

# OverDrive®

## Performance Enhancement

SUPPORTS OPTIMAL ATHLETIC PERFORMANCE  
AND POST-EXERCISE RECOVERY

SPORTS DIETARY SUPPLEMENT AUST L202778



### POSITIONING STATEMENT

OverDrive® provides a blend of B-vitamins, antioxidants, mineral cofactors, proteolytic enzymes, and unique electrolytes to enhance energy metabolism during exercise and normal post-exercise muscle recovery, while also helping combat free radical exposure normally created during exercise sessions.

### CONCEPT

Optimal athletic performance depends on numerous important factors. One of the most important is proper nutritional status. OverDrive® is formulated to provide vital nutrients proven to be excreted during exercise, to be in higher demand during exercise, and to be generally lacking from the diet.

Several of the essential vitamins and minerals, especially B-vitamins, are vital to normal energy metabolism, especially during exercise. But water-soluble vitamins are easily excreted out of the body and optimal levels may be difficult to maintain, particularly in active, athletic individuals. OverDrive® provides all of the B-vitamins and essential nutrients (i.e. chromium) to promote optimal energy metabolism and athletic performance during exercise.

After exercise, muscle soreness is a manifestation of the normal repair and recovery process of the body. The combination of potent antioxidants and proteolytic enzymes in OverDrive® help minimise discomfort associated with muscular repair while promoting recovery from physical exercise. These same antioxidants also help protect the body's delicate tissues from the increased free radical production that occurs during exercise. These natural by-products of mitochondrial energy metabolism can contribute to long-term cellular problems.

### PRIMARY BENEFITS

- Enhances performance and recovery without stimulants
- Helps increase the length of time and the intensity of your workout
- Assists in muscle growth
- Improves stamina and assists you to perform in peak condition
- Supports collagen structures and assists recovery from sports injuries
- Helps protect against oxidative stress and injury associated with intense exercise
- Lessens the unwanted side effects of physical exertion, such as tiredness
- Provides additional nutritional support for active individuals and replenishes nutrients lost during exertion and exercise

### WHAT MAKES THIS PRODUCT UNIQUE?

OverDrive® is a sports dietary supplement that has been scientifically designed to provide you with a unique combination of essential minerals, vitamins, herbal extracts and antioxidants to help you achieve your fitness goals, overcome the barriers of fatigue, slow recovery rate and pain.

### WHO SHOULD USE THIS PRODUCT?

OverDrive® is designed for active individuals and those who regularly engage in physical exercise or sporting competitions.

### DID YOU KNOW?

- Carbohydrate is the preferred fuel for the muscles both during and after hard exercise
- Your muscles are most receptive to replenishing lost glycogen stores within the first hour after exercise
- Sports nutrition books recommend consuming at least 50 to 100 grams (200 to 400 calories) of carbohydrates within two hours after hard exercise.

## FREQUENTLY ASKED QUESTIONS

### What is the role of antioxidants in OverDrive®?

Research indicates that strenuous aerobic exercise is associated with oxidative stress and tissue damage in the body. The generation of oxygen free radicals increases during exercise as a result of increased mitochondrial oxygen consumption and electron transport flux. The antioxidants in OverDrive® help protect the body against the activity of these high-energy particles that can cause long-term cellular problems. Selenium, betacarotene, vitamin C, vitamin E and bioflavonoids are known as powerful antioxidants.

### What is the role of B-vitamins and chromium?

The B-vitamins play essential cofactor roles in mitochondrial energy metabolism. These vitamins are essential because we cannot synthesise them in our own body. During exercise, our need for these B-vitamins increases due to a higher need for energy, but after exercise they are easily excreted from the body. OverDrive® provides important B-vitamins to promote normal energy metabolism and to ensure optimal levels in the body both during and after physical exercise. Chromium is an essential trace mineral shown to promote normal glucose metabolism, which allows the body to generate the energy it needs for optimal athletic performance.

### Does OverDrive® contain any substances that are banned by the International Olympic Committee (IOC)?

As of 03/01/2000, no Pharmanex products contain substances that are listed as banned by the IOC (or USOC) on its list of prohibited classes of substances. For more information about the banned substances list (blood doping list), visit [www.USOC.org](http://www.USOC.org). (The olympic committees do not provide an approved products list.).

## KEY SCIENTIFIC STUDIES

1. Sjodin B, Hellsten-Westling Y, Apple FS. Biochemical mechanisms for oxygen free radical formation during exercise. *Sports Med*, 1990;10:236–254.
2. Niemann DC. Exercise, infection, and immunity. *Int J Sports Med*, 1994; 15(Suppl 3):S131–S141.
3. Hartmann A, Niess AM, Gruner-Fuchs et al. Vitamin E prevents exercise-induced DNA damage. *Mutat Res*, 1995;246:195–202.
4. Deitrick RE. Oral proteolytic enzymes in the treatment of athletic injuries: a double-blind study. *The Pennsylvania Journal*, 1965; 68:35–37.
5. Rathgeber WF, B.Ch. MB. The use of proteolytic enzymes (Chymoral) in sporting injuries. *SA Medical Journal*, 13 February 1971, pp. 181–183.

## DIRECTIONS FOR USE

**Recommended Adult Dosage:** OverDrive® Sports Dietary Supplement is designed to be taken before and after exercise, according to the following regime, with maximum daily dosage of 6 tablets per day.

**Before Exercise:** One hour before exercise. According to body weight and exercise regime, take 1 to 4 tablets with 250ml liquid. Refer to the following chart.

Exercise Duration	Body Weight (kg)			
	45–59	59–72	73–88	88+
30 min. to 1 hour	1	1	1 to 2	1 to 2
1 hour to 2 hours	1 to 2	1 to 2	2	2
2+ hours	2 to 3	2 to 3	3	3 to 4

**After Exercise:** One hour after exercise take 1-2 tablets.

## PACKAGING

90 tablets.

## WARNINGS

Keep out of reach of children. If you are pregnant or lactating, are diabetic, are hypoglycemic, or have a known medical condition, you should consult with a doctor prior to taking supplements.

## Supplement Facts

Serving Size One Tablet	Amount Per Tablet
Betacarotene (vitamin A precursor)	1.08 mg
Ascorbic acid (vitamin C)	166.7 mg
d-alpha tocopheryl acetate (equiv. natural vitamin E 53.5 IU)	39.35 mg
Thiamine nitrate (equivalent to vitamin B <sub>1</sub> 684 mcg)	744 mcg
Riboflavin (vitamin B <sub>2</sub> )	740 mcg
Pyridoxine hydrochloride (equiv. vitamin B <sub>6</sub> 793 mcg)	959 mcg
Cyanocobalamin (vitamin B <sub>12</sub> )	2 mcg
Calcium pantothenate (equiv. vitamin B <sub>5</sub> 3.63mg)	3.96 mg
Magnesium oxide (equiv. magnesium 25 mg)	43.1 mg
Magnesium citrate (equiv. magnesium 15 mg)	97.4 mg
Chromic chloride (equiv. chromium 66.6 mcg)	342 mcg
Dried Yeast	19.65 mg
Citrus bioflavonoid extract	33.33 mg
Vitis vinifera (extract equiv. dry seed 33.3mg)	33.3 mg
Papain	1.67 mg
Folic acid	83.33 mg
Yeast-high selenium (equiv. 4.33 mcg selenium)	2.17 mg
Bromelains	1.84 mg

**Other ingredients:** Microcrystalline Cellulose, diCalcium Phosphate, Maltodextrin, Croscarmellose Sodium, Stearic Acid, Gelatin, Dextrin, Hypermellose, Silicon Dioxide, Calcium Silicate, dl-Alpha Tocopherol, Dextrose Monohydrate, Lecithin Soya, Sodium Carboxymethylcellulose, Soybean Oil, Sucrose, Sodium Citrate, Other Carotenoids (Alpha Carotene, Cryptoxanthin, Zeaxanthin, and Lutein), Ascorbyl Palmitate (E304), Starch Sodium Octenyl Succinate, Mixed Tocopherols (E306), Nicotinic Acid, Thiamine Hydrochloride, Riboflavin.

Vitamins can only be of assistance if the dietary vitamin intake is inadequate. Contains glucose (less than 0.09%)