



## DESIGNED FOR IMPROVED ENDURANCE OF ATHLETES

New hydrolyzed salmon protein — amino acids, short peptides & micronutrients — molecular size not larger than 561 Dalton

*Study shows reduced heart rate, higher running speed, and increased endurance with less soreness for marathon runners taking Amizate® during training.*

Competitive marathon runners who took Amizate® daily over a 60 day training period demonstrated reduced heart rate and improved running speed while increasing running endurance, muscle strength, and overall wellbeing compared to baseline and placebo. The athletes taking Amizate® furthermore reported absence of muscle pain and improved sleep. There were no adverse effects reported related to Amizate® supplementation.

**Amizate®** is an all-natural dietary supplement made from marine sources. It contains the full range of free amino acids, short peptides and micronutrients required by the body for protein synthesis. The free amino acids and short peptides are readily absorbed in the digestive system (no molecules larger than 561 Dalton) and do not require further digestion. This makes for rapid replenishment of amino acids to the blood for muscle restitution and protein regeneration.

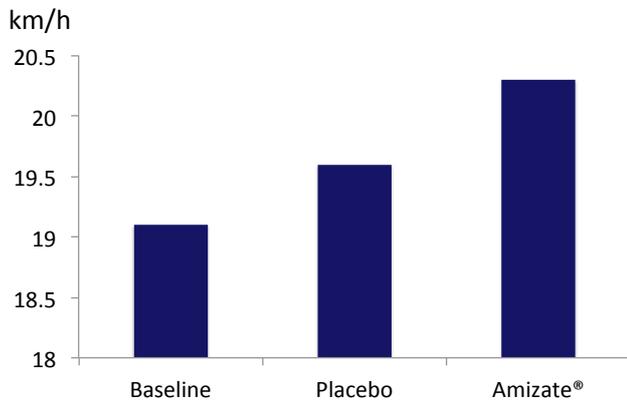
### Marathoners taking Amizate® during training have:

- Reduced heart rate
- Higher running speed
- Increased endurance
- Less soreness

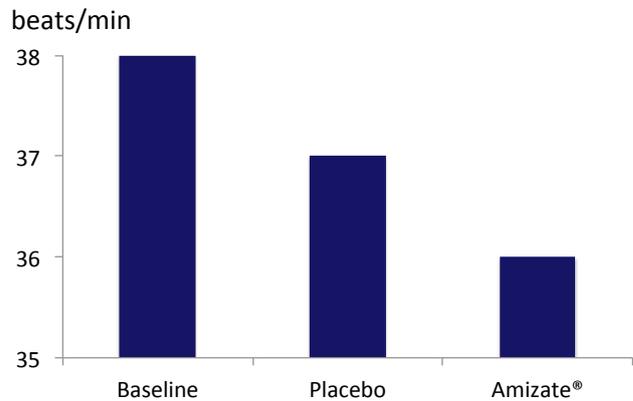




## Running speed



## Heart rate

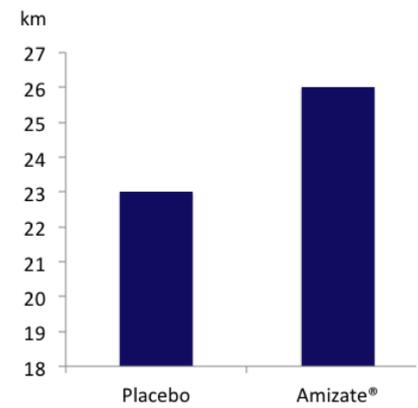


Effect of Amizate® on running speed (km/h) & heart rate (beats/min) of athletes participating in NYC marathon 2010

## Study of athletes preparing for the New York Marathon

The study was carried out in the fall of 2010 and followed the performance during training for 8 athletes preparing for the New York Marathon 2010. Competitive marathon runners go through an extreme training program with 30-40 km runs three times per week. In addition these athletes have a tough regime of fitness, endurance and strength training. This training puts enormous stress on the body and requires quick restitution of muscles in order to maintain the training schedule. The study ran over 60 days of intense training prior to the marathon. The study design was a randomized, placebo-controlled and double blind method. The 8 athletes were split in two groups where one constituted the placebo group. The trial group consumed a daily drink consisting of a blend of mango and orange juice mixed with 10 grams of Amizate® in chocolate powder. The placebo group received only the juice with chocolate powder. The experiment began the last week of September 2010 and ended the first week of December 2010 and found significant difference between the baseline, placebo and Amizate® treatment. Amizate® treatment resulted in a reduced heart beat rate to 35-37, while the placebo group had 38-39 beats/min. Amizate® improved running speed by 5.8% while increasing running endurance, muscle strength and overall wellbeing of the athletes compared to baseline and placebo.

## Faster & further endurance



More distance at higher speed

Amizate® is a product made of fresh Atlantic salmon harvested in fish farms located in the fjords of Norway. The enzymatic hydrolysis process is a proprietary and fully natural process which digests the protein into free amino acids and short peptides of molecular size no larger than 561 Dalton.

For more info: [www.zymtech.no](http://www.zymtech.no)



ZYMTECH PRODUCTION AS - The manufacturer of - AMIZATE®