

Build Performance™

Muscle Growth Catalyst

Muscle Builder | Strength | Endurance



Build Performance™ features Velositol®, a patented complex that when combined with the Zallevo Ultra 30® shakes, creates the ultimate catalyst to ignite muscle protein synthesis (MPS) delivering maximum support in muscle building and recovery post workout or intense physical activity.

Post workout and after intense physical activity are the most important times to provide the body what it needs to help with optimal recovery and assist with increased lean muscle.◊

Build also features added plant-based BCAAs, bolstering the BCAA profile with your Ultra 30® Shake, ensuring maximum support for muscle building, as well as tart cherry extract to assist with elevated recovery and healthy inflammatory responses.

Benefits-

- Supports Increased Strength & Jumping Power
- Assists in Impact and Power of Protein
- Assists Muscle Protein Synthesis (MPS) Post Exercise
- Aids in Healthy Lipid Metabolism (fat burning)

Supplement Facts

Serving Size 1 Stick Pack (8.3 g)
Servings Per Container 15

	Amount Per Serving	%DV
Calories	25	
Total Carbohydrate	3 g	< 1%*
Total Sugars	0 g	†
Sugar Alcohol	0 g	†
Protein	3 g	
Calcium (as calcium carbonate)	638 mg	49%
Chromium (as chromium histidinate, chromium picolinate)	1000 mcg	2857%
Vegan BCAA Powder 2:1:1 (Leucine, Isoleucine, Valine)	3000 mg	†
Velositol® Amylopectin Chromium Complex	2000 mg	†
Chromium (as chromium histidinate, chromium picolinate), Amylopectin starch (waxy maize)		
Tart Cherry Extract (Cerasus pseudocerasus) (Fruit)	500 mg	†

* Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value (DV) not established

Ingredients-

Velositol®

Velositol® is a patented complex that is designed to work as the perfect partner to protein. Velositol, when combined with whey protein, plant protein, and branched chain amino acids, helps to significantly amplify the impact on muscle protein synthesis (MPS). Velositol has been clinically shown to improve strength and enhance jumping power, increase muscle endurance, and double squat reps to failure. Velositol's highly soluble amylopectin stimulates insulin's safe and controlled release, while chromium enhances insulin function and increases muscle cells' sensitivity to it. A single dose of Velositol added to protein is clinically shown to increase muscle protein synthesis significantly more than protein and exercise alone.

Plant-Based BCAAs (2:1:1)

There are 20 different amino acids that make up the thousands of different proteins within the human body. 9 of these amino acids are essential amino acids, meaning they cannot

be made by your body and must be obtained through your diet. Of the 9 essential amino acids, 3 amino acids are the branched-chain amino acids (BCAAs)- leucine, isoleucine and valine. BCAAs account for 35% of the essential amino acids found in muscle proteins and 40% of the total amino acids required by your body. BCAAs play an important role in building muscle. However, your muscles require all the essential amino acids as well as non-essential amino acids for optimal muscle building synthesis. Supplementing with increased BCAAs promotes decreased muscle soreness by reducing damage in exercised muscles.

Tart Cherry Extract

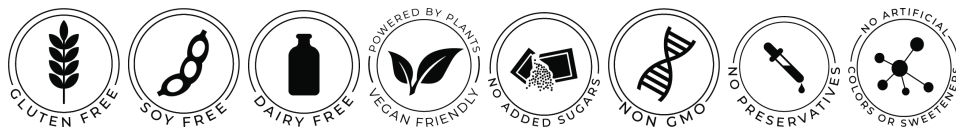
Tart cherry intake in the days leading up to and immediately following intense physical exercise promotes improved endurance, supports healthy blood pressure, helps to decrease uric acid, and also supports healthy inflammatory response. Tart cherry also assists to reduce muscle breakdown, reduce muscle strength loss, muscle soreness and speed up recovery, especially in resistance-trained individuals.

Directions-

Must be consumed with Ultra 30™ Meal Replacement Shake.

Consume within 20-30 minutes post workout or physical activity.

Add 1 stick of Build Performance™ with 2 scoops of Ultra 30™ Meal Replacement Shake with 8-10 oz of water and ice combined. Shake or blend to perfection. Best when consumed within 30 minutes of mixing.



References-

1. https://www.journalofexerciseandnutrition.com/index.php/JEN/article/view/94/80
2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5299635/
3. https://jissn.biomedcentral.com/articles/10.1186/s12970-017-0188-5
4. https://jissn.biomedcentral.com/articles/10.1186/s12970-017-0188-5
5. https://jissn.biomedcentral.com/track/pdf/10.1186/s12970-020-00355-8.pdf
6. https://jissn.biomedcentral.com/articles/10.1186/s12970-018-0256-5
7. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3650697/
8. https://sci-hubtw.hkvisa.net/10.1016/s0162-0908(09)79472-3
9. https://pubmed.ncbi.nlm.nih.gov/12042418/
10. https://academic.oup.com/ajcn/article/99/2/276/4571468?login=true
11. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3424729/
12. https://pubmed.ncbi.nlm.nih.gov/17684208/
13. https://pubmed.ncbi.nlm.nih.gov/28638350/
14. https://pubmed.ncbi.nlm.nih.gov/28444456/
15. https://pubmed.ncbi.nlm.nih.gov/27053525/
16. https://pubmed.ncbi.nlm.nih.gov/15173434/
17. https://pubmed.ncbi.nlm.nih.gov/26779801/
18. https://pubmed.ncbi.nlm.nih.gov/19883392/
19. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4271620/
20. https://pubmed.ncbi.nlm.nih.gov/26578852/
21. https://pubmed.ncbi.nlm.nih.gov/21233776/
22. https://pubmed.ncbi.nlm.nih.gov/16366675/
23. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4271620/
24. https://pubmed.ncbi.nlm.nih.gov/26578852/
25. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5299635/
26. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3650697/
27. https://pubmed.ncbi.nlm.nih.gov/9480618/
28. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3424729/

Disclaimers-

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.

If you are pregnant, nursing, diabetic or taking prescription drugs,
consult with a healthcare provider prior to use.