

FACT SHEET

Force™

Total Body Oxygenator*

Get ready to push yourself to the next level and achieve a competitive advantage unlike anything you've ever experienced with Limitless Force. This scientific breakthrough was specifically designed to improve cellular oxygen*.

Competitive athletes often travel great distances to train in high-altitude locations, which have less oxygen present because it forces their bodies' oxygen through their muscles more efficiently. This then gives them an advantage when they compete at lower altitudes, because their bodies can deliver even greater amounts of oxygen to their muscles. Limitless Force works on a similar principle. It improves cellular oxygen* whether or not you live in a high-altitude area.

What does that mean for you? It means you'll be able to push your body harder and achieve longer, more effective workouts while enhancing endurance, and avoid "hitting the wall," which can take you out of the game early. It's also great for anyone who wants a little extra staying power to make it through a long day at work, survive that grueling final exam, or have enough energy to keep up with the kids all day*. And one of the best things about Limitless Force is that it's completely stimulant-free and won't increase your heart rate, increase your blood pressure, or give you the jitters.

The improved cellular oxygen and increased time to exhaustion Limitless Force offers may be just the "secret weapon" you need to sprint to the finish line of life's most important experiences. Let Limitless Force help you become a force to be reckoned with.*



THE CLINICAL STUDY

In a randomized, placebo-controlled, double-blind, crossover clinical study, the key proprietary ingredient in Force was shown to:

- Increases time to exhaustion*
- Improve energy levels*
- Promote improved muscle recovery*

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Use in conjunction with any sensible diet and exercise program. Individual results will vary.

Science... Beyond Testimonials®

MEASURING ENDURANCE

A well-established method to test exercise endurance is to use an ergometer, where a subject exercises as increasing calibrated amounts of resistance are placed on the wheel until the subject reaches exhaustion. As the subject exercises, many physiological changes occur to increase the blood flow to the muscles, to deliver oxygen necessary for the muscles to work, and to create the power needed to maintain the set cadence. Physiological changes include increased heart rate, heart stroke volume, breathing rate, oxygen diffusion from the alveoli to the capillaries and to the muscles, decreased peripheral resistance of the vascular system, and decreased blood flow to non-essential organs such as the kidneys. During ergometry, inhaled and exhaled air are captured using a breath-by-breath ergo-spirometer to measure the amount of air coming into the lung (pulmonary ventilation in liters/minutes), and to calculate oxygen consumption (VO_2) used primarily by the working muscle and to calculate carbon dioxide output (VCO_2) that is produced as a by-product of energy consumption during the exercise. As the exercise intensity increases, so does VO_2 . When the subject can no longer increase his or her heart rate, cardiac output, breathing rate and lung volume reserve, the highest oxygen consumption is achieved and is referred to as the $\text{VO}_{2\text{Max}}$. $\text{VO}_{2\text{Max}}$ can be seen as a limit beyond which no oxidative phosphorylation occurs in tissues, which means that oxygen is no longer in sufficient quantity for the tissue to maintain some aerobic state.

The recovery period from strenuous exercise that lasts from several hours to several days post-exercise, where protein synthesis resumes, muscle fibers are repaired and hypertrophy, mitochondria size increases, ATP and glycogen stores are replenished, skeletal muscle stiffness and soreness disappear and the subject is ready to exercise again.

FORCE™ TOTAL BODY OXYGENATOR*

The functional Force compound was tested in a double-blind, placebo-controlled test involving 24 young adults. The subjects ingested one serving of either the functional Force extract or a placebo. One hour later (to allow for full digestion), each subject's endurance was measured on an electromagnetically

braked ergometer. Workload was increased by 20 watts per minute until exhaustion while cadence was fixed at 70-80 RPM. Pulmonary ventilation (liters per minute), peak oxygen intake ($\text{VO}_{2\text{Max}}$), and heart rate were continuously monitored throughout the 30-minute test using a breath-by-breath ergospirometer. Time to exhaustion was measured and recorded.

Results showed that pulmonary ventilation increased to 124.8 l/min for subjects using the key Force compound, and this achieved a statistically significant trend compared to the placebo group (115.9 l/min) ($p < 0.07$). Mean $\text{VO}_{2\text{Max}}$ for the Force group (52.9 ml/min/kg) was significantly higher than for placebo (50.9 ml/min/kg) ($p < 0.05$). The fact that $\text{VO}_{2\text{Max}}$ was higher for the key Force compound group is an indication of greater oxygen consumption at the tissue level than for the placebo group.

These results are consistent with the measured increased time to exhaustion. The group who took the key Force compound took longer to reach exhaustion than the placebo group.* This difference was statistically greater for the functional Force compound group compared to placebo.

CONCLUSION

The key Force component has a legendary history for increasing health and longevity that has been passed on from generation to generation in the Eurasian part of the world. In its historical context, it was used daily to promote wellness. Today the powerful extract in Force™ Total Body Oxygenator* is available for all people to use in their efforts to achieve improved performance, whether that might involve athletic gains or helping to overcome reduced cellular oxygen capacity. Whether you are a weekend warrior, an elite athlete, or an individual who wishes for increased endurance or better performance, taking Force one hour prior to your workout will help you in your quest for better fitness.*

Supplement Facts

Serving Size: 2 Capsules | Servings per Container 30

	Amount Per Serving	% Daily Value††
Niacin	20 mg	125%
Magnesium	40 mg	10%
Chromium (as chromium polynicotinate)	240 mcg	640%
Force Proprietary Blend	302 mg	
Rhodiola rosea Root Extract		†
BCAA (leucine, isoleucine, valine)		†
Beta Alanine		†
Cayenne (Capsicum annuum) Fruit		†

†† Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

DIRECTIONS FOR USE: As a pre-workout supplement, adults take two capsules 1 hour before exercise. Individual results will vary.

WARNING: Do not exceed suggested daily serving. Not for use by individuals under the age of 18 years. Do not use if pregnant or nursing. People sensitive to nicotinic acid (niacin) may experience flushing of this skin that is generally mild and transient. **Use only as directed. Keep out of reach of children.** If you or your health-care provider have any questions, please call: 1-800-429-4290.

Manufactured for
Limitless Worldwide, LLC
Salt Lake City, Utah 84110

Manufactured in the USA.

For additional information on this or other Limitless products, please call our product support department at: 1-800-429-4290.

Product resale allowed only through authorized representatives. International distribution is not authorized without prior written approval.

Store at controlled room temperature: 15° to 30°C / 59° to 86°F

Other Ingredients: Corn Starch, Rice, Gelatin Capsule, Magnesium Stearate, Silica

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.