

NEW  
**ZERO**  
SPORT HYDRATION SALTS

Test Subjects **burn**  
**41%**  
MORE FAT  
DURING EXERCISE

RESEARCH PROVEN

Independently tested 2010:

Simply drinking **Low Cal ZERO** instead of a normal sports drink, **22 participants burned on average 41% more fat during exercise.\***

\*Independently tested: Faculty of Biomedical and Life Sciences, University of Glasgow.

**ZERO SALTS** is the same product as **ZERO SPORT** but without any flavouring. Both can form an essential part of your anti cramp strategy.

This allows **ZERO SALTS** to be added to any favourite drink, Ribena, squash, or diluted fruit juice to create a perfectly configured electrolyte drink.

**ZERO SALTS** can also be used to increase the electrolyte concentration of your existing sports drink when it's very hot and/or the race distance is long.



**Don't Cramp Your Style!**  
MINIMISE THE RISK OF MUSCLE CRAMPS  
DOWNLOAD YOUR FREE GUIDE HERE

If you've never experienced the excruciating and debilitating pain of a muscle cramp, count yourself lucky!

When muscle cramping strikes during exercise, it can scupper even the best-laid competition or workout plans. For all sportsmen and women therefore, minimising the risk of muscle cramps with good nutritional strategies makes extremely good sense.

By following the recommendations in our **FREE** guide by Andrew Hamilton (BSc Hons MRSC ACSM), you can certainly minimise your cramp risk.

Zero Active hydration and Zero Salts are different to conventional sports drinks in that they provide nominal energy/ calories. Zero is not designed to replace your carbohydrate sports drink for outright performance gains. Instead it should be used strategically during training to increase fat oxidation, fat loss and adaption. As Zero is low carb and sugar free it can also be used as part of a weight loss program.

\* Peer-reviewed study conducted in the Faculty of Biomedical and Life Science, University of Glasgow. This double-blind, crossover study involved 22 recreationally active participants exercising at a moderate-intensity for 80min. The average increase in the total amount of fat oxidised (burned) during the exercise bout was  $41.4 \pm 10.4\%$  (mean  $\pm$  standard error) when compared to a leading commercially available 6.6% carbohydrate sports drink. The study was conducted after an overnight fast, with the exercise bout conducted early morning. The average value for increases in fat oxidation may vary between individuals and when ZERO is compared with different sports drinks of varying carbohydrate concentration.

ZERO is not intended as a weight loss product. It is a low calorie electrolyte sports drink, which can be used as part of a weight management program involving regular exercise and a balanced diet with restricted calorie intake.

ZERO can be used for train-low race-high strategies. See website for more details.  
\*\* Energy less than 2 Calories per 100ml ready-made drink or 7 Calories per 500ml.

MAKES 10 LITRES

only  
**£6.99**  
buy now



**ZERO**  
SPORT HYDRATION SALTS  
**SALTS**  
ELECTROLYTE HYDRATION TABS  
+MAGNESIUM

**MAKES ANY  
DRINK A  
SPORTS DRINK**

To improve your performance in very hot or humid conditions you can increase your consumption of **ZERO SALTS** to 2 tabs per 750ml drink.

The neutral flavour of **ZERO SALTS** enables the mixing of any drink to become a powerful Electrolyte hydration sports drink.