydrated. By combining potassium, sodium, and magnesium, LowOz is able to restore these electrolytes and balance out the fluids lost during exercise.

R REFERENCES

- Shi X. et al. Fluid and carbohydrate replacement during intermittent exercise. *Sports Med.* 1998 March;25(3):157-72. Review. Gisolfi C.V., et al.
- Guidelines for optimal replacement beverages for different athletic events. *Med. Sci. Sports Exerc.* 1992 June;24(6):679-87. Review.
- Murray R. Rehydration strategies—balancing substrate, fluid and electrolyte provision. *Int. J. Sports Med.* 1998 June;19 Suppl. 2:S133-5.

Supplement Facts	
Serving Size: 1 Packet (12 g)	
Servings Per Container: 16	
Amount Per Serving	% Daily Value*
Calories 40	
Total Carbohydrates	10 g 3%
Sugars	5 g †
Vitamin C (as ascorbic acid)	70 mg 117%
Thiamin (as thiamin HCL)	1.5 mg 100%
Riboflavin	1.7 mg 100%
Niacin (as niacinamide)	20 mg 100%
Vitamin B12 (as cyanocobalamin)	3 mcg 50%
Pantothenic Acid (as calcium pantothenate)	10 mg 100%
Phosphorus (as potassium phosphate)	40 mg 4%
Magnesium (as magnesium chloride)	22 mg 6%
Sodium (as sodium chloride)	80 mg 2%
Potassium (as potassium phosphate)	95 mg 3%
OPC Blend 150 mg	
Grape Seed Extract	†
Maritime Bark Extract	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Maltodextrin, Fructose, Natural and Artificial Flavors, Citric Acid, Malic Acid, Sucralose.



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