

# ACLI-MATE<sup>®</sup>

**NATURAL SPORT DRINKS**



**ACLI-MATE<sup>®</sup>.COM**



ALL NATURAL INGREDIENTS

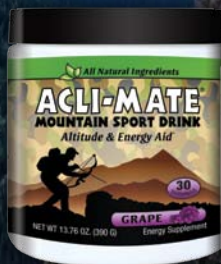
# ACLI-MATE<sup>®</sup>

## NATURAL SPORT DRINKS

- ◆ Altitude & Energy ◆ Performance
- ◆ Hydration ◆ Recovery

Acli-Mate<sup>®</sup> sport drinks are made from high quality, 100% natural ingredients that taste great and have been specifically designed to help your body adapt to the stressors of altitude and exercise while supporting optimal hydration and recovery.\*





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

# Go Higher - Feel Better™

## Acli-Mate® MOUNTAIN Sport Drink



### How does it work?

Acli-Mate® MOUNTAIN Sport Drink works by helping the body adapt to the stressors of altitude and exercise. For optimal acclimatization, Acli-Mate® MOUNTAIN should be started 3 days prior to arrival at elevation and for the duration of your stay. Acli-Mate® MOUNTAIN contains a unique blend of vitamins, minerals and select herbal extracts in a base of balanced electrolytes and natural fruit flavorings, that in combination with one another help the body adapt to the stressors of altitude and exercise, improve energy, promote optimal performance and minimize the risk of dehydration.\* All Acli-Mate® products are made with high quality, 100% natural ingredients and may be enjoyed by the whole family!





**ALTITUDE AID\***  
Rhodiola, Ginkgo &  
Schizandra Berry



**HYDRATION\***  
Balanced Electrolytes



**ENERGY &  
PERFORMANCE\***  
B-Vitamins and CoQ10



**RECOVERY\***  
Calcium, Magnesium,  
Potassium & Rhodiola

### Recommended Use for Mountain Visitors:

**Directions:** Mix one scoop, or one packet, in 10 ounces cool or warm water.

**For Best Results:** Consume 3 servings of Acli-Mate® Mountain Sport Drink starting 3 days prior to arrival at elevation and for the duration of your stay. Adjust dosage according to age, size and need.

For more information visit [Acli-Mate.com](http://Acli-Mate.com) and click on “For Best Results”

### Recommended Use for Athletes Coming to Elevation:

Drink 3 servings daily of Acli-Mate® Mountain Sport Drink starting 3 days prior to travel and exercise at elevation. For endurance events and activities use the MOUNTAIN formula 30-60 minutes prior to exercise as a pre-performance energy supplement. During activity, use Acli-Mate® ENDURANCE or a combination of ENDURANCE and MOUNTAIN for sustained energy and optimal performance. Either formula may be used for recovery. Many athletes appreciate the additional herbal extracts in the MOUNTAIN formula for enhanced recovery.

**XNO**

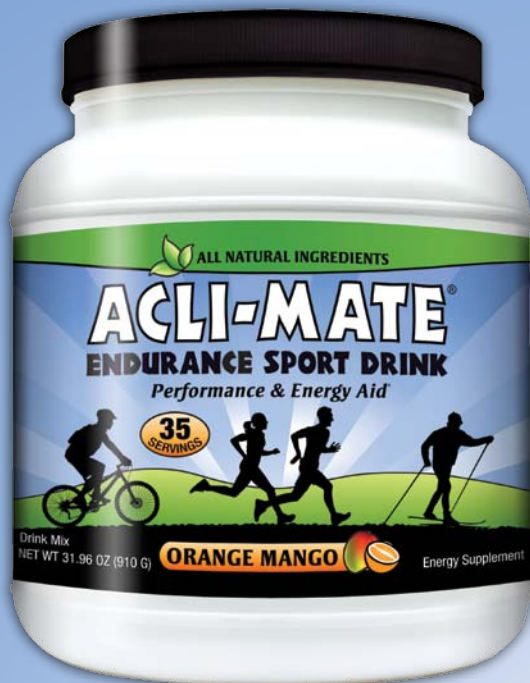
- High Fructose Corn Syrup
- Caffeine     Dairy     Gluten
- Soy             Egg         Yeast
- Artificial Colors, Flavorings or Preservatives

No other sport or electrolyte replacement drink offers such a comprehensive and healthy array of ingredients. Acli-Mate® Mountain Sport drink contains only 35 calories and 8 grams of sugar per 10 ounce prepared serving.

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**Go Longer - Feel Stronger**™\*

**Acli-Mate® ENDURANCE Performance Sport Drink**



**Acli-Mate® ENDURANCE**, an **ALL NATURAL Performance & Energy Sport Drink**, is designed for the adventure athlete, sportsman and everyday individual seeking a healthy, hydrating sport drink. No other sport or electrolyte replacement drink offers such a comprehensive and healthy combination of ingredients. Acli-Mate® ENDURANCE contains 80 calories per serving and comes in our most popular Orange-Mango flavor!





**PERFORMANCE & ENERGY\***  
B-Vitamins, CoQ10, Simple  
and Complex Carbohydrates



**HYDRATION\***  
Balanced Electrolytes



**REDUCED MUSCLE  
FATIGUE & CRAMPING\***  
Calcium, Magnesium &  
Electrolytes



**RECOVERY\***  
Vitamins, Minerals  
and Electrolytes

**Recommended Use for Recreational and Endurance Athletes:**

**Directions:** Mix one scoop with 10 ounces of cool water or to taste preference.v

**Optimal Performance:** Best used during activity at 1-4 ounces every 15–20 minutes during exercise. Adjust intake based on hydration and energy needs.

**Maximum Energy:** May be consumed throughout the day as a healthy energy drink.

**Enhanced Recovery:** Consume 1-2 servings after exercise for replacement of essential vitamins, minerals and electrolytes. Acli-Mate® Mountain Sport Drink may also be used alone or in combination with the Endurance formula for recovery. The Mountain formula contains additional herbal extracts appreciated by many athletes for promoting quick and sustained recovery.

**For more information visit [Acli-Mate.com](http://Acli-Mate.com) and click on “For Best Results”**

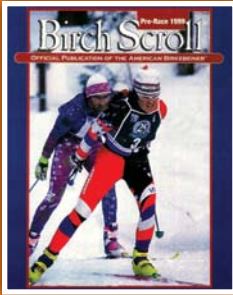
**Recommended Use For Athletes Coming to Elevation:**

Drink 3 servings daily of Acli-Mate® MOUNTAIN starting 3 days prior to arrival and/or exercise at elevation. For endurance events and activities use the MOUNTAIN formula 30-60 minutes prior to exercise as a pre-performance energy supplement. During activity, use Acli-Mate® ENDURANCE or a combination of ENDURANCE and MOUNTAIN for sustained energy and optimal performance. Either formula may be used for recovery.

**XNO**

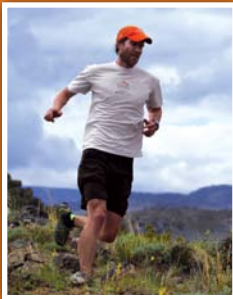
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### **Ingrid Butts: 3x Winter Olympian - Cross Country Skiing**

*Acli-Mate® gives back to your body what it deserves in nutrition, promoting good recovery. Acli-Mate® is a must for all who seek the mountains. Plus it tastes great hot or cold. After a cool, rainy day of setting up a base camp at 10,000 ft, high in the West Elk Mountains, we served Acli-Mate® MOUNTAIN to clients as a hot drink to warm them up and for the acclimatization benefits. It was great! We warmed up and we felt the acclimatization benefits immediately.*



**Scott Drum, Ph.D., FACSM:** Associate Professor in the Department of Recreation, Exercise & Sport Science and Director of the High Altitude Performance Lab at Western State College of Colorado in Gunnison, CO.

*Acli-Mate® is an “Excellent natural sport/performance product with a blend of important electrolytes, other vitamins and minerals, and acclimatization substances to boot! I am thoroughly enjoying this product!”*



### **Wendy Fisher: World Extreme Skier**

*I like Acli-Mate® MOUNTAIN Sport Drink so much I recommend it to my ski clients for optimal hydration, enhanced performance and to just simply feel better while skiing! The best benefit to me is when my clients feel healthy and energized, therefore, enabling us to have an amazing skiing adventure together. Ultimately Acli-Mate® helps us make the most out of our time together so my clients can ski with more confidence because they feel better.*



### **Joy A.: Mountain Visitor**

*Acli-Mate® truly helped our daughter minimize her severe altitude sickness. We are from Florida so going from sea level to Crested Butte at roughly 9500 feet, is always tough. We keep an oxygen condenser unit in our Colorado home so our daughter doesn't feel so bad. After starting the Acli-Mate® three days prior to our trip and the first few days of being at a high altitude, she was fine. No oxygen, no getting sick. Everything was great. I highly recommend Acli-Mate® for the low-landers heading “up”!!!*



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## Testimonials



*Acli-Mate<sup>®</sup> sponsored athlete, Bryan Wickenhauser competing in The 5 Peaks Race in Breckenridge, Colorado with teammate Jon Brown. The team climbed 10,000 vertical feet in 4 hrs. 8 mins. and took 1st place in the Men's Division. Photo by Drew Saunders*

# 5280

Article from October 2009



*“With an average base-village elevation of nearly 9,000 feet, Colorado’s resorts sell the legendary Rocky Mountain High. But while we all covet the spectacular terrain the altitude affords, the thin air takes its toll and it’s a high price to pay. Colorado’s high hills attract more than 25 million tourists annually. Of those, more than five million will feel altitude’s effects: nausea, fatigue, headache, weakness, dizziness all of which lead the affected to reduce their activity level by a whopping 56 percent. Some say the cost to the Colorado ski industry alone is \$200M each year.”*





*Dr. Roanne Rouse Houck, N.D.  
Owner, Founder and Director of Product Development  
Acli-Mate® Formulations, LLC*

## **About Acli-Mate®**

*Acli-Mate® Mountain Sport Drink is a healthy, energizing drink designed specifically for mountain visitors and health conscious athletes. The MOUNTAIN formulation is the only sport drink for individuals headed to the mountains with concerns about the altitude and for the mountain athlete seeking optimal physical performance and recovery. Acli-Mate® products exceed other, average sport drinks by adding select vitamins, minerals and herbal extracts that promote enhanced acclimatization, improved energy, optimal performance and efficient recovery.*

*Acli-Mate® Formulations, founded in 2002, is based in Gunnison, Colorado and employs a local team involved in product development, sales, marketing and community outreach. We allocate 1% of all profits to non-profit organizations in the Gunnison Valley and we support numerous local, state and national cycling, skiing, hunting, and adventure racing events. Furthermore, we use post-consumer recycled materials in our boxes, #2 recyclable plastic tubs and encourage our buyers to recycle these containers after use.*

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Photos by XavierFane.com

**Call or Log-on to Order!**

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Gunnison, Colorado USA