PART III
-HOW TO FUEL WITH ENERGYbits-

IMPROVE YOUR PERFORMANCE
WITH THE MOST NATURAL FUEL ON EARTH – ALGAE FROM ENERGYbits®

Whether you are an athlete, NASA professional or health conscious consumer, you are constantly looking for the healthiest, most cutting edge products and information to improve your performance. That is why we are thrilled to introduce you to ENERGYbits® algae tablets. Our algae products are quickly becoming the fuel of choice for athletes, keto diets and health conscious consumers nationwide. This document explains why.

ENERGYbits® sprirulina algae and **RECOVERYbits® chlorella** algae are both NON-GMO, organically grown tablets that you swallow by the handful (or chew like nuts if you like the flavor) or add them to nut butters, smoothies or trail mix). We are not aware of anything that provides your body and the environment as many health, energy and wellness benefits as these two algae. Algae has been around for billions of years and used extensively in Asia for over fifty years but has remained virtually unknown in the USA. ENERGYbits is changing that and has spent seven years educating professionals/consumers in USA/Canada about algae. Now it's your turn!

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What are ENERGYbits®?

ENERGYbits® are plant-based **spirulina algae** tablets that are swallowed by the handful prior to and during a NASA mission, any athletic workout, competition or game. The best results are when you take them every day. ENERGYbits® deliver a steady supply of energy and focus that improves your performance naturally and easily **without any food prep** or cleanup **without caffeine, chemicals, gluten, sugar or stomach distress**.

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What are RECOVERYbits®?

RECOVERYbits® are plant based **chlorella algae** tablets that are swallowed (or chewed if you like the flavor) by the handful to help you recover and detox quickly and naturally after your workout, game or competition or day. They deliver a fast recovery, remove lactic acid, reduce muscle pain, repair muscles, restore pH, build your immune system, support anti-aging and remove toxins **without caffeine, chemicals, gluten or sugar.**

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HOW TO FUEL WITH ENERGYbits®spirulina algae

1. **Are ENERGYbits® a replacement for GU or any other fuel**? YES.

2. **Can you fuel exclusively with ENERGYbits?** YES

   Although some athletes initially add bars or chews primarily because they don't believe that ENERGYbits can provide them with enough energy. This is because most athletes still believe that calories are what provide energy. But as the aforementioned explanation shows, this doesn't apply to ENERGYbits spirulina algae. The steady energy you get from ENERGYbits is due to the remarkable blend of dense nutrition in algae that uniquely responds to the bio-chemistry needs of an athlete's body and allows them to both preserve and receive energy. The outcome is the athlete performs optimally and achieves a faster, healthier recovery.

3. **What is the best way to take ENERGYbits?** SWALLOW

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We recommend you swallow ENERGYbits with water because most athletes do not like their green taste or chewy consistency (the chewiness is due to the high concentration of protein and Essential Fatty Acids). But remember ENERGYbits are **not pills or supplements** – they are **BITS of food** and if you like the flavor, you can chew them (but most either swallow them or add them to a smoothie or trail mix or a spoonful o f nut butter). On the other hand, RECOVERYbits (which are chlorella - a recovery algae) are not chewy and many athletes like to eat them by the handful like nuts or grind them up and add them to a smoothie, or toss them into a salad, trail mix, yogurt or almond/peanut butter. Yum.

4. **What do you use to swallow ENERGYbits?** WATER

To keep it simple, we suggest you swallow ENERGYbits with water. Water is best because your body needs additional water when you exercise or process protein. All other drinks (Gatorade, tea, coffee, etc.) will dehydrate you. Everything but water will dehydrate you

5. **What is the recommended amount to take for a workout, game or competition?** 30+ TABLETS

We recommend taking at least one single serving (30 ENERGYbits) 15-30 minutes BEFORE your game or workout. If you have a large build, we suggest two or more servings (some NHL teams and players take 75 of both ENERGYbits and RECOVERYbits in their smoothies before each game). Take an additional 15-30 more ENERGYbits every hour or whenever you are fatigued. Most athletes take RECOVERYbits AFTER their workout or game. And while this may sound like a lot to swallow, remember that each tablet is very tiny and a handful go down quite easily.

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To have your best performance take **ENERGYbits sprirulina algae** as your **PRE workout fuel** and **RECOVERYbits chlorella algae** as your **POST workout fuel.**

6. **Any other recommendations for taking ENERGYbits or RECOVERYbits?** TAKE BOTH DAILY.

ENERGYbits are not only a great way to fuel your games, races, competitions and NASA missions, they are a great way **to fuel your day, every day**, Take ENERGYbits as you head to work, school or where ever your day takes you, so you can have more energy and focus naturally. ENERGYbits also are a great meal-on-the-go and satisfy your hunger quickly and easily. If you or your children are not getting enough greens or protein in your diet, taking **ENERGYbits** is a great way to correct this. And if you take the recommended minimum amount (30 tabs per day) you won't need to take any other vitamins/supplements, including fish oil. This is because ENERGYbits are a food-based source of over forty minerals and vitamins.

RECOVERYbits are great to take every day to help prevent colds, help build your immune system remove toxins and have a gentle, daily detox/cleanse. You can take RECOVERYbits any time of day and if you take them after you drink alcohol, wine or beer, they have been shown to help prevent a hangover the next day because the chlorella detects alcohol as a toxin and removes it from your bloodstream.

ENERGYbits and RECOVERYbits are safe for all ages from adults and seniors to children (pets love them too). Children can have the same number of tablets per day as their age (e.g.3 year olds can have 3 tabs/day) until the age of 12 when they can have half or a full adult's serving size of 30 tablets. We urge you to listen to your body and if taking less feels best, that's what you should do. Also feel free to take more if your energy needs require it. Algae is just a "vegetable" it is not a pill.

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To purchase any of our algae please visit us at www.energybits.com. We sell our bits in UV protected, re-sealable foil bags of 1,000 tabs online from our website. We also package them in handy single serving sizes that are available from retail stores, chiropractors, wellness professionals and www.amazon.com. The single servings are great to pack into a lunch, gym bag, kit bag or handbag. If you have any questions or would like to read our companion report about the history of algae, please contact ENERGYbits Founder/CEO Catharine Arnston catharine@energybits.com in our Boston office at 617-886-5106 or email us at hello@energybits.com. Thank you.

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Disclaimer: *This information is for educational purposes only and is not recommended as a means of diagnosing or treating an illness which can only be done by a medical professional.*

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