

# Total-Recharge™

With L.E.A.D.S.®

Live Enzyme Activated Delivery System®



## A safe and effective approach to *STRESS* relief!

External stress and the demands of life can seem unending. They affect virtually everyone in today's fast-paced society, and as a result, the body's vital functions are often compromised. In addition, crucial nutrients are depleted in the presence of stress and unless replenished, a host of stress-related symptoms can arise. Total-Recharge™ has been created to replenish the body's stores of lost nutrients and to provide nutritional support to help protect the body against the damaging effects of stress. With its unique complex of nutrients, Total-Recharge™, aids in restoring the body's natural ability to increase energy and endurance as well as maintaining healthy muscle.

### Live Stress Free With Total-Recharge™

- **Nutritional support to help protect the body against the damaging effects of stress.**
- **Supplies nutrients to increase energy while improving mental clarity and supporting a natural calming effect.**
- **Contains important nutrients depleted during stressful situations. Both mental and physical.**
- **Incorporates the only stabilized glutamine in the world. This stabilized form of glutamine delivers to the body unlike any other ordinary form of this important amino acid.**
- **Guarantees maximum nutritional benefit through L.E.A.D.S.®, the only Live Enzyme Activated Delivery System® its kind in the world!**

Constant pressure, worries, illness, and poor nutrition, it all comes down to stress and the role it plays in virtually all of our lives. Physical symptoms that can be attributed to stress include stomach ulcers, headaches and migraines, fatigue, tension and an inability to concentrate. Studies have shown that stress has also been linked to virtually every type of life-threatening disease including cancer, heart disease and stroke. In addition, stress is known to play a role in many emotional disorders including depression and eating disorders. Stress also can lead to greater susceptibility to illness, infection and nutritional problems.

Total-Recharge™ was created to help counteract such physical effects of stress by including ingredients that support the body's healing, regeneration and energy production. The primary

ingredients, creatine magna power™ and stabilized glutamine, form a unique blend that restores vital nutrients lost due to the presence of stress.

## Ingredient Overview

First, **glutamine** in the form of Magnesium Glycyl Glutamine (MGG) is added for its ability to aid vital organs and system functions. MGG is a proprietary ingredient of Albion laboratories and is the only stabilized form of glutamine in the world and is patented. Glutamine is a key ingredient that helps nutritionally support the body by replacing the glutamine lost due to stress. Glutamine is required for rebuilding and repairing muscle that breaks down during times of stress. It not only helps to avoid muscle-wasting, which is common during disease, illness, injury or stress, but also provides fuel for immune cells and the mucosal cells that line your digestive tract. The immune cells and digestive cells need this extra fuel during times of stress to remain healthy.

Research shows that glutamine may help diminish digestion-related effects of stress by nourishing the gastro-intestinal tract. It also helps clear the body of toxins resulting from the stress response. Due to an amazing scientific breakthrough that initiated the creation of our exclusive new molecule, Total-Recharge™ contains the only stabilized glutamine in the world - the patented Magnesium Glycyl Glutamine Chelate. In structure, glutamine is unique as an amino acid because it contains two nitrogen atoms. The metabolic reactions caused by exercise produce a surplus of acid in the body. The body is able to get rid of acidic by-products through the action of glutamine in the kidneys. Glutamine in the kidneys donates an atom of nitrogen to neutralize the positive charge from the acid. A recent study revealed that supplemental glutamine can prevent acidosis and reduce muscle breakdown (3). These and other recent studies support the role glutamine plays in the important functions of the body's vital organs and systems.

Free form glutamine is not stable in solutions and may decompose into toxic products, pyroglutamic acid and ammonia. Although L-glutamine may be listed as an ingredient in some powdered formulas, heat used in processing of the supplements destroys the glutamine. Some labels on protein supplements may list

### Supplement Facts

Serving size: 2 Capsules  
Servings per container: 60

Amount per serving	% D.V.
Magnesium (as Magnesium Glycyl glutamine, Magnesium creatine complex, Magnesium amino acid chelate)	69.8 mg 17%
Copper (as Manganese amino acid chelate)	.05 mg 3%
Manganese (as Manganese amino acid chelate)	.064 mg 3%
Chromium (as Chromium amino acid chelate)	150 mcg 125%
Potassium (as Potassium complex)	100 mg 3%
<b>L.E.A.D.S.® Live Enzyme Activated Delivery System®</b> proprietary blend: Calcium amino acid chelate, Amylase, Invertase, Protease 4.5, Cellulase, Glucoamylase, Peptidase, Zinc amino acid chelate, Copper amino acid chelate.	40 mg *
NWC's proprietary <b>Recharge Blend™</b> : Magnesium Glycyl Glutamine and Magnesium creatine complex.	720 mg *

\* Daily Value not Established

**Other Ingredients:** Vegetable cellulose and water.



Some labels on protein supplements may list

glutamate (Glu), not glutamine (Gln). There is a big difference between the two. Glutamate does not contain the extra nitrogen that gives glutamine its special property. The key to the stability of glutamine is the bioavailable amino acid chelate and the factors that make it nutritionally functional and stable.

**Creatine**, the next key ingredient, may ward off the harmful effects of stress by providing cellular fuel and acting as an "energy buffer". Creatine is stored in cells as phosphocreatine (PCr), which plays a vital role in energy production by recycling ATP and helping to maintain the balance between ATP and ADP. ATP is what cells use for energy. When ATP is depleted, the cell no longer has energy to perform its functions.

Because Creatine and PCr are small molecules, they can easily move between the various sites of energy production within the cell and help to stabilize ATP and ADP, thereby improving metabolic regulation and energy production.

By providing both creatine and glutamine in our unique **Recharge Blend™**, **Total-Recharge™** can effectively combat the effects of stress by supplying the nutrients that support the body's healing, regeneration and energy production. For complete assurance that these essential ingredients are being utilized by the body, they are delivered at the cellular level through L.E.A.D.S. ®, the only Live Enzyme Activated Delivery System® its kind in the world!

**Chromium Chelavite™**- an essential trace element that has a positive effect on fat and carbohydrate metabolism. Chromium insures that insulin works efficiently, which is vital to controlling hunger, regulating energy, fat burning and muscle building. Without chromium, insulin doesn't work correctly causing fatigue. Chromium also plays a role in governing the utilization of cholesterol. Many people have used chromium picolinate as a weight management tool; however, Chromium Chelavite™ has been shown to absorb up to 50% better. NWC exclusively uses Chromium Chelavite™, a 100% nutritionally functional form of chromium.

**Potassium**- The electrolyte potassium offers long known needs in sport and exercise performance. Potassium is an electrolyte (a substance that maintains your body's fluid levels), this mineral helps regulate blood pressure and heart function. Research shows that increasing your potassium intake can lower your blood pressure. Those individuals with existing hypertension, as well as those just looking to keep their blood pressure in check, can benefit from potassium.

No other product like Total-Recharge™ exists and never before has NWC offered an all-natural way to help the body ward off the harmful effects of stress. Rather than masking the symptoms, Total-Recharge™ has been formulated to go directly to the source and help replenish the body with the exact nutrients the body needs to function optimally, with increased energy and endurance.

## About our exclusive L.E.A.D.S. ® delivery system



Like all of NWC's products Total-Recharge™ contains our exclusive L.E.A.D.S. ® Live Enzyme Activated Delivery System®. It is NWC's delivery system that guarantees assimilation and utilization of the nutrients at the cellular level. L.E.A.D.S. ® is a proprietary system of adding a blend of select enzymes and chelated minerals to botanical and whole-food products for the purpose of improving the release and absorption of nutrients contained in these products. This special blend

of supplemental enzymes and mineral cofactors works to extract the nutrients from the formula in the most bioavailable form so the body can use them easily and efficiently. The L.E.A.D.S. ® enzyme delivery system is formulated to match the specific needs of each individual product made by Natural Wellness Centers of America Inc. and is based on a unique and proprietary method. It is especially beneficial with products providing a whole-food source of vitamins and minerals.

# QUESTIONS

## 1. What type of research is behind the Total-Recharge™ formula?

Total-Recharge™ combines the latest research and clinical studies on stress relief and mineral uptake in the body. Each ingredient has been independently researched by the most respected names in their fields. Total-Recharge™ is a formula you can trust because its ingredients are clinically tested and proven.

## 2. Are there any side effects?

Total-Recharge™ capsules have no known side effects.

## 3. If I am on medication can I safely use this formula?

Total-Recharge™ is safe to take with medications. There are no known drug interactions and the ingredients do not alter the action of any medications. Always consult your medical doctor before changing your prescribed program.

## 4. Will Total-Recharge™ act like a metabolism booster or stimulant?

No! Total-Recharge™ is a nutritional approach to stress relief while supporting muscle recovery. It does not contain any herbs to make you feel drowsy or jittery. It works exclusively to help your body recover from the effects of stress. The result is an increase in energy, enjoying a focused calm and faster muscle recovery in daily life as well as sports activities.

## 5. Can I take Total-Recharge™ if I am a diabetic or have high blood pressure?

Yes, this formula is safe for most people. While this formula is not specifically for any medical condition, its ability to help support normal blood pressure levels can have a positive effect. However, you should always check with your doctor before altering any prescribed treatment program.

## 6. I am pregnant / nursing. Can I safely use this formula?

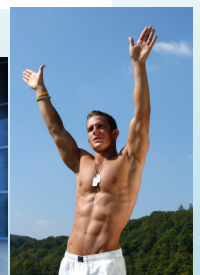
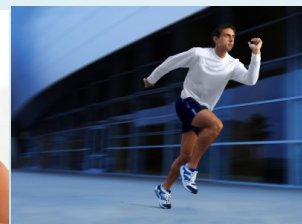
You should always check with your doctor before beginning any supplementation program while you are pregnant or nursing. All ingredients in Total-Recharge™ are generally regarded as safe.

## 7. I am allergic to yeast and gluten, can I take this formula?

Total-Recharge™ capsules contain no yeast, corn, soy or gluten.



NWCnaturals.com  
888-207-3480



**TIME TO  
RECHARGE  
YOUR SYSTEM!**