

**Ron Annis, President**

Certified Athletic Trainer

Certified Strength and Conditioning Specialist

Olympic Weight Lifting Club Coach

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**TOP FORM, INC.**

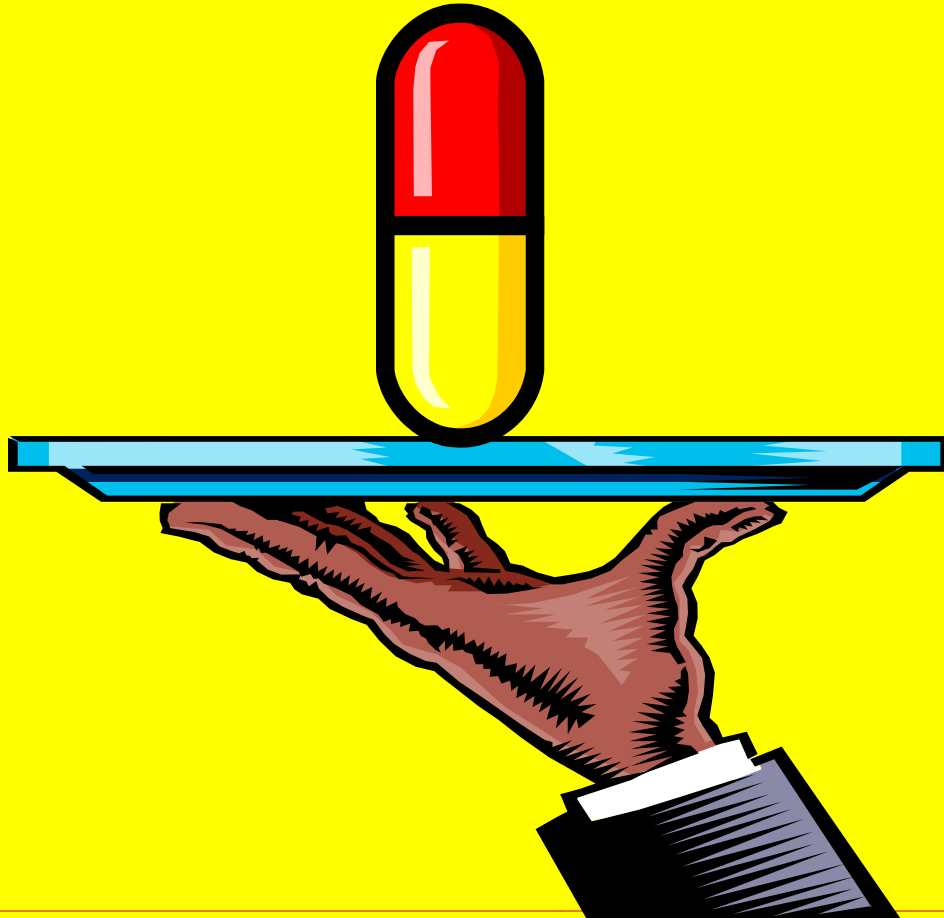
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**LIVE IT!**

# Nutritional Supplementation

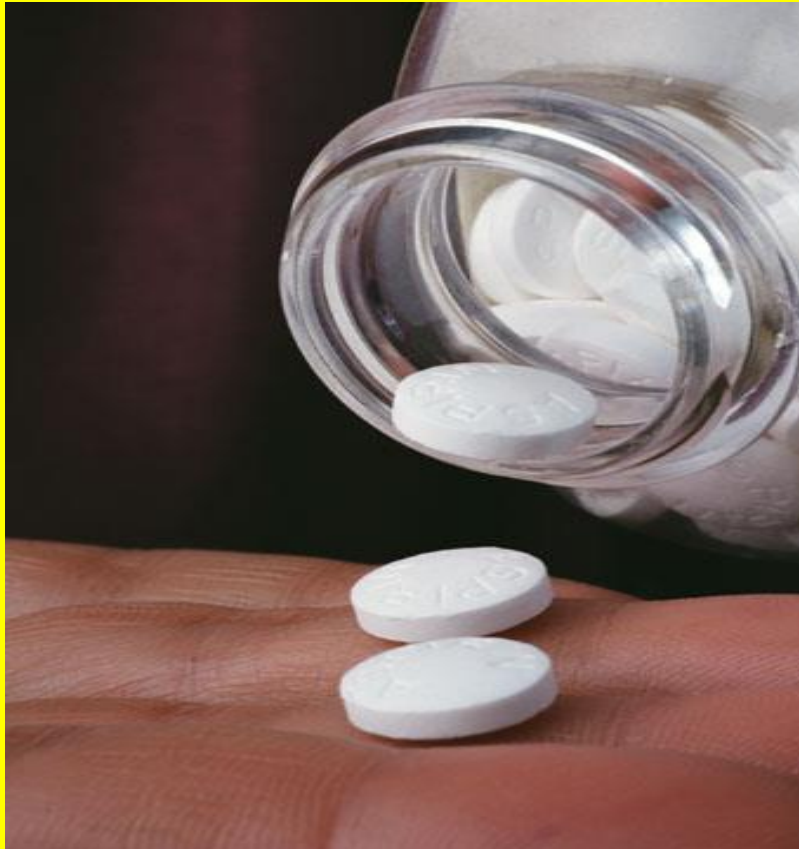
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**Is here to stay!**  
**We can choose to**  
**hide our heads!**  
**or...**  
**learn more...**

# Prevention

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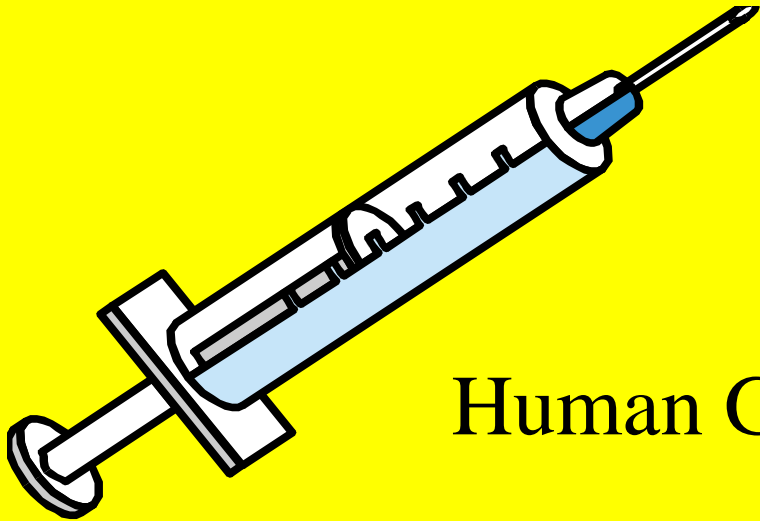


Starts by talking with  
parents and athletes!

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# The Problems

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VS



Human Growth Hormone  
(HGH)

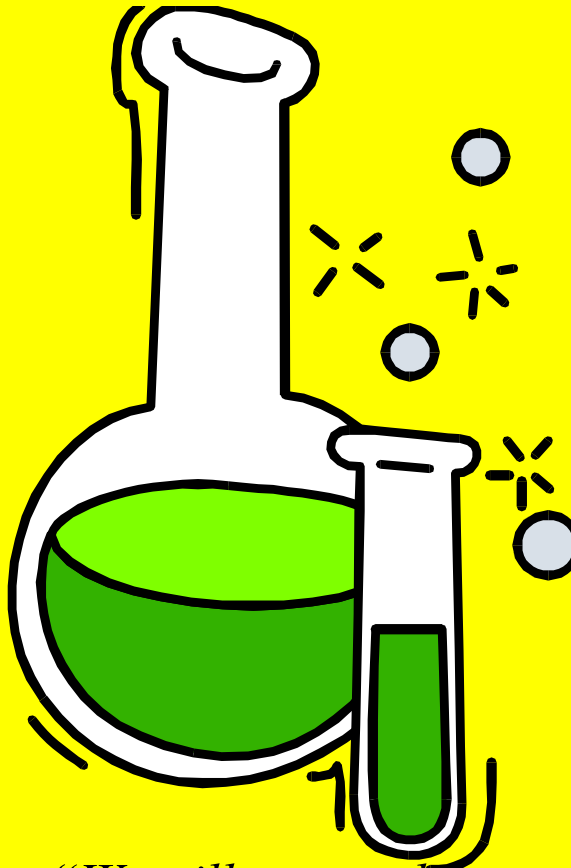
Anabolic Steroids

Supplements

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# More Problems

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Androstenedione

Creatine

Chromium

Protein Drinks/Powders

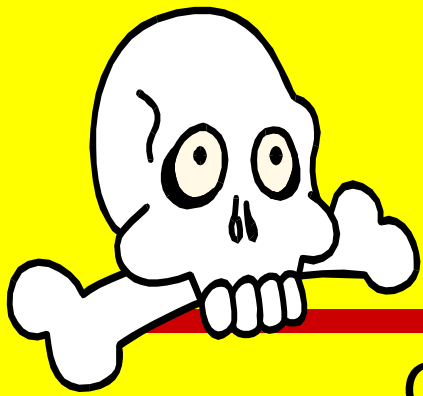
Natural Remedies/Herbs

Stimulants

And The List Goes On!!

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*“We will try anything to gain a competitive advantage or shortcut to success!”*



# Stimulants

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	Ginseng	L-Caratine AA	Alanine
Caffeine	Green Tea	Glycocyamine	Leucine
Ma-huang	Hydroxy Tea	Arginine	Isoleucine
Ephedra	Synephrine	Norvaline	Valine
Ephedrine	Taurine AA	Citrulline	Acetyl-Cysteine
Zenedrine	Niacin Vit B3	Tyrosine	Methoxytrytamine
Kola Nut	Guarna seed	Sulbutiamine	TM Names: MARKETING!!
Coco		Vinpocetine	Infernogen
		Glycerophosocholine	Vasoprine
		Octadecenoamide	Anaplex
		Hurperzine	MyoGf

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# The Sell!

And

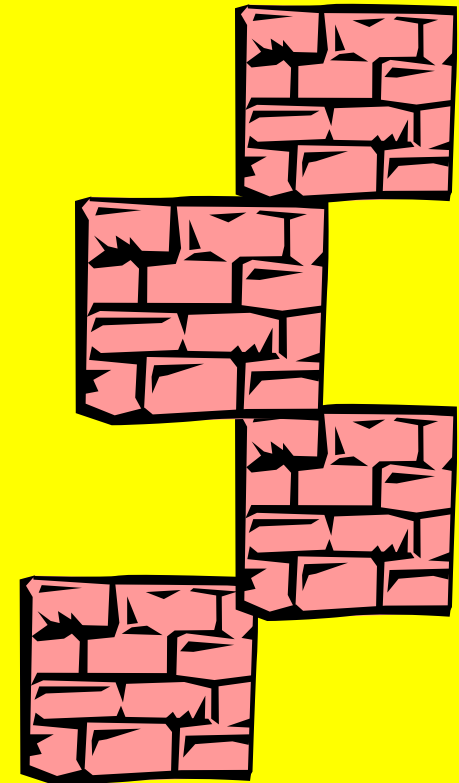
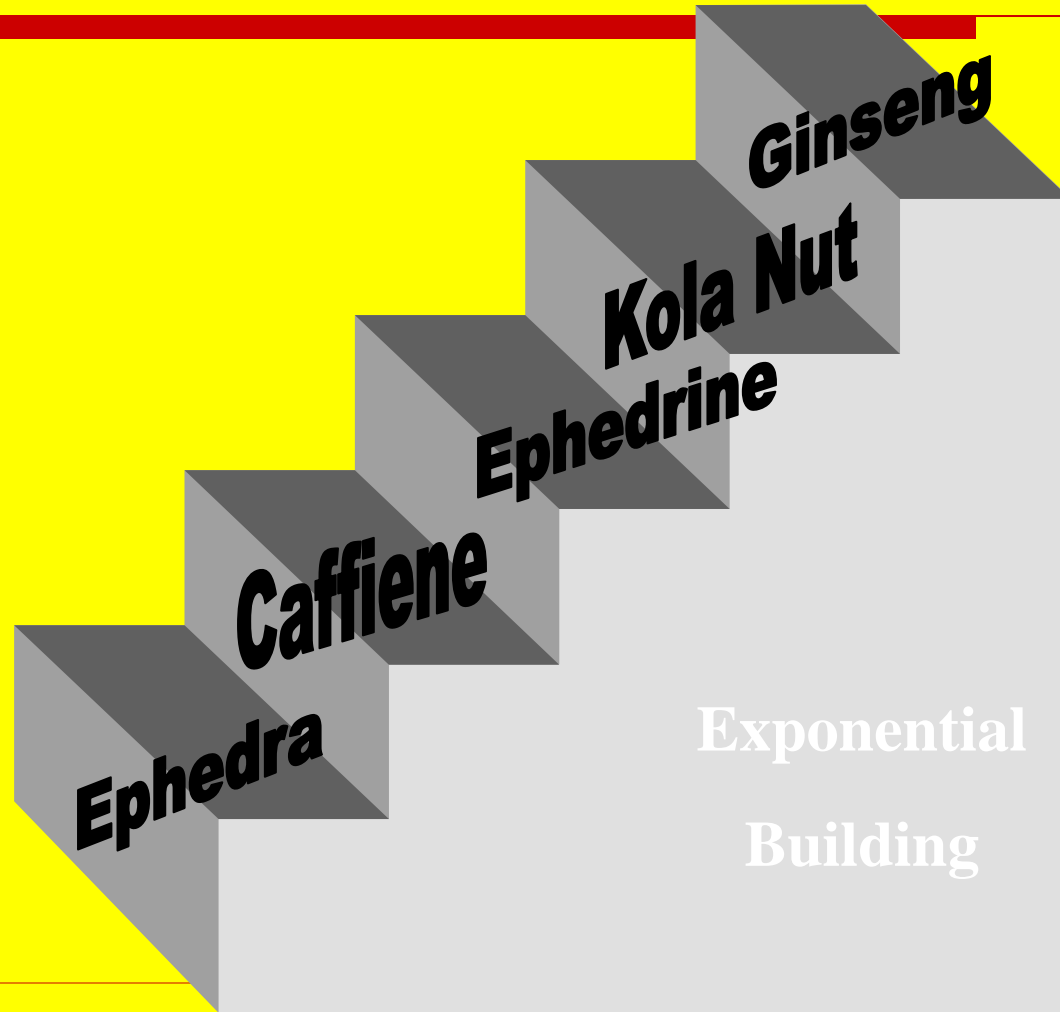
## The Myth of Metabolic Enhancers

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- Increased Metabolism??
  - Thermal Effect??
  - Calorie Burning
  - Mental Focus
  - Increased Fat Burning
  - Better Performance
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# Stacking

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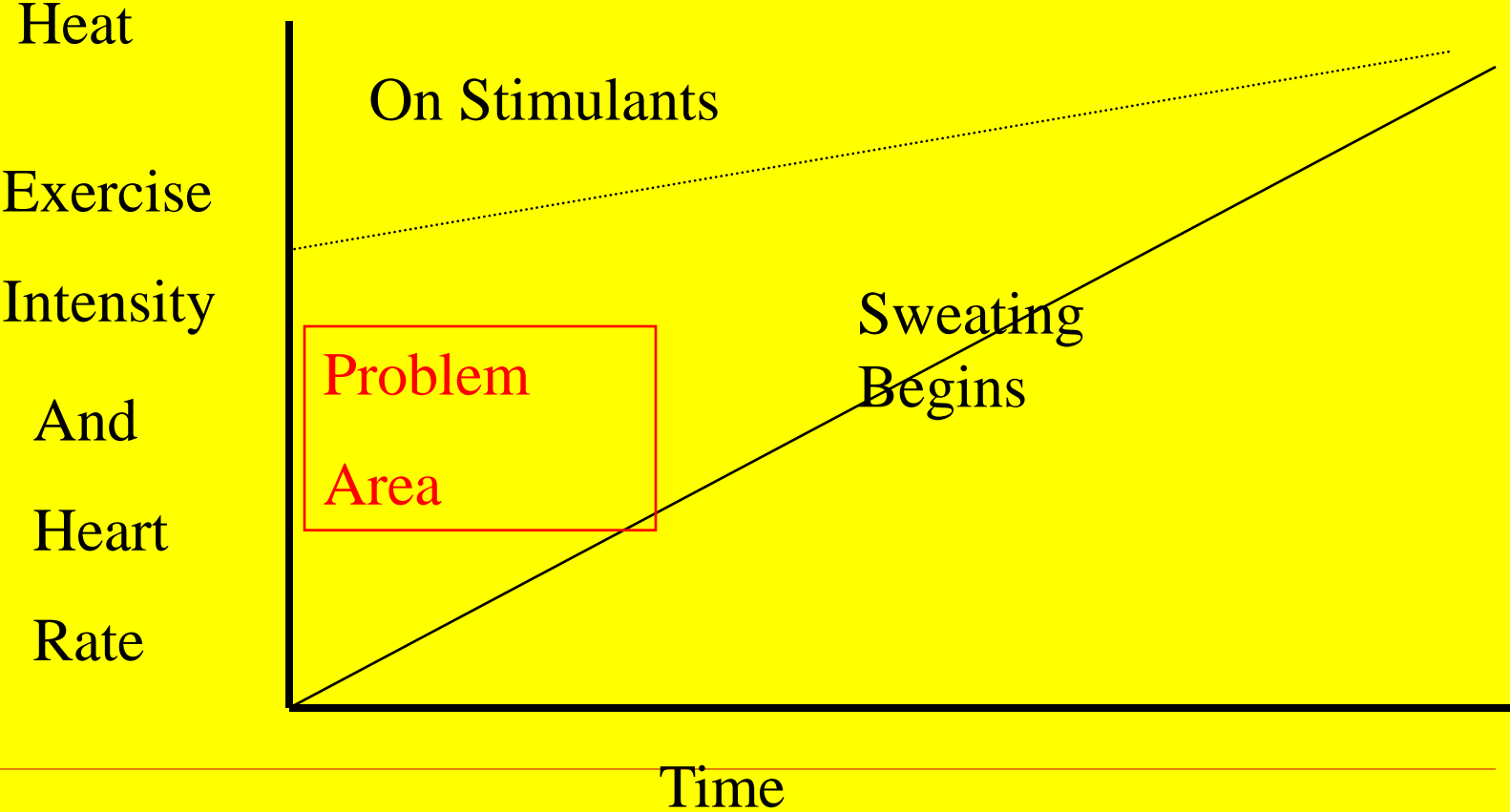


**Unstable vs Pyramid**



# Heat Stress

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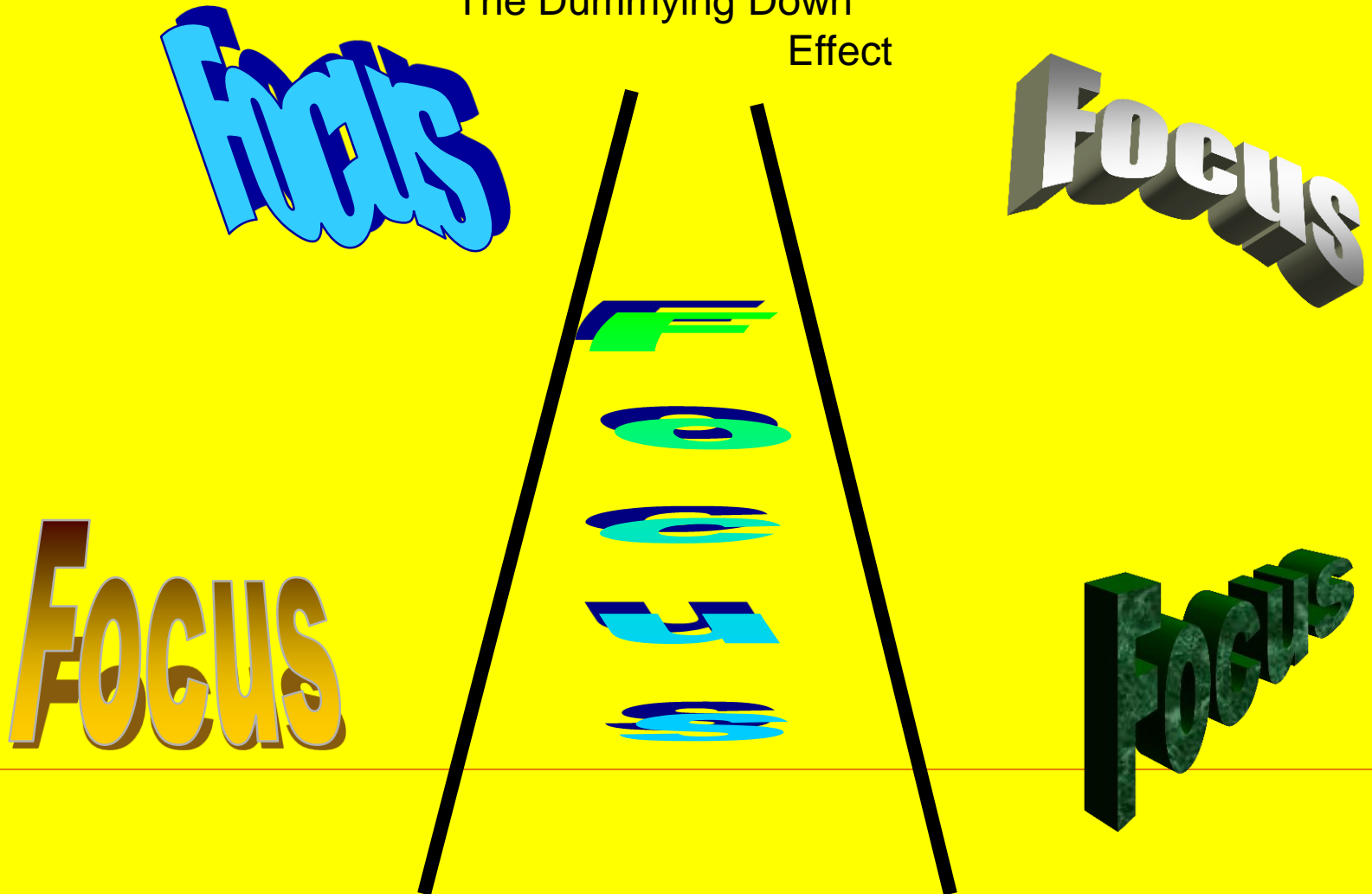


<b>Product</b>	<b>Energy (kcal/8 oz)</b>	<b>Carbohydrate (g/8 oz)</b>	<b>Additional Ingredients</b>
Arizona Extreme Energy Shot™ <sup>b</sup>	124	32	Caffeine, taurine, ribose, ginseng, carnitine, guarana, inositol, vitamins
Arizona Rx Energy™ <sup>b</sup>	120	31	Caffeine, ginseng, Schizandrae, vitamins
Battery Energy Drink™ <sup>b</sup>	114	27	Caffeine, guarana
Bawls Guarana™ <sup>b</sup>	96	27	Caffeine, guarana
Dynamite Energy Drink™ <sup>b</sup>	95	25	Caffeine, taurine, inositol, vitamins
Effervescent Glutamine Recovery Drink™ <sup>h</sup>	24	0.8	Glutamine, electrolytes
Gatorade Energy Drink™ <sup>k</sup>	203	52	Vitamins
G3 Endurance™ <sup>d</sup>	90	24	Galactose, protein, chromium, green tea, ginseng, vitamins, minerals
G4 Recovery™ <sup>d</sup>	110	27	Ginseng, galactose, green tea, vitamins, protein
Hansen's Energy™ <sup>b</sup>	107	31	Taurine, ginseng, caffeine, Ginkgo biloba, guarana, vitamins
Hansen's Slimdown™ <sup>c</sup>	0	0	Pyruvate, carnitine, chromium, vitamins
Jones Whoop Ass Energy™ <sup>b</sup>	107	27	Caffeine, royal jelly, guarana, taurine, inositol, vitamins
Mad River Energy Hammer™ <sup>b</sup>	110	27	Guarana, ginseng, bee pollen
Nexcite™ <sup>a</sup>	100	21	Guarana, damiana, Schizandrae, mate, ginseng, caffeine
Oxytime+ Sports Drink™ <sup>h</sup>	80	18	"Stabilized oxygen," carnitine, aloe vera, protein
Prozone Fat-Reducing Energy Drink™ <sup>g</sup>	184	19	Protein, medium-chain triglycerides, borage oil
Pripps Amino Energy Sports Drink™ <sup>i</sup>	71	17	Protein, branched-chain amino acids, electrolytes
Pyru Force™ <sup>f</sup>	2	0.4	Caffeine, pyruvate, guarana, choline, chromium, inositol, carnitine, vitamin C
Red Bull™ <sup>b</sup>	109	27	Taurine, caffeine, inositol, vitamins
Red Devil Energy Drink™ <sup>b</sup>	80	21	Caffeine, taurine, guarana, ginseng, Ginkgo biloba, vitamins
Sobe Adrenaline Rush™ <sup>b</sup>	135	35	Caffeine, taurine, ribose, carnitine, inositol, ginseng, vitamins
Sobe Energy™ <sup>b</sup>	113	30	Caffeine, guarana, arginine, L-cysteine, yohimbe, vitamin C
Sobe Power™ <sup>b</sup>	107	28	Caffeine, taurine, creatine, proline, vitamin C
Ultrafit Liquid Endurance™ <sup>e</sup>	N.A.	N.A.	Glycerol, carnitine, chromium, vitamin B6
VAAM™ <sup>j</sup>	56	10	17 amino acids
Venom Energy Drink™ <sup>b</sup>	127	28	Caffeine, taurine, mate, bee pollen, guarana, ginseng, protein, vitamins
180 Energy Drink™ <sup>b</sup>	117	32	Guarana, vitamins

# Attention Deficit Disorder

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The Dummying Down  
Effect



# Need More?

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- ❑ Interference with HGH
  - ❑ Interference with prostrate.....
  - ❑ Hypo-thalmus overload
  - ❑ Dependence...esp for motivation
  - ❑ Where do we go from here? More stims?
  - ❑ Neuro-Stim Bounce...the dumbbing down of our nervous system (Epinephrine and Norepinephrine)
  - ❑ All Refined Products Lead to Liver/Kidney Overload
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# Supplementation Industry

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- Depend on the athlete Dummyming Down!!
  - Over One Billion Dollar Goliath Industry
    - Very little oversight of Any Kind! Do You Know of any Other Industry With This Autonomy?
    - Purity of Products Un-defined!
    - Ingredient Interactions Un-defined  
*(Often Stimulants Have a Exponential Effect ; Stacking)*
    - No Testing Protocols Under FDA
    - Labels VERY Miss-leading/Omitting
    - Internet/MLM Sales even less controls!
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# Other Favorites!

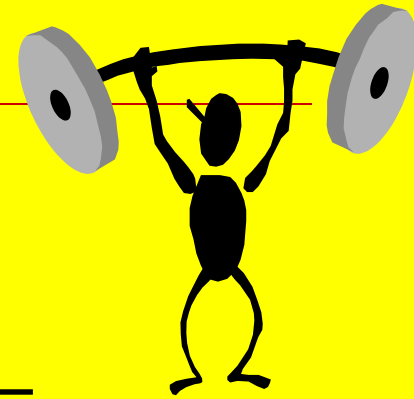
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- Soda (a Performance Drink?)
  - Chips
  - Candy vs Fruit (The bounce)
  - Popcorn
  - Pop-tarts
  - Gatorade
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# Optimum Performance Macro Adjustments First

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- ❑ Eat Breakfast!
- ❑ Lower Calorie Intake at Night
- ❑ Calorie In = Calorie Out (Exercise) =  
Weight Control
- ❑ Fiber!
- ❑ No White Bread...Whole Grain Products I
- ❑ Increase Dietary Fiber...no pill..no powders!
- ❑ Cut Way Down the Junk!



# Questions

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- Why are you really looking at these products/enhancers??
    - Ethics
    - Shortcuts
    - If they do it must be good?
    - Always searching for an edge?
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# Optimum Performance Micro-Adjustments

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- Figuring your protein intake\*
  - Females: Ca and Fe
  - Yes to Vitamin B! But Food journal to see if needed first
  - Body Fat % vs BMI
  - Diet for Performance not for Weight Control
  - Pre-Game
  - Post Game
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# Protein Requirements for Athletes

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- RDA .36g/lb BW 36g/100lb
  - Avg .3-.7g/lb BW 30-70g/100lb
  - 454g in 1 lb
  - Studies suggest athletes need: .8 to 1.2g/lb 80-120g/100lb for 150lb person: 120-180g
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# Protein Intake for Athletes

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- ❑ Meat, poultry and fish 7 grams per ounce \*
  - ❑ Beans, dried peas, lentils 7 grams per 1/2 cup cooked
  - ❑ One large egg 7 grams
  - ❑ Milk 8 grams per cup
  - ❑ Bread 4 grams per slice
  - ❑ Cereal 4 grams per 1/2 cup
  - ❑ Vegetables 2 grams per 1/2 cup
  - ❑ *\*One ounce of meat = 1 slice of deli meat. Three ounces of meat is approximately the size of a deck of cards or the palm of a woman's hand.*
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# Top Form Smoothie

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## □ **Ingredients**

1 cup nonfat milk

½ cup frozen, unsweetened strawberries

½ cup frozen, unsweetened raspberries

1 cup vanilla frozen yogurt

2 scoops **Natural** WHEY

## □ **Directions:**

Combine all ingredients in blender. Blend on high speed for 1 minute.

## □ **Here's what this recipe gives you...**

**Calories 568**

**Carbohydrates 79g**

**Protein 54g**

**Fat 4g**

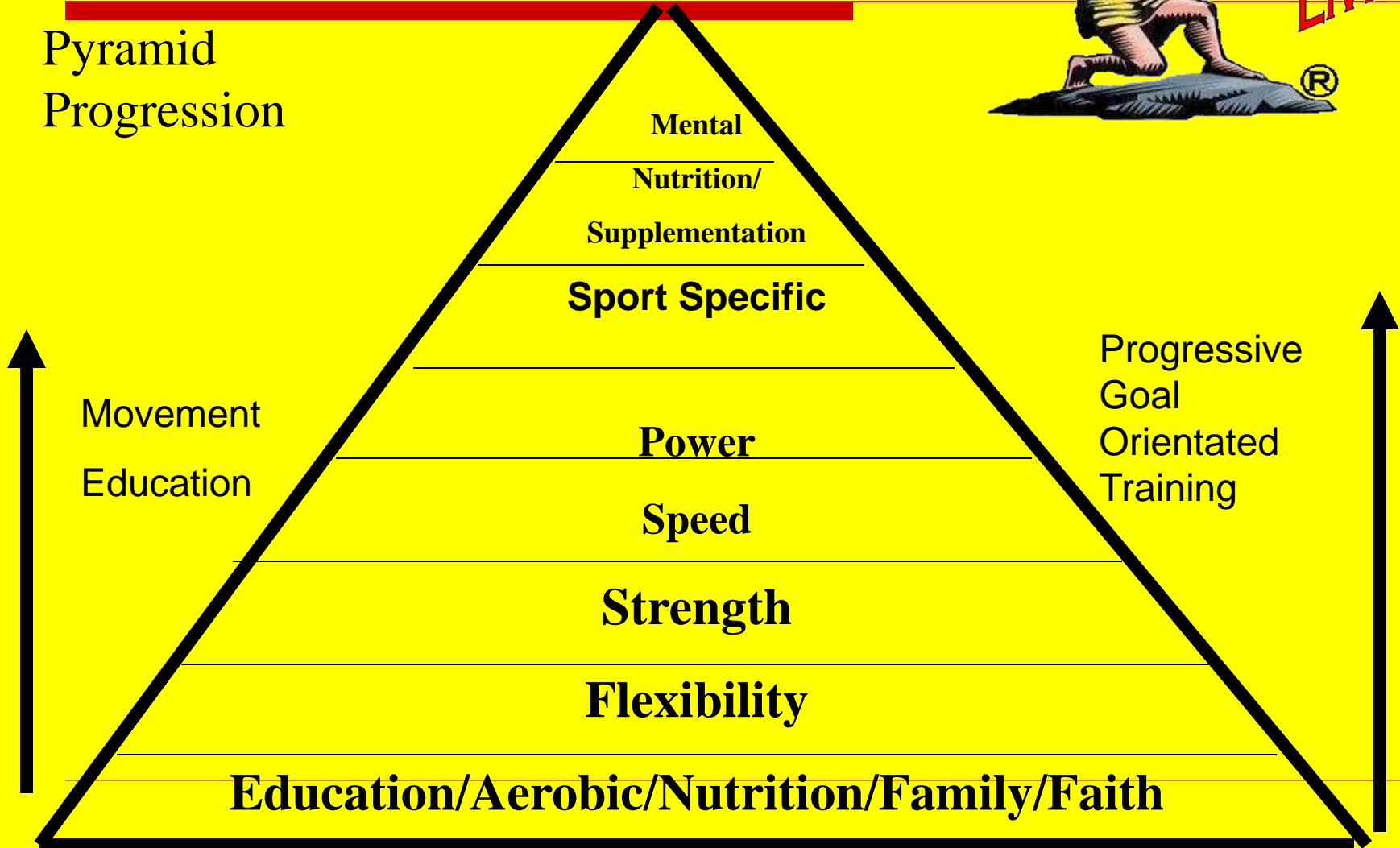
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## Sports/Life Performance



**LIVE IT!**

Pyramid  
Progression



# Your Biggest Assets

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- Family
  - Education = Empowerment
  - The Mental Game
    - This is the essence of Top Form! We want to teach you all types of everything involved in sport then teach you to relax and let your mind/body play to its fullest....no stress.. No focus on outcomes...just play!!
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