

We can give you the boost you need to complete your climb

What are the main concerns of seasoned and unskilled people about to take part in a big climb?

- How will I cope with High Altitude?
- Am I 'Fit' Enough?
- How Much Training is Enough?
- Will I Suffer From Aches and Pains?
- How Can I Boost My Energy for the Climb?
- Will I make it?

Oxford Vitality has designed a pack specifically to answer all these questions. The OV Climbing pack contains a 90 day/3 month supply of supplements. It aims to take you through your training and the duration of your climb.

This pack has been personally designed by a nutritionist to focus on energy, oxygen utilization, and the aches and pains you will experience through training to the completion of your climb. This pack contains Iron, Ginseng, OV Natural Energy Boost, Joint Support Tablets, and Creatine Monohydrate Powder.

For oxygen utilisation we have included Iron. At high altitudes, many metres above sea level there are very small amounts of oxygen. This means that the body must become incredibly efficient at utilising what oxygen is present. **Iron** is one of the body's essential, but trace minerals. This simply means that very little is found in the body and consumed in food, but what there is, is essential. The role of Iron is to promote the production of healthy red blood cells. Red blood cells contain a pigment called hemoglobin that has a very complex structure. This enables it to attach to oxygen molecules and carry them to active tissues. When hiking or trekking the lower partial pressures of oxygen can be particularly dangerous, especially when exercising because the body requires more oxygen in an active state. In an atmosphere with less oxygen in the atmosphere the body is put into a state of oxygen starvation. How to overcome this? Promoting Iron in the system will increase efficiency of the red blood cells to carry more oxygen. Moreover, at low partial pressures of oxygen the body will attempt to adapt by producing more red blood cells. Another property of Iron is its ability to promote cell division. This pack will contain 240 tablets of 14mg Iron.

To maintain energy levels this task requires a careful combination of adequate nutrition and sleep, combined with smart supplementation. This pack contains three supplements aimed at energy levels, they are Ginseng, Creatine Monohydrate and the OV Energy Boost Formulation Tablets. **Ginseng** is a herbal plant that hails from China and Korea. It is also known as the Panax Ginseng by Latin terminology. Its active ingredient is called Ginsenoside and has numerous health properties including acting as an adaptogen. However, it is incredibly effective in exercise as it helps to metabolize dietary carbohydrates in order to make energy. Furthermore it aids the breakdown of lactic acid. Lactic acid is the bi-product of your muscles using energy and creating movement. Or in other words the 'jelly leg' feeling you get after exercising. This will aid you in your climb as it will help to

improve your endurance. This pack contains 240 tablets of a 1300mg strength to Ginseng. Additionally, **Creatine Monohydrate** is one of the most popular sports supplements used to promote natural energy production. The universal form of energy in the body's cells is called Adenosine Triphosphate (ATP). We have very small stores of ATP in our body and must be able to make them very quickly to meet demand. To do so we use another body compound called Phosphocreatine (PC). PC lends a phosphate group to the compound adenosine diphosphate (ADP) to make ATP. Phosphocreatine cannot be made without Creatine. Creatine in supplement form simply boosts the body's natural resources for energy production, thus increasing energy levels and endurance. This pack will contain 500g of powder. Powder is incredibly versatile, especially on a climb as it can be added to drinks or shakes to take on the move. **OV Natural Energy Boost** is one of our formulation tablets. It contains a mix of Vitamin B3,B6,B12, C, Maca Root Extract and Cordyceps Sinensis. The B-Vitamins are used within the body to promote energy production and metabolise energy substrates. Vitamin B3 and B6 in particular are used within the body to reduce feelings of tiredness and fatigue. B12 is also beneficial for cell division which can help to promote oxygen carriage in red blood cells. Furthermore, Vitamin C is also used in the production of energy and has been shown to reduce feeling of tiredness. Also, in this formulation are two herbal extracts Maca Root and Cordyceps Sinensis. The use of Maca in health comes from Peruvian Incan traditions. History has told that Incan warriors were given Maca to increase their strength and stamina before battle. In addition, Maca is colloquially known as a 'Nutrient Powerhouse', this is because it contains a wide array of nutrients including Iron, Potassium, Calcium, Copper, Vitamin C, Vitamin B1,B2,B4 and many more. Cordyceps Sinensis is a Chinese herb that has been cultivated all over the world due to its popularity in health supplements. Cordyceps not only supports immune function, but promotes energy production in the cells. This pack contains 240, easy to take tablets.

Finally, as we age, our joints become stiff, they start to groan and creak, this can only ever be made worse by climbing a mountain. It's important, that to complete the climb you take care of your joints and muscles. Our **Joint Support Tablets** are a formulation of Glucosamine, Chondroitin, MSM and Vitamin C. Glucosamine is made from the exoskeleton of shellfish and can help the lubrication and fluidity in the joint. Chondroitin sulfate and Methyl-Sulphonyl-Methane (MSM) are forms of glycosaminoglycan (GAG). GAGs are another vital component for the lubricating synovial fluid. Lastly, is Vitamin C, despite being used for energy it is also used in the production of collagen. Collagen makes up many of the structures within the joint, such as ligaments and tendons. In this pack you will get 120 tablets. Please note that this should not be consumed if you have a shellfish allergy.

So, in answer to the questions from the start, with the help of the OV Climbing pack your climb will be as easy as 1,2,3.