

SHOT™ BY JSNITRO. WHAT YOUR BODY NEEDS FOR PEAK ATHLETIC PERFORMANCE

1. Hydration Enhancement
2. Fast Acting Energy
3. Nootropic Accelerators
4. Greater Endurance

Important Hydration Facts

- Every 1 lb of weight you lose = 16 oz of sweat
- Every 1% loss of hydration (total weight) results in a 6% loss in 1 rep max power
- A 3-5% drop can result in cramps, headaches, and nausea, along with a drop in strength of up to 10%!
- During a 60-minute workout you can sweat out more than a quart of water.



DAN MURPHY

Professional Triathlete

“John Scott’s Nitro has dramatically increased my strength and endurance. My recovery time has dropped significantly which has decreased my times in all three disciplines of the triathlon.”

SHOT is a refreshing, low-calorie drink that is ideal for hot weather conditions.



SHOT
Targeted Neuro-Stimulant

Supplement Facts

Serving Size: 1 scoop (25g)
Servings per container: 1, 30

| | Amount / Serving | %DV |
|--|------------------|-------|
| Total Fat | 0g | 0% |
| Saturated Fat | 0g | 0% |
| Trans Fat | 0g | |
| Total Carbohydrate | 22g | 7% |
| Dietary Fiber | 0g | 0% |
| Sugars | 10g | * |
| Sodium | 17g | <1% |
| Postassium (aspartate) | 251g | 7% |
| Protein | 0g | |
| Beta Carotene | 2000iu | 40% |
| Vitamin C (ascorbic acid) | 412mg | 687% |
| Vitamin E (mixed tocopherol) | 30iu | 100% |
| Vitamin B1 (thiamin) | 400mcg | 26% |
| Vitamin B2 (riboflavin) | 400mcg | 23% |
| Niacinamide | 56mg | 280% |
| Vitamin B6 (pyridoxine) | 500mcg | 20% |
| Vitamin B12 | 104mcg | 1733% |
| Calcium (citrate) | 4mg | <1% |
| Magnesium (aspartate) | 50mg | 13% |
| Zinc (aspartate) | 5mg | 33% |
| Copper (gluconate) | 400mcg | 20% |
| Neuro-Stim Blend | 947mg | * |
| L-Phenylalanine, Taurine, Caffeine anhydrous, Rhodiola rosea (3% rosavins), Ginkgo biloba, Choline Bitartrate, Vinpocetine | | |
| Nitrosorb™ | 22,000mg | * |
| Glucose-Fructose, Maltodextrin | | |

* Daily Value Not Established

Other Ingredients: Natural & artificial flavors, sucralose, yellow #6. Contains no milk, egg, peanut, tree nuts, fish, shellfish, soy, wheat, yeast, glutens, starch or preservatives.

Stacking Option: Use Cell Drive after exercise for greater recovery.



** These statements have not been evaluated by the FDA. The product is not intended to treat, cure or prevent disease.*

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Targeted Neuro-Stimulant

Maintain Hydration

Fast Acting Energy

Nootropic Accelerators

Greater Endurance





by **John Scott, CISSN, CNS, SPN**
Developer of John Scott's Nitro

"I understand what an athlete needs because I am one."

Obtaining peak performance and maximum endurance is a goal for many athletes. To do so requires attention to several major factors:

1. Maintaining hydration
2. Reducing/preventing fatigue
3. Maintaining mental focus/concentration
4. Extending muscular endurance

SHOT is a hyper-potent energizing and endurance boosting formula that is designed using the latest clinical research to address these major factors by combining an ideal blend of simple and complex carbohydrates, amino acids, herbs, antioxidants, electrolytes and neural stimulants. **SHOT's** targeted nutrients work synergistically as a shockingly powerful pre-workout/training/competition supplement for maintaining peak performance. It is also a refreshing, low-calorie drink that is ideal for hot weather conditions.

WHAT YOUR BODY NEEDS FOR PEAK ATHLETIC PERFORMANCE

Hydration Enhancers: Ideally balanced to help quickly replenish fluids, minerals & electrolytes to help you prevent fatigue or a loss of performance from dehydration. Dehydration can be the single most detrimental factor affecting performance. Since muscle is 75% water, dehydration can drastically affect your strength. Furthermore, your body depends on water to regulate body temperature. However, sweating causes a significant loss of electrolytes and maintaining their balance is critical to maintaining hydration.

This can be the difference between winning and not placing. Numerous studies have shown that drinks containing electrolytes and glucose help hydrate faster and more completely than water alone.⁷

Energy Accelerators: Targeted blend of B-vitamins and aminos accelerate the production of the powerful neurotransmitters dopamine, epinephrine and norepinephrine. These accelerators provide you with fast-acting energy.

Nootropic Potentiators: Cutting-edge, exotic herbs help stimulate brain function, improve focus, amp intensity, elevate mood and help reduce stress. The stress relieving adaptogens protect and strengthen your mind so it can adapt and cope with high intensity training effectively, thereby minimizing the catabolic response.

Endurance Augmentation: The proprietary carb blend Nitrosorb contains an ideal mix of simple and complex carbohydrates for immediate energy and easy digestion. In addition, a potent dose of antioxidants help protect against cellular oxidative damage, and lactic acid buffering agents help minimize muscle burn, extending endurance.

THE FORMULA

Potassium/Magnesium Aspartates

Aspartic acid increases stamina, helps prevent fatigue and plays a vital role in metabolism. It is excellent for athletes and helps protect the liver by aiding in the removal of excess ammonia. Studies have shown that this combination provides substantial benefits in the prevention of fatigue.⁸ Aspartic acid also combines with other amino acids to form molecules that absorb toxins and remove them from the bloodstream, aids the function of RNA and DNA and helps to protect the liver. Additionally, the potassium/magnesium aspartate compound increases production of a key substrate, oxaloacetate, which is involved in energy production.

Neuro-Stim Blend

L-Phenylalanine an essential amino acid and precursor to the amino acid tyrosine. Tyrosine is necessary for the synthesis of proteins and the production of the energy producing neurotransmitters dopamine and norepinephrine.

Taurine is a neurotransmitter, a neuromodulator and is involved in glucose uptake. It's a component of bile acids, which are used to help absorb fats and fat-soluble vitamins. Taurine also helps regulate the heartbeat, maintain cell membrane stability and prevent brain cell over-activity.

Caffeine is a power and energy accelerator. It helps energize the body for powerful workouts. This fast-acting substance delivers the right molecular structure to your energy systems for maximum energy and power output. Caffeine acts to increase mental alertness and neurologically provide the surge you need to maximize your training and delay the onset of muscle fatigue by keeping (energy producing) cyclic AMP active.

Rhodiola Rosea has documented CNS stimulating, mood elevating, work performance enhancing, sleep improving and fatigue fighting properties. It is a research-backed, adaptogenic and anti-stress agent which was a tightly kept Russian secret. It was used to reduce stress, relieve depression, fight fatigue and improve cognitive function. It has been researched extensively with over 170 published studies.



Ginkgo biloba is an herb that's been shown to help improve brain function and memory by enhancing oxygenation, supporting the heart and maintaining healthy blood circulation. Ginkgo also helps increase sexual energy, regulate blood flow to the brain, legs and other extremities.

Choline Bitartrate is an effective neurotransmitter precursor responsible for the production of the neurotransmitter, acetylcholine. In trained endurance athletes, plasma choline concentrations can diminish by up to 40% during training or competition. This drop in blood choline can lead to a reduction in acetylcholine synthesis and therefore impair focus, memory and performance.

Vinpocetine is a cerebral metabolic enhancer and a selective cerebral vasodilator. It has been shown to enhance oxygen and glucose uptake from blood by brain neurons and to increase neuronal ATP bio-energy production, even under hypoxic (low oxygen) conditions.

Nitrosorb

A proprietary carb blend containing an ideal mix of simple and complex carbohydrates for immediate energy and easy digestion. Research shows a blend of carbohydrates is better than a single source for the absorption and utilization of blood glucose (1,2,3,4). Consuming carbohydrates during prolonged exercise enhances performance by supplying energy for muscles to use when glycogen stores begin to deplete. The low osmolality of the **SHOT** is ideal at 7% carbohydrate solution providing superior fluid absorption. Research shows that energy drinks mixed between 6-8% offer optimal absorption of both carbohydrates and fluid for endurance racing and training (5,6).

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