

ENDURANCE

NEWS



BY HAMMER NUTRITION
#145 SEP / OCT / NOV / DEC 2026
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BEING FRANK

A WORD FROM BRIAN

Welcome to the 145th issue of Endurance News, our last of 2026 and our 39th year in business. Now that's **ENDURANCE!** Hammer turns 40 next year, but in the meantime, let's enjoy the fall months and this issue.

They say that time flies when you are having fun and that has certainly been the case this year, and really the past 39 years since I started this journey in my apartment in San Francisco. Despite continued supply chain, ingredient and manufacturer challenges—not to mention labor, legal wrangling and regulatory issues—**YOU** make doing business fun!

The deluge of positive feedback we receive daily from you - great stories, impressive results, life-changing experiences, constructive criticism (I like that the most) we receive from life long clients, as well as brand new ones, is the fun part. It also keeps us all motivated and encouraged to keep moving forward on our mission to help as many clients as we can to achieve new levels of health and physical performance, having fun all the while. Turns out that good, old-fashioned hard work manifested through unwavering product quality, superlative customer support and honest information hasn't gone out of style and does not need to be AI enhanced. So, keep all of the good stuff coming; we are listening!!

Before going further with the fun stuff, I have to lament the decline in the number of clients who call us. Lifers know that picking up the phone and calling our toll-free number is **STILL** the fastest, most efficient way to get whatever you want from Hammer. There's no high pressure sales tactics or apathetic operators in a call center when you call us.

Just friendly, knowledgeable staff living the dream in Montana, ready to help you as much or as little as you need.

Whether it's product questions, event-specific fueling plans, or anything else, what you seek is a mere phone call away. Sure, we have a fast, efficient, intuitive web site loaded with terabytes of helpful information, but that does not have to be your sole interaction with Hammer. **Next time you need something, don't be shy, pick up the phone and call us! Like most first time callers, you'll finish the call saying:**

“WOW, I'M SO GLAD I CALLED!”

Housekeeping/New Products - Even though it's only been three months since the last issue, we've introduced two brand new products, and revamped one of your favorites. Read all about it, as well as a sneak peek on our new trade dress (fancy term for packaging design).

Hammer NAC is a single ingredient product with a laundry list of benefits that you will enjoy. Very few Hammer products are single ingredient and the ones that are, pack a big punch!

Uric X is the first Hammer product formulated entirely by Dr. French and it addresses an issue near and dear to his and my heart - remedying the effects of high Uric Acid levels in our body and bringing them down to more normal levels. Be sure to read his article beginning on page 54, especially if you've been “experimenting” with high-carb fueling.

The decision to develop and introduce Uric X preceded the high-carb fueling scam and the laundry list of negative metabolic and general health damage it causes. But now, this product is even more timely and needed. Don't believe the hype, junk science, or so-called testimonials from paid professional athletes! High-carb fueling will destroy your health and won't make you any faster. It's being used as a cover and to sell you more junk products. Whether you've dabbled with it, gone hog wild, or are still doing your level best to avoid processed sugars, Uric X will be a huge help!

Speaking of high-carb nonsense, I am proudly reprinting my article **MCPH - Minimum Calories Per Hour** as a direct challenge to flooding your body with toxic sugar during exercise.

I've spent 39+ years watching athletes trying to consume too many calories, usually from sugar, and failing miserably. Then, after being helped off the ledge, they learn to fuel right and feel great with our “less is best” fueling philosophy and non-sugar-based fuels. Personal bests follow. You can read all about their fueling success, wins, and championships in the following pages. When the high-carb fad dies down, we'll still be here advocating for you, your health and athletic performance.

So, enjoy the rest of this issue and the cooling fall weather. Do amazing things and share the stories, results and images with us!

Lastly, please pass it along to family or friends, along with your QR referral code. Thank you for helping to spread the word about Hammer.

Brian Frank

Brian Frank

Owner and Founder
of Hammer Nutrition



CONTACT US

1.800.336.1977 | HAMMERNUTRITION.COM

Below: Victor Sheldon riding at GravelStoke in California

📷: @JUSSIOKSANEN



SAMMY SMITH

Up and coming NASCAR driver Sammy Smith is a real endurance athlete. In addition to 4+ hour grueling, hot races, Sammy completed his first marathon this spring and is doing an IM 70.3 in December.

Whether in the car or swimming, biking and running, he fuels with Hammer products. His favorites are Hammer Gel, Perpetuem Solids, Endurolytes FIZZ, Endurolytes Capsules, Creatine Boost, Tissue Rejuvenator and Premium Insurance Caps.



ABOVE: Hammer sponsored athlete Sammy Smith fueling with Hammer Gel before his race

📷: SAMMY SMITH



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ENDURANCE NEWS

THE INFORMED ATHLETE'S ADVANTAGE SINCE 1993

ISSUE 145

THE FALL ISSUE

SEP / OCT / NOV / DEC 2026

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THE MIRACLE NUTRIENT: COQ10
This remarkable nutrient started it all and still benefits athletes today
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WHEY PROTEIN: IT'S A SUPERFOOD
Stay strong while boosting your immune system and mood
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URIC ACID
How it impacts your metabolic health and what you can do to bring your levels back in balance
Bayne French, MD DC

MISSION

Endurance News provides informative and inspirational content to help endurance athletes like you achieve peak performance and health. The views expressed favor a healthy diet, hard training that emphasizes quality over quantity, and prudent supplementation to improve health and performance. Back issues are available at hammernutrition.com.

OUR GUIDING PRINCIPLES

Service: From day one, we've strived to treat each client fairly, honestly, and individually. Your trust is our top priority.

Education: We educate and empower athletes with free, easily accessed information on health and performance.

Principles Before Profits: Profits never take priority over our values. If it says "Hammer Nutrition," it's good for you.

OUR CORE VALUES

Innovation: Our development of new, cutting-edge products and categories has led the field since 1987.

Product Integrity: Our consumables are researched, tested, and USA-made to the strictest standards.

Read our complete mission statement online at hammernutrition.com/company/mission-statement

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FROM OUR ATHLETES



VICTOR SHELDON

USA CYCLING NATIONAL CHAMPIONSHIPS

📍 Roanoke, Virginia
📅 July 12 - July 19, 2026

Victor Sheldon had a week to remember at the 2026 USA Cycling Endurance Mountain Bike National Championships in Roanoke, Virginia, walking away with not one but two national titles.

Racing in the 60-64 age group, he claimed the Cross Country Marathon (XCM) championship and then backed it up with the Cross Country Olympic (XCO) title, winning that race by nearly four minutes.

For the marathon, he ran **Perpetuem** and **HEED** mixed across two bottles, eight **Hammer Gels**, and **Endurolytes** for the long haul. For the shorter XCO

effort, he kept it simple — two **Hammer Gels** and **FIZZ** to ward off cramping.

Two disciplines, two Stars and Stripes jerseys, one week.

1st

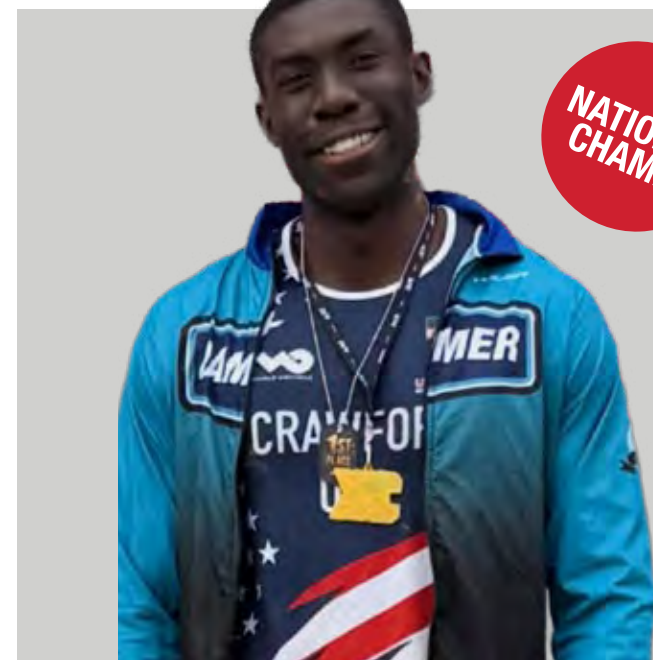
XCM MARATHON
(60-64)

1st

XCO OLYMPIC
(60-64)

Above: Victor Sheldon taking the win at XCM Cross Country Marathon at MTB Nationals.

📷 WELDON WEAVER



BENJAMIN CRAWFORD

USA OBSTACLE COURSE RACING NATIONAL CHAMPION

📍 Centerville, Ohio
📅 June 27, 2026

1st

AGE GROUP(30-34)

This event ran in collaboration with "War-X" to simulate World Championship conditions. Ben took 1st place on the 3k Short Distance Course, claiming his first-ever National Championship title.

"Shoutout to my sponsor Hammer Nutrition for ensuring my body is available and ready at the start line and then to recover after a tough, rugged, muddy and hilly race course! "

The win also secured him an automatic spot on the **2027 USA OCR National Team** and a trip to the **World Championships in Limerick, Ireland**, where he'll represent the USA as the 30-34 Age Group Champion.



ROB ALEXANDER

TRANS AM BIKE NONSTOP

📍 United States of America
📅 June 7, 2026

3,250
MILES

Rob tackled one of the most demanding events in ultra-endurance cycling this year, racing the Trans Am Bike Nonstop, **3,250 self-supported miles from Astoria, Oregon to Washington, D.C.** and finished 5th overall in 20 days, averaging more than 100 miles per day while managing his own sleep, navigation, and gear.

- **20 Days, averaging 100+ mi a day**
- **3,250 mi total**
- **Finished in 5th overall**

He rode every mile fueled by **Perpetuem** and **Endurolytes Fizz**, and wore a Hammer kit throughout the journey, and did it all in support of the American Heart Association. A coast-to-coast effort in every sense.

FROM OUR ATHLETES



© STEPHANIE VETTERLY

HAMMER NUTRITION / MOSSY ROCK TRIALS

NATC/AMA MOTOTRIALS NATIONAL CHAMPIONSHIP

6
ROUNDS

19
PODIUMS

15
1ST PLACE FINISHES



Hammer supported this series with hydration stations (**HEED, Endurolytes Fizz**) and provided Hammer goodie bags for event volunteer checkers.

KAIROS RESORT, WEST VIRGINIA ROUNDS 1 & 2

- **Jorge Casales (Pro):** 2nd (Sat) | 1st (Sun)
- **Michael Meschede (Master Clubman):** 2nd (Sat) | 3rd (Sun)
- **Adam Martinson (JR Expert Sportsman):** 2nd (Sun)
- **Derek Martinson:** Strong 4th place finish Saturday.

WHISKEY GULCH MOTOTRIALS

- **Brian Frank (Expert Sportsman):** Swept 1st place both days.
- **Michael Meschede (Master Sportsman):** 3rd (Sat) | 1st (Sun)
- **Dan Larson:** Earned Trials Master honors.

SAN YSIDRO, NEW MEXICO ROUNDS 3 & 4

- **Jorge Casales (Pro):** Swept 1st place both days *He dropped only 1 point each day!*
- **Mark Franklin (Senior Clubman 60+):** Swept 1st place both days.
- **Michael Meschede (Master Clubman 70+):** Swept 1st place both days.
- **Thomas Keady (Junior Expert Support):** 2nd place both days.
- **David Pyle (Senior Sportsman):** 1st (Sat) | 2nd (Sun)
- **John Farrell (Clubman):** Earned his first-ever National podium with a 5th place finish.
- **Brian Frank:** 4th (Sat) | 5th (Sun)



Above: Brian Frank at NATC National Championships Round 5-6 in Howard, Colorado. © STEPHANIE VETTERLY

HOWARD, COLORADO ROUNDS 5 & 6:

- **Jorge Casales (Pro):** Swept 1st place both days.
- **Michael Meschede (Master Clubman):** Swept 1st place both days.
- **Mark Franklin (Senior Clubman):** Swept 1st place both days.
- **David Pyle (Senior Sportsman):** Swept 1st place both days.
- **Mike Diesburg & Brian Frank (Senior Sportsman):** 2nd & 3rd place podium sweeps alongside Pyle.
- **Thomas Keady (Junior):** 3rd (Sat) | 2nd (Sun)
- **Brian:** 4th (Sat) | 3rd (Sun)

Jorge Casales is leading the Pro Circuit, winning 5 of the 6 Rounds in the series. With one more event in October, he's vying for the National Champion title for the second year in a row!

FROM OUR ATHLETES



ATHLETES EVERYWHERE ARE TALKING ABOUT **AMINO AGE**



Getting older sucks but Hammer helps me keep my training consistent and energy up! I had been doing research for a time on the role of amino acids in recovery after exercise and have been using BCAA+ for a few years with good results. So when I saw the Amino Age (gen 1) formula introduced, I incorporated it along with Hammer Greens into my morning smoothie routine. Energy levels have improved and there is no need for snacking before my lunchtime workouts!

- Warren



SCAN TO SHOP **AMINO AGE**

Use **PROMO CODE:**
EN145 for a
FREE RECOVERITE
single serving
packet.

- Steady, all-day energy
- Massively enhanced recovery
- Promotes overall wellness



MICHELLE WEBB

🏆 **JUG MOUNTAIN 9-5**

📍 McCall, ID

📅 Jun 13, 2026

🏆 **HIGH CASCADES 100**

📍 Bend, OR

📅 July 18, 2026

1st

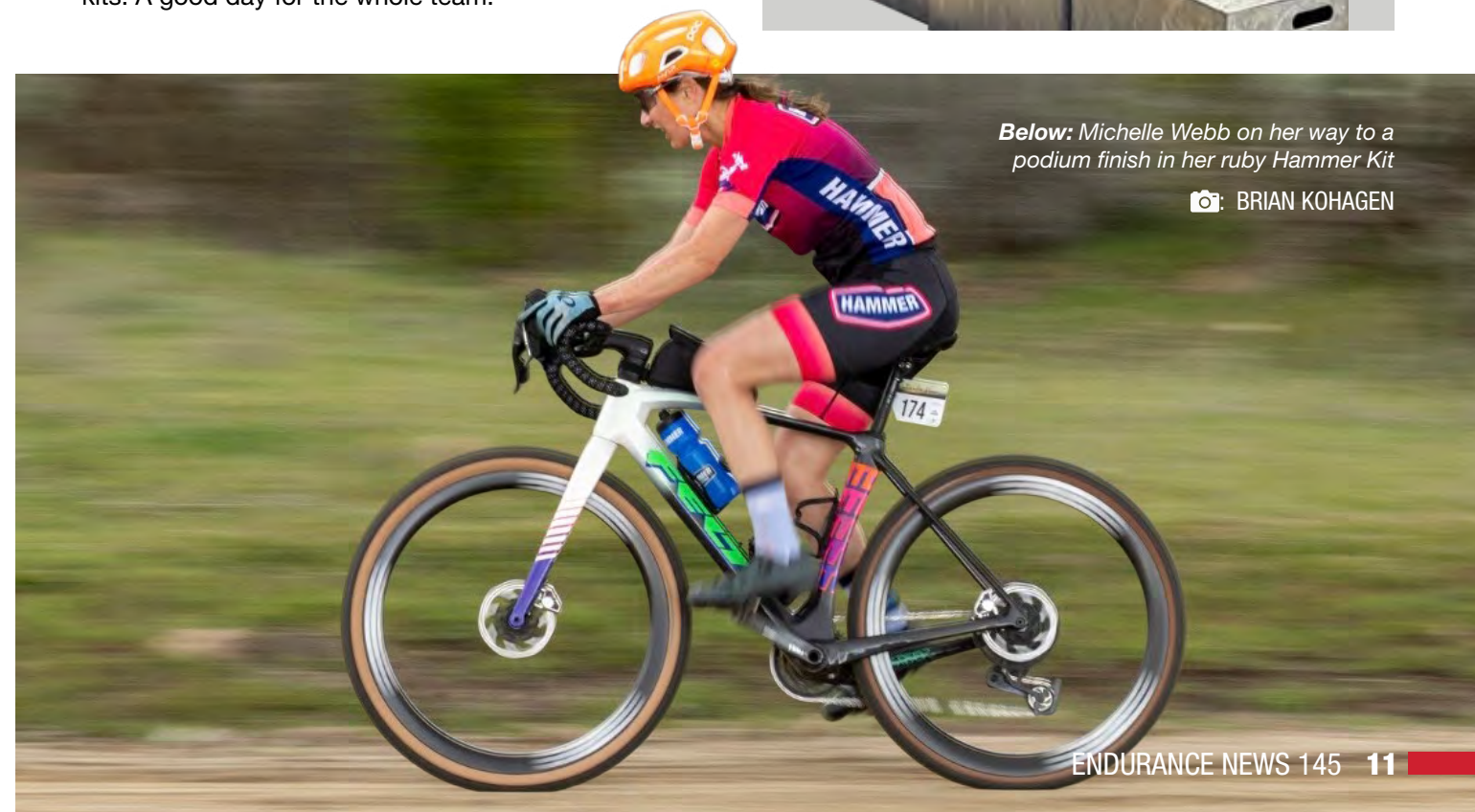
JUG MOUNTAIN "9 TO 5"
AGE GROUP

2nd

HIGH CASCADES 100
AGE GROUP

Michelle Webb recently entered the MTB racing scene and is progressing fast. She won her class at Jug to Mountain 9 to 5 and at High Cascades 100, she finished 4th in the women's division and 2nd in her age group. She covered 96.81 miles and 9,324 feet of elevation gain, and was fueled throughout by **Sustained Energy**, **Perpetuem Solids**, **Hammer Gel**, and **HEED** at aid stations.

Her partner Trent was on course too, volunteering for setup and serving as a sweep rider on the most technical section, logging 63 miles of his own. The two represented Hammer Nutrition in our signature Voler kits. A good day for the whole team.



Below: Michelle Webb on her way to a podium finish in her ruby Hammer Kit

📷 BRIAN KOHAGEN

FROM OUR ATHLETES

HAMMER


📷 JOHN RIORDAN

GABBY SUVER

🏆 GIRLZ ON FIRE SWIM 0.25MI | 8.2MI BIKE | 3.1 RUN

📍 Clermont, Florida

📅 May 9th, 2026

3rd
OVERALL

🏆 COOL SOMMER MORNINGS SWIM 0.25MI | 8.2MI BIKE | 3.1 RUN

📍 Clermont, Florida

📅 Jun 14, 2026

1st
AGE GROUP

4th
OVERALL

After a hit-and-run incident left her with multiple spinal fractures, a knee fracture, a complete Tib/Fib break, and a long road of recovery, Gabby returned to racing on May 9th at the Girlz on Fire Sprint Tri, finishing 3rd overall in her first triathlon since the injury.

Five weeks later at the Cool Sommer Mornings Sprint Tri, she took the overall female win and finished 4th among all competitors. Both races fueled by **Hammer Gel** and **Endurolytes Fizz**. She is targeting a return to the Pro Circuit later this fall as run training and healing progress.

- Girlz on Fire Total Time: 56:12
- Cool Sommer Mornings Total Time: 52:07

BRIAN WHITE

🏆 US MASTERS NATIONALS ROAD RACE

4th

📍 Milwaukee, WI

📅 Jun 27- July 1, 2026

AGE GROUP

Brian White has been a consistent presence on the national podium, and 2026 was no exception. At the US Masters Nationals Road Race in Wisconsin, he initiated an early four-man breakaway, then launched a solo attack with eight miles to go — building a 30-40 second gap in 90-degree heat and high winds to lock in 4th place and his second consecutive national podium finish.

🏆 TWO DAYS OF BUFFALO STAGE

1st

📍 Wellston, MI

📅 Aug 1-2, 2026

 TIME TRIALS
50+ CATEGORY

Brian carried that form into the Two Days of Buffalo Stage Race, where he had impressive results in all his events.

- Time Trial: 2nd (40+ Masters) | 1st (50+ Category)
- Criterium: 5th (40+ Masters) | 3rd (50+ Category)
- GC Overall: 4th (40+ Masters) | 3rd (50+ Category)



📷 JASON CAVALL



FROM OUR ATHLETES



CHRIS HINES

HAMMER NUTRITION'S MASTERS TRACK TEAM

2026 MASTERS NATIONAL TRACK CHAMPIONSHIPS

Geneva, Ohio

4

GOLDS

2

SILVERS

2

BRONZE

Hammer Nutrition had an extremely successful USA Cycling Track National Championships in Colorado Springs. Between **Larry Wolf** and **Jack Hines**, they captured 4 gold, 2 silver and 2 bronze medals.

Larry won the points and scratch race. He came in second in the individual pursuit behind a rider who broke the national record. They both received a bronze in the team sprint. Jack won the match sprint and the 500 meter time trial and was second to Larry in the scratch race.

"We were both very proud to represent Hammer Nutrition."

MITCH DEYOUNG

LUMBERJACK 100

Wellston, MI

June 18, 2026

100
MILES

10x
FINISHER

Mitch DeYoung is the kind of athlete who marks milestones in hundreds. This year at the Lumberjack 100 in Michigan, Mitch crossed the finish line for the 10th time, a full decade and 1,000 cumulative miles at one of mountain biking's most storied events, finishing 15th in the Men's Open.

"BRIDGE TO BORDER"

Mackinac County, Michigan

July 24, 2026

338
MILES

17
HOURS

And if that wasn't enough, Mitch and three friends (Dustin Derrick, Joe Cantwell, and Jameson Kloeckner) set off at 8:00 pm on July 24th from the Michigan/Indiana/Ohio border and rode 338 miles to the Mackinac Bridge, completing the overnight epic in just over 17 hours. Ten Lumberjacks and a 338-mile overnight ride in the same summer, not too bad.



ROB MEENDERING PHOTOGRAPHY



A federal law passed in November 2025 effectively bans full-spectrum CBD products containing more than trace amounts of THC, with the ban taking full effect November 12, 2026. As much as we hate to see them go, that means our full-spectrum CBD products are being discontinued. **Stock is limited and demand is high, so if you want them, don't wait.**

Use **PROMO CODE: EN145** at checkout for **FREE RECOVERITE** single serving packet.



SCAN TO SHOP

**FULL-SPECTRUM
HAMMER CBD**

- Deepens quality sleep
- Superior mood support
- Up to 0.3% THC

FROM OUR ATHLETES



DANIELA GUAMÁN

🏆 IRONMAN 70.3 MANTA

📍 Ecuador

1st

OLYMPIC
DISTANCE

3rd

HALF
IRONMAN

Daniela Guamán of Ecuador is a triathlete with a résumé that's turning heads on the international stage.

She currently holds the title of 5150 champion, the Olympic-distance format from the Ironman brand, and recently finished 3rd overall at Ironman 70.3 Manta in Ecuador, earning the top spot among all Ecuadorian women in the field.

That result punched her ticket to the Ironman 70.3 World Championship in Nice, France in 2026. On race day she relies on **HEED** and **Anti-Fatigue Caps**, with **Hammer Protein**, **Recoverite**, **Endurolytes Fizz**, and **Hammer Gel** (chocolate and Nutella are her favorites) rounding out her training and recovery stack.

Good luck in Nice, Daniela!

📷 SPARTAN RACE PHILIPPINES



ALYANA CHAVEZ

🏆 SPARTAN NATIONAL SERIES OBSTACLE COURSE RACING

📍 Philippines

Alyana Chavez of the Philippines discovered obstacle course racing at 17 and is now all in. Driven by a goal of qualifying for the Philippine National Team, she has collected gold, silver, and bronze across six competitions from 2023 to 2026 — spanning Spartan events, the UNAA, and the National Obstacle Games.

“ This is such a dream come true for me because I have been using Hammer Nutrition to fuel my races and training for three years now. I am just grateful for everything that Hammer Nutrition has helped me with. ”

She started fueling with Hammer Gels, Creatine Boost, Recoverite, and HEED in 2024, the same year she began her national team qualification push, and credits the partnership as part of what's driving her forward.



- 1. 2023 Spartan National Series (AG 18-24)
- 2. 2023 Spartan Asia Pacific Championships (AG 18-24)
- 3. 2024 OCR Titans @KDRAC (Elite Cat)
- 4. 2024 UNAA (Amateur Cat)
- 5. 2025 National Obstacle Games (AG)
- 6. 2026 UNAA (Amateur Cat)



SCAN TO SHOP

PERPETUEM

THE ORIGINAL ULTRA FUEL

Perpetuem satisfies your body's energy requirements when exercise extends beyond three hours. Its unique blend and precise ratios of complex carbohydrates, protein, healthy fat, and key support nutrients allow you to stay strong and steady from start to finish.

180
CALORIES

34g
CARBOHYDRATES

5g
PROTEIN



TISSUE
REJUVENATOR

TRR+CBD

HAMMER
CBD

THE ULTIMATE COMBINATION FOR ALLEVIATING ACHES AND SORENESS

By Steve Born

The workout's done and you're mixing up your Recoverite to kickstart your well-earned recovery. In the back of your mind, though, you're thinking, "That was a pretty hard training session; I wonder how long I'm going to be sore and unable to do a whole lot of anything because of that?" And even though some temporary soreness, aka acute inflammation, is actually beneficial, no one wants to deal with aches and pains the rest of the day, into the night, and perhaps even into the next morning.

However, instead of reaching for NSAIDs, which come with plenty of undesirable side effects and could very well make inflammation issues much worse—and you definitely don't want to go there!—opt instead for the ultimate soreness-reduction combination: Tissue Rejuvenator and Hammer CBD.

mation. Although damaged tissue cannot heal without inflammation, chronic inflammation—where the stressor is constant and left unremoved—can eventually cause several diseases and negative health conditions, including some cancers [1]. Not exercising with consistency, exercising too much (i.e., overtraining), insufficient exercise recovery, and other factors (e.g., stress), can lead to excessive chronic inflammation.

THE EXERCISE/INFLAMMATION CONNECTION

It's pretty simple: Lack of exercise increases the potential for undesirable chronic inflammation, while an intelligent exercise program—one that provides sufficient time for recovery, coupled with high-quality nutrition—decreases the potential. We just need to make sure that we're engaged in regular exercise without overdoing it. If we keep inflammation occurring courtesy of training without sufficient recovery, it can very easily go from productive acute inflammation to unwanted and health-damaging chronic inflammation.

SORE? HERE'S WHAT NOT TO DO!

Even though some inflammation is a good thing for your body, that doesn't mean that you have to deal with the soreness. However, NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) are NOT the answer! In addition to the known side effects associated with these types of medications, newer research [2] strongly suggests that NSAIDs inhibit the activity of neutrophils, a type of white blood cell. As Jeffrey S. Mogil, PhD, states, "Neutrophils rush in pretty early after some sort of injury, causing a process that ends up preventing chronic pain, and you probably shouldn't block it." Sports Medicine Specialist Dr. Eugene Aiello, DC, bluntly states, "NSAIDs definitely interfere with the process." That's definitely not a good thing! Stay away from NSAIDs!

TISSUE REJUVENATOR
AND CBD—THEY'RE WHAT
TO DO!

Instead of reaching for NSAIDs, which come with plenty of undesirable side effects and could very well make inflammation issues much worse—and you definitely don't want to go there!—opt instead for the ultimate soreness-reduction combination: Tissue Rejuvenator and CBD.

Tissue Rejuvenator, in both the original formula and vegan-friendly formula—is a powerful two-part formula that helps rebuild joints, tendons, and soft tissue while simultaneously reducing swelling and alleviating aches and soreness. Both products have been top sellers for years and years. Why? Because they work! Oh yes, one other massive benefit, courtesy of the glucosamine sulfate in the products: research revealed that men and women who used glucosamine had a reduced cancer mortality risk than those who did not use glucosamine. [3, 4]

Hammer CBD contains numerous cannabinoids, terpenes, and other compounds that provide multiple benefits for human health, a primary one being that they activate Cannabinoid Receptor Type 2 (CB2) receptors. When CB2 receptors are activated, they work to reduce aches and soreness effectively and powerfully. Additionally, as Dr. Bayne French wrote about one study:

"It was found that CBD activated an enzyme called 15-lipoxygenase-1. The activation of this enzyme triggered the production of numerous substances that were responsible for causing inflammation to subside. 'CBD thus induces a switch in the affected cells, so to speak, which steers the inflammatory process from the promoting to the inhibiting side.'" [5]

MAKE IT A HABIT!

Fall is here! For some, high training volume and intensity continues, as key races are still to come. For others, fall often-times means the start of the off-season, with less training in their traditional sport and more training time in a different sport or activity, such as weight lifting. Whatever your situation may be, you want to continue to make sure you're recovering completely between all your workouts; always remember that you need to recover "as hard" as you train. To accomplish this—all while reducing the aches and soreness that come from acute inflammation, and protecting your body from the more serious chronic inflammation—don't forget to:

- Consume **Recoverite** or **Vegan Recoverite** immediately after all your workouts
- Be sure to implement rest and recovery days into your workout schedule

Make sure that **Tissue Rejuvenator / Vegan Tissue Rejuvenator** and **Hammer CBD** are part of your daily regimen on both workout and non-workout days. The benefits that these products supply are cumulative—you don't build up any kind of tolerance to them—so the more consistently you use them, the better the benefits will be. **Start on them now! Stay on them every day!**

REFERENCES:

[1-5] References available upon request

📷: JOHN BEHNAM

OUR MOST POPULAR
SUPPLEMENT!

I use TR every day as noted. It helps so much in recovery that I'm rarely sore. Here's how well it works: I ran 17 miles this morning with 11 miles between 6:27—>6:00. This afternoon I went to the gym to lift. (Arms/shoulders/calves.) Tomorrow morning I have a 20 mile run.

-KEVIN VERIFIED BUYER



SCAN TO SHOP

TISSUE REJUVENATOR

- Targets soreness and irritation
- Optimizes mobility and flexibility

Use **PROMO CODE: EN145** at checkout for a **FREE RECOVERITE** single serving packet.



5000^{MG} HAMMER CBD BALM

By Steve Born



The original 500mg strength **Hammer CBD Balm** was hugely popular for its ability to quickly alleviate aches and soreness, as well as provide effective support for numerous skin afflictions such as itchiness, skin flare-ups, and rashes (including heat rashes).

Now, for the same price as it always has been—that's right; no price increase at all—**Hammer CBD Balm** comes in a 5,000mg strength. And, just like its predecessor, it's 100% THC-free. Ten times the discomfort-alleviating power, but without any increase in price? You betcha! More potently rapid relief is here! Sore muscles and achy joints don't stand a chance!

A superb carrier agent—medium-chain triglycerides (MCT)—helps maximize skin penetration, which means that a little goes a long way to provide effective relief. Lavender and Eucalyptus essential oils also act as carriers for the phytocannabinoid-rich hemp oil, while imparting a subtly pleasant fragrance.

Simply apply a thin layer of **Hammer CBD Balm** onto the problem area and massage gently until completely absorbed. For best results, repeat the application another one or two times throughout the day.

Made in the USA, and guaranteed to work for you, Hammer CBD Balm—now in the 5,000mg strength—not only has a plethora of uses, it also has a full 18-month shelf life. Keep a stick nearby, storing it at temperatures between 60° and 80°, and put the soothingly effective Hammer CBD Balm formula to work for you often!

Introducing our **NEW 5,000mg CBD Balm**. That's 10x more potent than our current 500mg CBD Balm with the same great price!



Made from
organically
grown hemp*



Sourced &
manufactured
in the USA



Alleviate
aches &
soreness*



BROAD-SPECTRUM HAMMER CBD BALM
MORE POTENT. SAME PRICE.



10x
MORE POTENT

5000MG | **0.0%**
CBD | THC

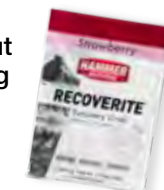


SCAN TO SHOP
HAMMER CBD

- Helps skin, muscles, joints and more
- Helps shorten recovery time

Use PROMO CODE: **EN145** at checkout for a **FREE RECOVERITE** single serving packet!*

*Flavors may vary. While supplies last.
Offer expires Dec. 31, 2026





**NEW
LOOK!**

A NEW LOOK!

40 YEARS IN THE MAKING

AFTER ALMOST 10 YEARS, HAMMER NUTRITION IS REFRESHING ITS LOOK — AND WE THINK IT WAS WORTH THE WAIT.

You'll start seeing the new trade dress rolling out across the product line beginning this year and into 2027. The transition will be gradual as we update labels across the lineup, so don't be surprised if your favorite fuel looks a little different the next time you order. By the time we hit the big 4-0, everything will be wearing the new look.

The new labels are tactile, with contrasting metallic textures drawn from the Hammer archives, a nod to where we've been as we look ahead to where we're going.

The color coding you rely on for flavors and supplement categories stays exactly the same, and all flavored fuels and powdered supplements now feature photography of the flavor and natural ingredients that go into them. Typography and fonts have been tightened up across the board for a cleaner, more modern feel.

We've also made some practical changes that we think you'll appreciate. Macronutrients are now called out prominently on the front of the labels, highlighting things like calories, carbs, protein, and more. This lets you build your fueling plan without squinting at the Nutrition Facts panel. New benefit icons help communicate at a glance what each product does for you.

**The products you love aren't changing. Just the packaging.
Because at Hammer, the pursuit of better never stops.**

HEED[®]

HIGH ENERGY ELECTROLYTE DRINK

THE GUILT-FREE ENERGY DRINK.

Packed with complex carbohydrates, complete electrolyte profile, and essential nutrients that balance blood sugar, buffer lactic acid, and ensure long-lasting energy.

**SCAN TO SHOP
HEED**



Complex carbs for long-lasting energy



Naturally sweetened with xylitol which promotes dental health



No simple sugars, citric acid, or anything artificial



ONE FATHER'S CROSS-COUNTRY MISSION FOR TYPE 1 DIABETES

When Pat McAleer set out from La Push, Washington on July 15th, he wasn't just starting a bike ride. He was starting a journey years in the making. His daughter Mary Kate was diagnosed with type 1 diabetes at age 10. Today she's 27, working as a registered nurse, and managing T1D every day with the same quiet strength that has driven her father to do something big in her honor.

That something big is Ride Pat Ride, a solo, fully independent coast-to-coast cycling journey from the shores of the Pacific Ocean to Virginia Beach, Virginia, raising awareness and funds for Breakthrough T1D and the broader type 1 diabetes community. Each day, Pat dedicates his ride to someone living with the disease, writing their name on a piece of duct tape on his aerobars. When the day is done, those names move to a growing collection on his saddle bag — a quiet, cumulative tribute to the people keeping him pedaling.

One of those names belongs to Kaylina, the niece of Hammer Nutrition's own Jodi Wharton. When Jodi connected with Pat through our customer support team, the conversation quickly became personal. Pat dedicating a day's ride to Kaylina is exactly the kind of moment this journey was built for.

Hammer has been along for the ride. Pat has been fueling his days in the saddle with **Hammer Gel**, **Perpetuem**, **Recoverite**, **Anti-Fatigue Caps**, and **Endurolytes**, reporting excellent results through mechanical hiccups, forest fires, and long rural stretches that come with crossing a continent. He even swung through Whitefish to visit Hammer HQ along the way.

If Pat's story moves you, head to www.ridepatride.org to follow his progress and make a donation supporting type 1 diabetes research. Every contribution helps fund the work that could one day mean a cure for Mary Kate, Kaylina, and the millions of others living with T1D.

HELP PAT REACH HIS GOAL OF **\$250,000** RAISED FOR BREAKTHROUGH T1D

Follow Pat's journey at www.ridepatride.org and donate at the link on his site.

Raised

\$143,978

\$250,000



After each day's ride, Pat transfers the name from his aerobars to his saddle bag, a growing collection of people who inspire him.

**Names were retracted for privacy.*



VISIT US

IN WHITEFISH, MONTANA

Meet the friendly faces behind the brand, get a tour of HQ, try new products, and enjoy this sticker to commemorate your visit!



PAT AND CYNDY VAN MULLEM. HAMMERING SINCE 2008.



FRANK PARSONS, LANDEE LOTT, & JUSTIN STOLL.



ANNA DELOZIER. HAMMERING SINCE 2016.

Anna was visiting from Arizona to participate in Swim the Fish, an open water swim across Whitefish Lake.



DAVE DILLON. HAMMERING SINCE 2005.

Dave was featured in Endurance News in 2005. He still rides every day and fuels with Hammer. At the time of his visit, he had ridden 131 consecutive days and 7,369 miles.

HAMMERNUTRITION.COM | 1.800.336.1977

VISIT US

Below: Mitch DeYoung lining up for his 10th LumberJack 100

📷: ROB MEENDERING PHOTOGRAPHY



REFERRAL PROGRAM



TELL SOMEONE NEW ABOUT HAMMER. GET REWARDED.

THEY GET

15%

off their first order
with your unique code

YOU GET

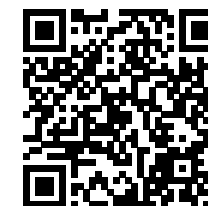
25%

of their order subtotal
as store credit!

HOW IT WORKS

If you're never ordered before, place your first order today to join the program! After your first purchase, you'll get a unique referral link and shareable QR code via email.

If you're an existing Hammer client, get your link now! **Enter your email by scanning the QR.** We will send you your referral link and QR code to share with your family and friends:



SCAN TO GET
STARTED!

RECOVERITE®



I KNOW THE NEXT DAY



I've been using Recoverite for many years after my daily workouts. If I miss my post-exercise Recoverite, I know the next morning when I'm wondering why I'm stiff and sluggish.

At age 72, I plan on using Recoverite forever as I want to continue my healthy lifestyle and greet a lot more sunrises!

- Jack F.



SCAN TO SHOP
RECOVERITE®

Use **PROMO CODE: EN145** at checkout for a **FREE RECOVERITE** single serving packet!

Recoverite is now even better. You asked us to fix the foam, so we added MCT oil. It solved the problem, while delivering a richer, creamier texture.

There's less than 2 grams of added sugar in every flavor, while competitors pack in 30 to 80. Same Recoverite you trust, now better in every way.



HAMMER
NUTRITION®

#HOWIHAMMER

Follow us to stay up to date on the latest health research and stories from athletes like you!

Dr. Bayne French, a physician, woodsman, and Hammer Nutrition's Chief Medical Advisor, has been making reels! Outdoors and with fun, [@metabolidoc](#), will cover many topics important to you and your health.



@hammernutrition



@hammernutrition

#HOWIHAMMER



jimmyp323 and hammernutrition



jimmyp323 Huge congrats to Hammer Athlete Jimmy Povolny on a strong weekend at the 2026 Monster Energy Amateur National Moto Championship at Loretta Lynn's Ranch, finishing 3rd in the 40+ class and 2nd in the 50+ class



mariannyantonelli and hammernutrition



mariannyantonelli After an intense speed or endurance workout, the priority is to begin recovery as soon as possible. That is why Hammer Recovery is an excellent choice; its combination of proteins and carbohydrates is designed to support muscle repair



uncle_bens_rice and hammernutrition



uncle_bens_rice The UIPM Obstacle Course Racing World Championships...what an experience. There's nothing like racing and competing in the "Premier League" of Obstacle Course Racing to test yourself against the best OCR athletes in the world!

VITAMIN D

HELPS PROTECT TELOMERE LENGTH

HINT: THAT'S REALLY IMPORTANT!

By Steve Born

Vitamin D has so many benefits for human health, such as supporting bone health, assisting in optimal cardiovascular health, helping maintain muscle strength, aiding in regulating insulin sensitivity, and so much more.

One important area not previously discussed with much frequency until recently where vitamin D has shown promise is at the cellular level, specifically its potential to reduce telomere shortening.

I really like this descriptive definition of telomeres:

“Inside the nucleus of a cell, our genes are arranged along twisted, double-stranded molecules of DNA called chromosomes. At the ends of the chromosomes are stretches of DNA called telomeres, which protect our genetic data, make it possible for cells to divide, and hold some secrets to how we age and get cancer.

Telomeres have been compared with the plastic tips on shoelaces, because they keep chromosome ends from fraying and sticking to each other, which would destroy or scramble an organism's genetic information.

Yet, each time a cell divides, the telomeres get shorter. When they get too short, the cell can no longer divide; it becomes inactive or "senescent", or it dies. This shortening process is associated with aging, cancer, and a higher risk of death. So, telomeres also have been compared with a bomb fuse. [1]

Dr. Yoshinori Abe adds: "This shortening [of telomeres] influences how your cells age and is linked to slower tissue repair, increased inflammation, and higher risk for some age-related diseases. [2]

It's apparent that doing what we can to maintain telomere length and support telomere health is a wise strategy to employ. Obvious things include regular exercise, quality sleep, stress reduction, and a nutrient-rich diet. Now, it appears that we can add taking vitamin D to the list.

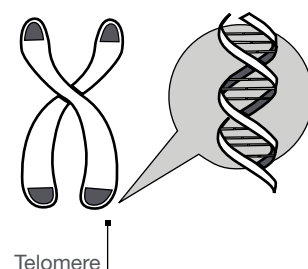
The VITAL Telomere sub-study—from a larger, 15-year-old study known as the VITamin D and Omega-3 Trial (VITAL)—tracked a total of 1,054 females aged 55 years and older and

males aged 50 years and older for five years. Telomere length in white blood cells was assessed at baseline and at the second and fourth years. The results showed that people taking 2,000 IU of vitamin D daily lost about 140 fewer base pairs from their telomeres than those taking a placebo. While this appears to be a small difference, it is statistically significant, as it is suggested to be roughly equivalent to preserving nearly three years of cellular aging. [3]

According to study co-author, Dr. JoAnn Manson, "VITAL is the first large-scale and long-term randomized trial to show that vitamin D supplements protect telomeres and preserve telomere length. This is of particular interest because VITAL had also shown benefits of vitamin D in reducing inflammation and lowering risks of selected chronic diseases of aging, such as advanced cancer and autoimmune disease." [4]

Vitamin D helps maintain telomere length.

Telomeres are the protective caps on the ends of chromosomes. Longer telomeres are associated with increased lifespan.



ENDURO D HAS YOU COVERED!

2,000 IU is the amount of vitamin D3 found in 1 EnDuro D soft gel capsule or between 1/3 and 1/2 of a dropper of Liquid EnDuro D. Our EnDuro D products also contain vitamin K2, which works synergistically with vitamin D3. While vitamin D3 helps your body absorb more calcium, vitamin K2 helps your body transport it to your bones and teeth rather than letting it build up in your arteries and other soft tissues in your body.



1 mL = 2.5

Liquid EnDuro D

EnDuro D Softgel Capsules

Liquid EnduroD is for those who have difficulties swallowing capsules and/or for those who need a higher dose of vitamin D3



FOR OPTIMAL RESULTS, TAKE ESSENTIAL MG WITH ENDURO D!

To get the full value of the plentiful benefits from the vitamin D in EnDuro D, you need sufficient amounts of magnesium. This is because magnesium activates the enzymes involved in vitamin D metabolism. In one study, researchers stated that it is "essential to ensure that the recommended amount of magnesium is consumed to obtain the optimal benefits of vitamin D." [5]

Another study [6] indicates that magnesium also optimizes vitamin D "status" in the body—increasing it in people with deficient levels and lowering in people with too-high levels. This, researchers believe, is vital because people synthesize vitamin D differently; in some individuals, vitamin D levels were found to not rise even after being given high doses of the vitamin. Using magnesium in vitamin D studies, and via magnesium's "raising/lowering vitamin D levels as needed" properties, more-reliable conclusions can be achieved in research regarding conditions related to vitamin D levels.

Additionally, thanks to magnesium's ability to balance and optimize vitamin D levels, more people will be able to enjoy the plethora of benefits that come from optimal—not too low, not too high—blood levels of this all-important vitamin.

SUMMARY

With so many benefits associated with vitamin D, now including supporting cellular health via reduced telomere shortening, if you're not taking EnDuro D, you need to start today!

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Left: Hammer Athlete Thorn Bickle riding down a steep rock face



SHOP
ENDURO D:

- Superior structural health combination
- Offers powerful defense system support
- Ensures proper utilization of calcium

THE MIRACLE NUTRIENT

CoQ10

Brian Frank & Steve Born

Steve's Prefatory Comments:

For nearly 40 years, Race Caps Supreme (formerly known as Race Caps) has been THE go-to product for nearly countless numbers of athletes seeking to greatly improve their performance safely and naturally. This one-of-a-kind product has also been a key supplement for non-competitive, health-conscious people to support many aspects of their overall health. Race Caps Supreme's beginnings were humble, and it all began with Brian's ahead-of-its-time usage of a nutrient called Coenzyme Q10 (CoQ10). Read on for Brian's discovery, one that has since benefited thousands upon thousands of athletes and health-conscious individuals...

In 1983, I (Brian Frank) was an overachieving high school student in Long Beach, CA, training 3-5 hours a day playing water polo and racing motocross, while maintaining a 3.8 GPA in honors and accelerated classes! On top of all of this, I worked two or three jobs to pay for my racing. Not surprisingly, I was out of energy long before the day was over. I struggled with my energy and recovery despite the fact that I ate a healthy whole foods diet rich in protein, lacking refined sugars, carbohydrates, and chemical additives. At the suggestion of my father, the late Jerry Frank D.C., I began taking high doses of coenzyme Q10 (CoQ10) along with vitamin E and Inosine. The difference I noticed in my energy, endurance, and recovery was so profound it was hard to believe.

I used these three micronutrients, along with all my other normal vitamins, for the remainder of my high school career. I continued using high doses of CoQ10 when I went to college in San Francisco and developed a love for road cycling as rehabilitation for my second knee surgery. It was during my long rides over the Golden Gate Bridge and into the Marin Headlands that I realized that I could make a business out of selling these nutrients to triathletes, cyclists, and endurance athletes of all ages. This led me to start E-CAPS in 1987 with the help of my father.

Keep in mind, at this time coenzyme Q10 was largely unknown to the general public and research was in its early stages. Today, coenzyme Q10 is the single most studied and researched nutrient and is the most widely used in the world for cardiovascular health.

Now you know a little bit more of my experience with CoQ10, I encourage you to read Steve's excellent article on why our CoQ10 formulation is the one you want and is still your best source your best choice and the most effective, most economical way of making this miracle nutrient an everyday part of your life.

COENZYME Q10 (CoQ10) – THE MIRACLE NUTRIENT!

In 1957, Dr. Frederick Crane made one of history's most important nutritional discoveries with his discovery of a quinone—a member of a class of cyclic organic compounds) in the mitochondria of beef heart, we know as Coenzyme Q10 (CoQ10). Dr. Crane's discovery began the ongoing research, starting with

Dr. Peter Mitchell's Nobel Prize-winning research showing that CoQ10 is a naturally occurring nutrient that produces ATP (energy) at the cellular level, energy that the body requires to stay healthy and optimize all its functions. [1, 2]

Ever since Drs. Crane's and Mitchell's landmark research in the late 50's/early 60's, nearly countless studies have been done on CoQ10, which is classified as ubiquinone, coming from the word "ubiquitous," which is defined as "present, appearing, or found everywhere." CoQ10 was given this name because it is present in every cell in the body.

Nutritional scientists are universally in agreement about the importance of CoQ10; here are just a couple comments:

"Without CoQ10 or a good substitute, human life quickly ends."

-James South, MA

"That CoQ10 plays a crucial role in aging is beyond doubt. The same applies to CoQ10's role in the immune system. And there is a vital connection between the immune system and aging that cannot be ignored."

- Emile G. Bliznakov, MD

"CoQ10 is energy on call. I have long considered CoQ10 a wonder nutrient because of its ability to support heart health."

- Dr. Stephen Sinatra

"Ubiquinone (CoQ10) is possibly the hub around which life processes revolve in the human body."

- Dr. William V. Judy

Along with its many benefits for numerous aspects of human health, CoQ10's energy producing properties, along with its antioxidant capabilities make it an ideal nutrient for naturally enhancing athletic performance and recovery. 39+ years ago, most people had never even heard of CoQ10, let alone knew about its multiple benefits for athletic performance and overall health. One company, however, Hammer Nutrition (known as E-CAPS back then), was already "in the know" about this remarkable nutrient, harnessing the power of CoQ10 (ubiquinone) into a product called "Race Caps."

It didn't take long for the word to get out that a truly effective, safe, and perfectly legal endurance-enhancing supplement was finally available. If you were a serious endurance athlete in the late 1980s and 1990s, Race Caps was a part of your arsenal. In the coming years, athletes and non-athletes became more informed about the plethora of benefits attributed to CoQ10, and CoQ10 supplements became more readily available. Not content to rest on its laurels, Hammer Nutrition continued to blaze the trail. In 2003, while other companies were still trying to play catch up, the original Race Caps formula was revised. A great product had become even better, so a new name was in order: **Race Caps Supreme**.

RACE CAPS SUPREME—COQ10 AND SO MUCH MORE!

In addition to CoQ10, Race Caps Supreme contains much more than the standard ubiquinone or ubiquinol supplements, all of which provide even greater endurance/recovery/general health benefits.



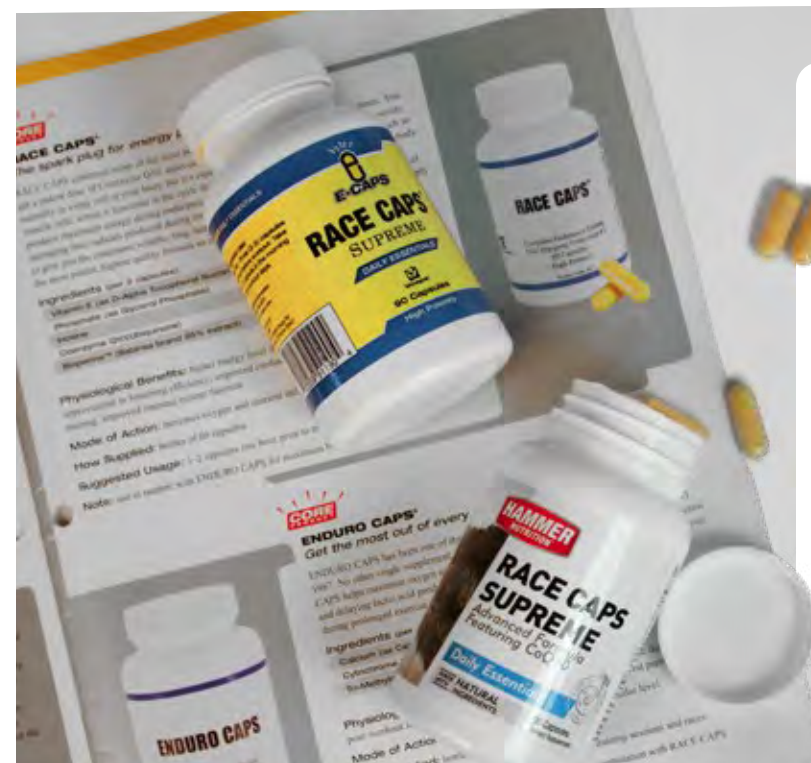
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TO CONTINUE READING!**
hammernutrition.com



**SCAN TO SHOP
RACE CAPS
SUPREME**

**After nearly 4 decades, its
CoQ10-based formula is still
without peer!**

ENERGY | ENDURANCE | RECOVERY



Left: Hammer Athlete Luke Gorris putting in work at Iron Man 70.3 Muncie

@PEYTON MERICA

MINIMUM CALORIES PER HOUR

By Brian Frank

WHAT'S YOUR MCPH?

Brian Frank here, talking about a really important subject. "Got to get this off my chest before I explode," as the old headline used to read. For nearly 40 years, I've been dealing with the question:

How many calories per hour one should consume when exercising, be it an hour, 3 hours, 6 hours, 12-hours or multi-day events. Hint – Less is Best!

This question vexes many athletes, and unfortunately, there is so much myth and misinformation surrounding it. The high-calorie crowd, as we call them, the experts of the day, were saying the same thing about how many calories per hour, with some going as high as 400, even 600! Silliness!

Maybe that's what you're burning. Doesn't really matter. You can't consume anywhere near that much. So, now we have a

whole new generation of research, sort of. The outcome of a couple of questionable studies touting 60 to 90 grams an hour of carbohydrate is the basis for the "new" 80-100+ grams per hour or recommended intake. **Take a closer look at that research - Test subjects operate at 50% of max watts! What?**

That's right. Participants are walking along at a 95 beats per minute heart rate, not so much. We're constantly exercising at a much higher heart rate than that.



HAMMERNUTRITION.COM | 1.800.336.1977

MINIMUM CALORIES PER HOUR

You've probably tried higher calorie intake and had GI distress, plus all kinds of fun problems that go with it. So we invented this concept that less is best for optimal fueling in response to constantly dealing with athletes suffering from overconsumption of calories. So I have a little system I call the minimum calories per hour - MCPH.

MCPH is the number you want to know. You want to determine your minimum calories per hour that allows you to exercise at the limits of your ability and fitness, not slow down, and not suffer GI distress or any other cramping problems.

IT COMES DOWN TO ABOUT ONE CALORIE PER POUND OF BODY WEIGHT FOR MOST ATHLETES.

That usually ends up being the sweet spot, plus or minus a few. So, for most athletes, we're talking 100 to 180 calories an hour. Nowhere near this up to 360 calorie craziness we're hearing. This high-calorie take also contradicts human physiology. **We know that the human liver can return about 1 gram of carbohydrate per minute into glucose for energy during exercise, and glycogen—stored in the muscles—post exercise.**

So there you go. Four calories per gram, times 60 minutes in an hour, equals a 240-calorie per hour theoretical ceiling. So why try to exceed that? And more to the point, why try to stuff so many calories down your throat when you just want to go pedal, swim, bike, run, whatever?

So do that and consume a lot less calories. You'll be happier, your stomach will be happier, and you can forget about all the high-calorie fuss and muss.

So less is best. 100-180 calories an hour. One calorie per pound of body weight, and you'll be in the ballpark.

**BODY WEIGHT $\pm$ 20%
MINIMUM CALORIES PER HOUR
(MCPH)**

Above: Cyclists rounding a corner at Hammer Switzerland sponsored event, Kriterium Arlberg Giro.

📷: TVB ST. ANTON, AM

**FIZZY. FLAVORFUL.
FULL OF THE ELECTROLYTES
THAT KEEP YOU GOING**



SCAN TO SHOP

ENDUROLYTES® FIZZ

- Tasty, refreshing flavors
- Virtually free of carbohydrates & calories
- Provides a full spectrum of electrolytes

Use **PROMO CODE: EN145** at checkout for a **FREE RECOVERITE** single serving packet!*

*Flavors may vary. While supplies last.
Offer expires Dec. 31, 2026



ADD THE NAC TO YOUR STACK

NEW!



SCAN TO SHOP
HAMMER NAC

- Supports healthy antioxidant defenses*
- Promotes glutathione production*
- Helps protect cells from oxidative stress*
- Supports overall cellular health and vitality*

Use **PROMO CODE: EN145** at checkout for a **FREE RECOVERITE®** single serving packet*

*Flavors may vary. While supplies last.
Offer expires Dec. 31, 2026



HAMMER NAC (N-Acetyl L-Cysteine)

By Steve Born

We are familiar with the saying, “If at first you don’t succeed, try, try again.” And we think that’s appropriate now that **Hammer NAC** is here, standing on its own as a powerful addition to the Hammer Nutrition lineup.

NAC (N-Acetyl L-Cysteine) is such an amazing nutrient that it made the cut (not an easy thing to do) for inclusion in our supremely potent and multi-beneficial product, **Amino Age**. Unfortunately, even with some changes made to the **Amino Age** formula (i.e. Gen 2), NAC’s sulfur-y smell and taste, along with the fact that the powder started clumping after several weeks, caused us to remove it from **Amino Age**.

But when you have such an incredible nutrient like NAC, one that you know everyone can benefit from, you find a way to make it available. And we did just that. Now you can get all the benefits of NAC—a full 600 milligrams’ worth in just two capsules. No powder to mix, or unpleasant taste to deal with. Just pure, health-promoting NAC.

Taking Hammer NAC once or twice daily—ideally combining it with other Hammer Nutrition supplements (discussed later)—provides your body with a powerhouse of a nutrient that supplies a wide range of extraordinary benefits.

N-ACETYL-L-CYSTEINE (NAC)

- **Potent antioxidant properties.** NAC functions both as a direct scavenger of free radicals, as well as providing the cysteine necessary for the production of glutathione [1] (see next bullet point)
- **Boosts glutathione levels in the body.** NAC is universally considered to be the most effective precursor for the endogenous production of glutathione (GSH) arguably the body’s most powerful antioxidant. One study concludes, “NAC acts as a precursor to intracellular cysteine, increasing the pool of GSH, which in turn is essential in several diseases linked to oxidative stress as a consequence of glutathione depletion.” [2]
- **Powerfully supports the body’s detoxification process.** NAC can help prevent side effects of environmental toxin exposure. One study states, “The use of NAC as a chelator of heavy metals appears to be a promising area of medical research and further clinical studies to verify these preliminary findings are warranted.” [3]
- **Liver protector extraordinaire.** In addition to supporting the body’s detoxification processes, NAC’s liver-protective powers are hard to overstate, as it is frequently used in medical settings to treat liver toxicity associated with acetaminophen overdose. One study states that NAC “is the mainstay of therapy for acetaminophen toxicity. NAC has FDA approval for treating potentially hepatotoxic doses of acetaminophen (APAP) and is almost 100% effective if given within 8 hours post-ingestion.” [4]

- **Protects the lungs and helps relieve symptoms of respiratory conditions.** Excess mucus accumulates in the airways, causing it to become sticky and hard to remove, and leading to difficulty breathing. This complicates many lung conditions, including bronchitis, asthma, and more. NAC has been shown to reduce both the thickness of the mucus and the mucus itself, helping to clear the airways for easier breathing. [5, 6, 7]
- **Helps stabilize blood sugar.** Animal studies show that NAC may stabilize blood sugar by decreasing inflammation in fat cells and thereby improving insulin resistance. [8]

“STACK” HAMMER NAC WITH OTHER HAMMER SUPPLEMENTS? ABSOLUTELY!

Certainly, NAC’s plentiful benefits allow it to stand on its own. However, adding (“stacking”) Hammer NAC with other Hammer Nutrition supplements will supply even more benefits.

1. As NAC was an original ingredient in **Amino Age**—it works with the glycine component to support glutathione production—it makes perfect sense to take 2 capsules of Hammer NAC with a dose of **Amino Age**.
2. NAC is a powerful protector of the liver, so it’s a natural to take Hammer NAC with **LSA Caps**.
3. NAC supports lung health, so taking Hammer NAC with **Clear Day** is a great way to provide even wider-ranging support for your lungs.
4. **Premium Insurance Caps** contains ample amount of all the B vitamins, which are essential cofactors that aid in the pathways that convert cysteine into glutathione.
5. **Endurance C.** Vitamin C helps regenerate oxidized (i.e. “used up”) NAC, allowing it to continue functioning as an antioxidant, and to continue boosting glutathione in the body.
6. **Mito Caps** contains r-alpha lipoic acid, which not only helps regenerate oxidized vitamin C, it is also a glutathione precursor.
7. **EnDuro D** works with NAC in significantly reducing cellular senescence. According to the National Institute on Aging, “Cellular senescence is a state in which stressed or damaged cells permanently stop dividing but refuse to die. Instead of clearing out, these ‘zombie cells’ linger and release chemicals that cause inflammation, damaging neighboring cells and driving biological aging.” [9]

SUMMARY

Even though it didn’t quite work in **Amino Age**, we didn’t give up; we were determined that NAC had to be in the Hammer Nutrition lineup. Now, with the arrival of Hammer NAC in easy-to-take capsule form, this unique and hugely beneficial nutrient is available to you. Take Hammer NAC once or twice daily, ideally combining your dose(s) with the earlier-mentioned Hammer Nutrition supplements, and reap the many wide-ranging benefits it supplies.



Left: Aaron Coffman crawling under barbed wire at the San Diego Spartan Race
Right: SPORTOGRAF / SPARTAN RACE

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YOUR RECOVERY JUST GOT AN UPGRADE

IMPROVED
FORMULA

**SOMETIMES IT'S THE LITTLE THINGS THAT
MAKE A PRODUCT EVEN GREATER**

By Steve Born

A few years ago, we did a big thing to the **Recoverite** formula. What for? Why would we take an outstanding, top-selling product—one that thousands upon thousands of athletes rely on—and tinker with the formula? **Because of the words of Brian Frank, Hammer Nutrition Founder & CEO:**

“My policy is simple: Any time I can improve a product, I will.”

And improve Recoverite he did (a few other Hammer Nutrition fuels as well), by swapping out the original corn-derived maltodextrin (complex carbohydrate) with tapioca/cassava root-derived maltodextrin. And while corn-derived maltodextrin was indeed excellent, tapioca-derived maltodextrin is even better, as discussed in the article, Six Reasons Why Tapioca is Tops.

Now, we've addressed a not-quite-so-big thing, though it's an issue that most definitely warranted fixing. For the past few months, we have heard from some of our clients that Recoverite had a foaming issue. It mixed fine, but on top was

an unwanted layer of foaminess. Now, with some companies, you might hear “Oh, it's not a big deal and doesn't affect the product. Just deal with it.”

Not from Hammer, though. You provided feedback to us on an issue, and we took that feedback seriously. You asked us to resolve this issue and not only did we listen, we fixed it.

The new Recoverite formula adds a bit of MCT oil. Medium Chain Triglycerides are rapidly absorbed fats that your body uses efficiently for energy and recovery. Regarding the latter, MCT oil is believed to enhance recovery by reducing aches and soreness and promoting protein synthesis. MCT oil also happens to eliminate the foaming issue entirely and allows for an even more-pleasant creamier taste. Yum!

THE “NO FOAM; NO ADDED SUGAR” RECOVERITE FORMULA

The very first and most crucial step to ensure you're recovering optimally after your training sessions is “refilling the tank” ASAP with Recoverite. There is simply no other recovery drink that will get your body more ideally prepped for future workouts and events better than Recoverite. Here's why:

Complex carbohydrates (tapioca-derived maltodextrin). Unlike refined simple sugars (glucose, sucrose, fructose), which other companies copiously add to their products, the no-sugar-added Recoverite formula contains tapioca maltodextrin, a superior form of this complex carbohydrate. Unlike simple sugars, maltodextrin allows more calories to be easily digested (no gut issues) and works faster in thoroughly restocking depleted glycogen stores (your on-board fuel source), so that you're not “on empty” for the next day's workout.

100% grass-fed whey protein isolate is the highest quality and most bioavailable and beneficial protein source of all. The richest source of all nine essential amino acids—including an outstanding 2030 mg of the all-important branched-chain amino acids (BCAA) per serving—nothing else comes close to whey protein isolate (10 full grams of protein per 2-scoop serving) for rebuilding lean muscle tissue stronger, reducing soreness, and supporting the immune system. We outline the multiple benefits of whey protein isolate in the article *Hammer Whey Protein: It's a Superfood* (starts on page 51).

Glutamine. So many benefits are associated with this amino acid (entire books have been written about it), glutamine is the most abundant amino acid in the muscles. It plays a significant role in the glycogen synthesis process and assists with the repairing/rebuilding of muscle tissue. Glutamine has also been shown to help raise bodily levels of glutathione, the most important antioxidant for immune system health. Glutamine also contributes to growth hormone release and is essential for gut and digestive health.

Full-spectrum electrolyte profile. The complete profile of sodium, chloride, calcium, magnesium, and potassium helps replenish exercise-depleted mineral stores.

Chromium Chelate. This trace mineral helps regulate blood sugar and plays a vital role in the synthesis of glucose, fatty acids, and amino acids. During recovery, chromium facilitates carbohydrate storage (glycogen synthesis).

L-Carnosine. One of the most versatile and beneficial nutrients there is, carnosine buffers excess acidity during exercise and offers superb antioxidant support post-exercise.

MCT Oil. Eliminates the foam, while helping alleviate aches and soreness and promoting protein synthesis.

THE BENEFITS YOU RECEIVE FROM RECOVERITE

It's easy to greatly enhance your exercise performance, thus noticeably boosting your fitness, by simply taking a few moments—right away after your workout's done—to put some high-quality carbohydrates, protein, and key complementary nutrients back in your body. When you do that, here's what your body does to handsomely reward you for all the work you did in the training session:

- 1.** Your muscle cells will be restocked with fuel so that you will have it on board ready to serve you in the next day's workout. In fact, the more consistently you train AND resupply the body with fuel, the more your body will respond by storing additional minutes of fuel in the muscles. This is a real bonus when you toe the line at future races.
- 2.** Your muscle tissue will have the raw materials (amino acids) needed to become stronger, which will allow you to increase your training volume and intensity without your muscles taking as much of a beating.
- 3.** The amount of soreness you experience from one workout to the next will be greatly diminished.
- 4.** Your immune system will be stronger, reducing the possibility of missing training days due to being sick.

All these tremendous benefits can be yours! And it's so easy! Train wisely and replenish right away! Simple! But remember that what you put in your body for post-exercise replenishment determines the quality of your recovery. The adage “garbage in, garbage out” definitely applies to post-exercise fuel replenishment. You cannot hope to improve your athletic performance or support optimal health if you indiscriminately chow down on junk foods or recovery drinks containing refined sugar, artificial ingredients, poor-quality protein, and minimal-to-no recovery supporting nutrients. That's just not going to cut it if you hope to get the full value out of all the time and energy you put into your training.

Recoverite will give your body the necessary complex carbohydrates and premium-quality protein it's craving, as well as other important nutrients that will help it recover quicker and more completely. It's no surprise that Recoverite is our #1 selling fuel—especially now with its better-than-ever “no foam” formula—because it Flat. Out. Works. Make sure you NEVER run out!



Left: Michelle Webb
Photo: BRIAN KOHAGEN

ASK HAMMER



Q: WHAT PRODUCT IN THE HAMMER NUTRITION LINE IS THE BEST FOR INCREASING NITRIC OXIDE (NO) PRODUCTION?

A: Nitric oxide (NO) is a simple gas molecule made of one nitrogen atom and one oxygen atom. It is a signaling molecule that the body produces naturally to relax and widen blood vessels (vasodilation). This improves blood circulation, which—among many other benefits—helps deliver oxygen and nutrients to the body more efficiently and effectively, especially benefitting the vital organs and working muscles.

For use prior to and during prolonged exercise, **Fully Charged** contains a couple of NO-boosting nutrients/compounds, primarily the trademarked compound, Spectra™, a proprietary blend of 29 vegetable, fruit, and herbal ingredients, that was shown in a crossover, double-blind, placebo-controlled study to increase NO levels by 64%.

For daily use and to enhance overall health, we suggest **Amino Age**. In addition to the plethora of benefits its four nutrients provides, this very much appears to be the **best nitric oxide-boosting supplement we have.**



SCAN TO SHOP AMINO AGE

- Steady, all-day energy
- Massively enhanced recovery
- Promotes overall wellness

Here's what is stated regarding the four amino acids in the product and their effects on nitric oxide:

GLYCINE

Glycine can increase nitric oxide (NO) production and improve its bioavailability. Glycine can enhance the synthesis of nitric oxide synthase (NOS), the enzyme responsible for producing NO, and reduce the harmful effects of free radicals and oxidative stress, which can impair NO production.

TAURINE

Taurine can increase nitric oxide levels by promoting its production and improving its bioavailability. It achieves this primarily by upregulating (increasing the rate, level, or activity of a biological process) and activating endothelial nitric oxide synthase (eNOS), while also protecting nitric oxide from oxidative breakdown.

L-CITRULLINE

When you consume the amino acid, L-citrulline, your body converts it into another amino acid, L-arginine, which is then used to produce nitric oxide. Research suggests that L-citrulline is often more effective at raising L-arginine and nitric oxide levels than taking L-arginine itself. This is because L-citrulline is absorbed and processed better by the body.

L-CARNOSINE

Carnosine's ability to modulate (change, regulate, or adjust something to a certain level or proportion) NO production is often linked to its broader antioxidant and anti-inflammatory properties. By reducing oxidative stress and inflammation, carnosine can indirectly influence NO production, either by preventing the overproduction of NO due to stress or by promoting a more balanced NO system.



Left: Andrew Wood at Weld Your Mettle 50K in Eaton, CO.

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GREAT FOR
SKIN & HAIR
AND SO MUCH MORE!



HAMMER COLLAGEN

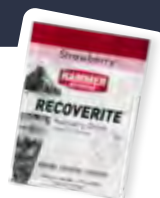
DUAL SOURCE, USA INGREDIENTS

MADE
IN THE
USA



SCAN TO SHOP HAMMER COLLAGEN

- Supports healthy skin, hair, and nails
- Optimizes strength and structural integrity
- Outstanding for the heart and arteries



Use PROMO CODE: **EN145** at checkout for a **FREE RECOVERITE®** single serving packet*

*Flavors may vary. While supplies last.
Offer expires Dec. 31, 2026

COLLAGEN

RESEARCH CONFIRMS ITS COMPREHENSIVE BENEFITS

By Steve Born

FIRST, A COUPLE OF TERMS ARE DEFINED...

According to the Korean Journal of Anesthesiology, published in the National Library of Medicine, “A systematic review attempts to gather all available empirical research by using clearly defined, systematic methods to obtain answers to a specific question. A meta-analysis is the statistical process of analyzing and combining results from several similar studies.” [1] “Systematic reviews and meta-analyses are generally considered the highest tier of evidence, sitting at the top of the research hierarchy, because they provide a rigorous, objective synthesis of multiple primary studies.” [2]

According to the University of Melbourne, “An umbrella review compiles evidence from multiple existing reviews and is one of the highest levels of evidence. Allowing easy comparison between other individual reviews, the umbrella review may address a broader question and can be useful for comparing interventions and developing guidelines.” [3]

I mention this to emphasize the high quality and confirmed results of an umbrella review that was published in the Aesthetic Surgery Journal. This review included 16 systematic reviews and meta-analyses—which included 113 randomized, controlled trials—and involved nearly 8,000 participants. [4]

According to the lead author, Dr. Roshan Ravindran, their findings “illustrate the multifaceted potential of collagen supplementation across distinct health domains, with several outcomes supported by moderate-to-high certainty of evidence.”

These positive outcomes include:

- Substantial improvements in skin elasticity and hydration
- Improvements in fat-free mass and muscle architecture (i.e., the muscle fibers are arranged in an improved way, which helps improve the muscle’s functional capacity, range of motion, and strength)
- Modest increases in maximal strength
- Enhanced tendon morphology (i.e., the structure, composition, and organization of tendons)
- In individuals with osteoarthritis, collagen supplementation was consistently associated with symptom relief

Note: The researchers noted that while collagen’s effects on oral health were mixed, and its cardiometabolic benefits were not statistically definitive, both these areas are worthy of further exploration.

Dr. Ravindran summarizes:

“Collagen is a protein with multiple roles within the human body such as supporting fibroblast formation in the dermis, replacing dead skin cells, protection of organs, giving structure, strength and elasticity to the skin, and a primary role in blood clotting.” It has been suggested that the body’s collagen production slows down over time, decreasing by 1% a year beginning in early adulthood.

Given the scale and scope of this umbrella review, the most comprehensive to date, there is now a compelling rationale for clinical guideline bodies, research councils, and public health institutions to reappraise the role of collagen in preventive health strategies. The signal is clear: collagen, once relegated to cosmetic marketing, now shows potential as a legitimate adjunct in the prevention or management of age-related decline in connective tissue integrity.

HAMMER COLLAGEN: THE EASY AND DELICIOUS WAY TO OBTAIN THE COLLAGEN YOU NEED!

Hammer Collagen contains:

Type I Collagen (from bovine hides and fish scales/hides) – This is the most abundant type of collagen in the body, making up approximately 90% of all the collagen in the body, and it’s also the most abundant protein in the body, making up about 30% of total protein content [5]. Type I collagen is typically found in the bones, connective tissues, skin, and tendons, and plays a significant functional role in maintaining/improving the strength and integrity of bones, connective tissues, and skin. Additionally, Type I collagen also plays a role in maintaining healthy hair and nails.

Type III Collagen (from bovine hides) – Type III collagen is the second most abundant collagen type in the body [6]. It is a major component in areas like skin, blood vessels, arteries, intestinal walls, and lungs. Type III collagen supports skin elasticity and firmness, helping reduce wrinkles and fine lines. It helps alleviate joint aches and stiffness and supports overall cartilage and joint health. Type III collagen provides structural support to blood vessels, as well as the integrity of the gut lining, and it is a vital structural protein in the lungs.

SUMMARY

Given the multiple research-validated benefits that **Hammer Collagen** provides, along with the fact that we produce less collagen as we age, daily supplementation with Hammer Collagen is a no-brainer. Plus, with each serving of Hammer Collagen, you’ll supply your body with 9 grams of high-quality protein. Available in Chocolate and Vanilla flavors, and in both single-serving packets and cost-saving 30-serving containers, Hammer Collagen is here and ready to go to work for you!

REFERENCES

[1-6] References available upon request

HAMMER HOUSEKEEPING

NEW TRADE DRESS

To celebrate four decades, Hammer is getting a new look. Our current label design has been with us for almost 10 years and will be phased out in 2026, with the new labels rolling out across the product line by 2027, if not sooner. They are printed with high-quality finishes and feature images of our natural flavors. We've also called out important information, like calories and/or ingredients, so it's easier to find what's right for you. See the difference in the Hammer Gel ad on the opposite page.

To learn more about our new trade dress, see pages 22-23 in this issue of Endurance News.

NEW
LOOK!



RECOVERITE®

NON-FOAMY RECOVERITE. No more foam! Based on a lot of feedback from you, we decided to “fix” the foaming tendency when mixing up a serving of Recoverite. The “solution” was to add a bit of fat from medium chain triglycerides. That also necessitated reducing the servings per container from 32 to 28.

However, we did lower the price, so we're not trying to sneak a price increase on you. The result is almost zero foam and a richer, full-body taste/texture that you are sure to like. Keep the product feedback coming, we're listening.

Flip to page 38 of this issue to read how your recovery has been upgraded.

NO MORE
FOAM!



URIC X

Formulated by Dr. Bayne French, Hammer Nutrition's Chief Medical Advisor, and backed by a wealth of research, Uric X targets the unwanted health-related issues of high uric acid levels. Inflammation, high blood pressure, gout, and more are associated with elevated uric acid (UA) levels. The ideal target for UA is less than 5.0 mg/dL for men and 2.0 – 4.0 mg/dL for women, so if you're near or above those numbers, you'll want to start on Uric X right away.

See pages 54-57 in this issue of Endurance News for more on uric acid and the new Uric X product.

NEW!



HAMMER NAC

NAC (N-Acetyl L-Cysteine) is an extraordinary nutrient, one that positively influences a truly wide range of health needs. We wanted to share its multiple benefits with our clients, which is why we originally had NAC in Amino Age. Unfortunately, for many, the naturally occurring smell and taste of NAC was off-putting, which is why it is now available in easy-to-take capsules.

For more on Hammer NAC, see pages 36-37 in this issue of Endurance News.

NEW!



COMPLEX CARBOHYDRATES FOR SMOOTH, CONSISTENT ENERGY
REAL FLAVOR. REAL FUEL.

NEW LOOK ———
OLD LOOK ———



SCAN TO SHOP

HAMMER GEL®

- Rock-solid sustained energy
- No sugar crash
- Easy to digest, no GI distress

Use PROMO CODE: **EN145** at checkout for a FREE RECOVERITE® single serving packet*

*Flavors may vary. While supplies last. Offer expires Dec. 31, 2026



“ Regardless if I'm on the water or a training run. Hammer Gel packets are a critical fuel for success. A small, but powerful boost when you need it most! ”

— JAKE L.
VERIFIED BUYER

CAN I USE BOTH PHYTOLEAN AND CHITOLEAN TOGETHER?

Yes, both products may be taken together! Here's when...

Though Phytolean does affect some areas of fat metabolism, its primary method of action is as a starch blocker. ChitoLean, on the other hand, does little to nothing with carbohydrates (starch or otherwise), but instead is a very effective fat blocker.

Like Phytolean, ChitoLean is not necessarily a daily use supplement. Instead, you should reserve ChitoLean use for when you're consuming a meal that contains a lot of not-so-great fats (think: a big Italian meal with lots of fat-saturated cream sauces and butter, or a meal that includes a fat-loaded cheeseburger).

You could also use Phytolean in tandem with ChitoLean. The same "big Italian meal" applies, only now we're taking into account all of that pasta and bread. The "fat-loaded cheeseburger" meal also applies when we add in an order of starchy French fries and the cheeseburger bun.

Bottom Line: When you have a high-starch and high-fat meal in front of you, definitely use both Phytolean and ChitoLean!

Special Notes on ChitoLean:

You will want to take all medications and healthy fats 4+ hours before or after taking ChitoLean. This is because the positive charge carried by the chitosan molecule causes it to bind to negatively charged substrates such as fat... and that means ALL fat, including the healthy fats found in foods such as avocados, and nuts and seeds, as well as healthy oils such as virgin olive oil, flaxseed oil, or the omega-3 fatty acids found in EnduroOmega, our omega-3 fish oil supplement.

The absorption of all fat-soluble nutrients—including vitamins A, D, E, K (vitamins D & K being found in Enduro D and other fat-soluble nutrients such as Coenzyme Q10 (Race Caps Supreme), and everything that's in AO Booster—will also bind to chitosan, which means that they won't be absorbed. That's NOT what you want!

Because chitosan is a fiber, you should consume 8+ ounces of water when you take your ChitoLean at the start of your meal. That will help make the product work even better and prevent your body from having to pull fluid away from other areas of the body to help with the digestion of the chitosan.

SUMMARY

During the off-season, many athletes resign themselves to weight gain, courtesy of training less and eating more over the holiday season and well into January and longer. If that scenario sounds all too familiar, don't be dismayed. With a bit of effort on your part—along with the potent support of Phytolean and ChitoLean—you can end this year and begin the new year without carrying unwanted pounds.

Of course, healthy eating, portion control, and regular exercise play important roles in reaching and maintaining your desired weight as well. And if you limit snacking and reduce your starch intake in the afternoon and evening, you'll start experiencing significant weight loss!

Bottom Line: With Phytolean and ChitoLean—and again, you can use them both together!—you have an unbeatable weight-loss/weight-management combination that goes to work for you from the very first dose!

PHYTOLEAN & CHITOLEAN

YOUR OFF-SEASON WEIGHT CONTROL WEAPONS

By Steve Born

We're approaching the time of year when keeping those unwanted pounds off can be tough. Many of us are in at least some semblance of off-season mode, meaning our time spent exercising has decreased. Add to that the upcoming holidays, where consuming lots of food—including those delicious desserts—is oftentimes the norm. All of this makes staying at or near our target weight a major challenge, so much so that many simply resign themselves to a period of weight gain. If that scenario sounds all too familiar, don't be dismayed. With a bit of effort on your part—and a powerful assist from Phytolean and ChitoLean—this can be the year you don't pack on those unwanted pounds.

In 2013, we introduced Phytolean, a safe and highly effective weapon for weight loss. Its formula was simplicity itself, just two nutrients/compounds, but oh, its effectiveness was undeniable. 13 years later, Phytolean remains the "go to" product to help prevent weight gain for those of us who love starchy carbs (rice, pasta, bread, crackers, etc.) and oftentimes find ourselves overdoing it.

1,000 mg of White Kidney Bean (Phaseolus vulgaris L.) Extract

- This extract from the white kidney bean (phaseol-amin) is commonly referred to as a "starch blocker" due to its ability to reduce the activity of the alpha-amylase enzyme, which is involved in starch breakdown and sugar absorption. With less alpha-amylase enzyme available, higher amounts of carbohydrates (primarily starchy ones) pass through the body instead of being assimilated into sugars and stored as body fat.

Effective? You bet! Two capsules of Phytolean will block 300 grams (that's 1,200 calories!) of starchy carbohydrates from being absorbed and turned into stored fat!

Six years ago, we introduced the perfect companion to Phytolean, the incredibly effective fat-blocker supplement ChitoLean (pronounced: CHIT-uh-lean). This formula is headed up by Chitosan (CHIT-uh-san), a nutrient derived from shellfish that effectively binds with fat in the intestine and blocks absorption. This "fat blocking" effect not only assists with weight loss but also helps normalize cholesterol levels and aids in inhibiting unhealthy deposits of fat that accumulate in the lining of the artery wall.

ChitoLean also contains the following complementary nutrients:

N-Acetyl-L-Carnitine is an amino acid, and, like all forms of L-carnitine, it is THE nutrient that transports fatty acids into cells for the production of energy. Without adequate supplies of L-carnitine, fatty acids cannot be effectively burned as a fuel source.

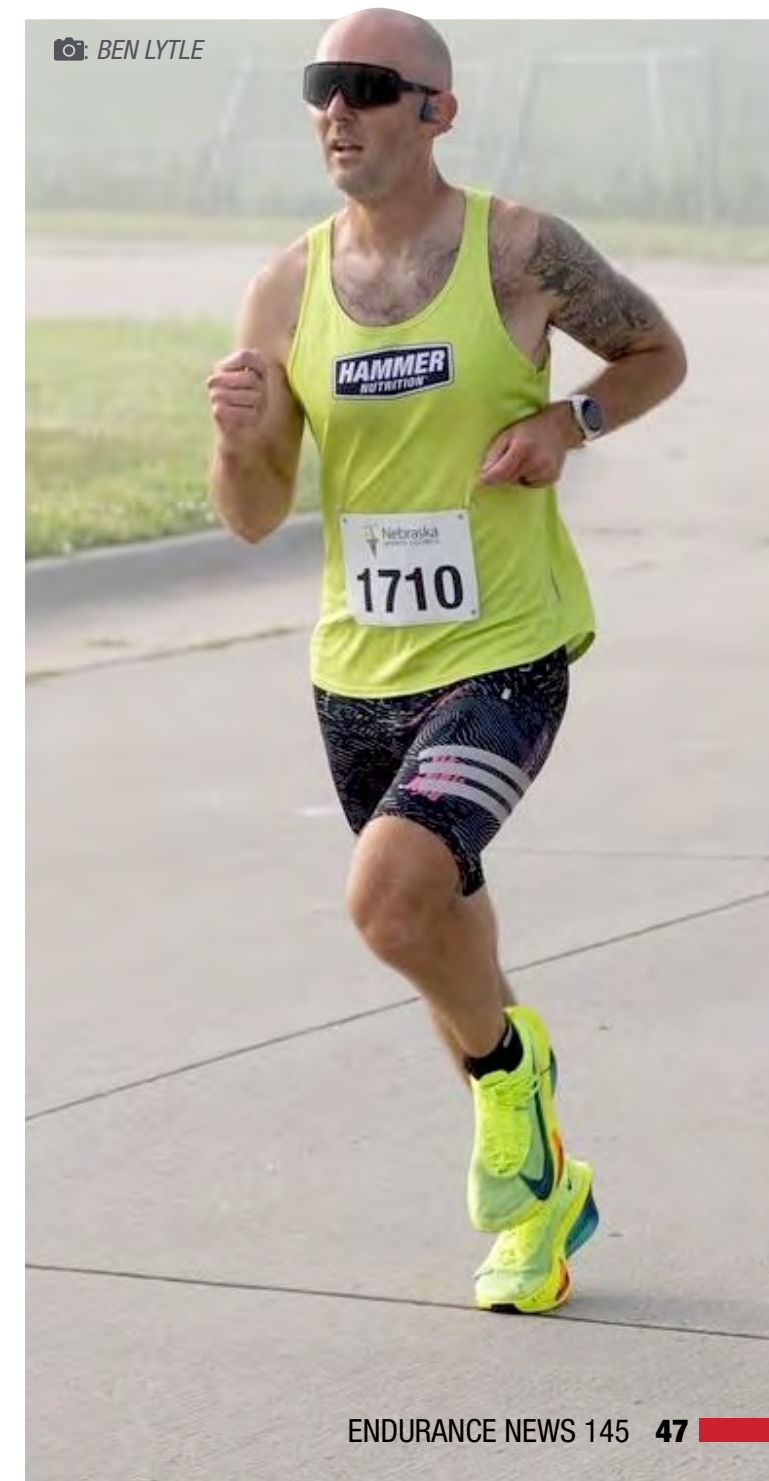
Vitamin C helps activate chitosan in the stomach and intestines into a fat-absorbing gel, increasing the fat-binding effects of chitosan. Research on guinea pigs using either chitosan or a chitosan/vitamin C combination concludes, "Vitamin C increased the fecal fat excretion by chitosan in guinea pigs, thereby reducing body weight gain."

A 2-CAPSULE DOSE OF PHYTOLEAN CONTAINS THE FOLLOWING INGREDIENTS:

400 mg of Razberi-K® raspberry ketone – This is a natural bioactive compound found in raspberries that helps with weight reduction through two mechanisms:

1. Enhancing the breakdown ("burning") of fat - Raspberry ketone increases secretion of the hormone adiponectin and a process known as norepinephrine-induced lipolysis. Both of these effects enhance fat metabolism.
2. Decreasing fat absorption and storage - Raspberry ketone assists in inhibiting trioleoylglycerol hydrolysis, a primary step in the fat-absorption process.

📷 BEN LYTLE



6-SOURCE MAGNESIUM COMPLEX



SCAN TO SHOP

ESSENTIAL

magnesium
12
Mg
24.305



Magnesium is involved in many vital functions, and it also helps to regulate sleep. Its value increases as we age, and here it is from a trusted source. Highly recommend adding this to your daily Hammer routine!

-Mike L.

YOU NEED MAGNESIUM!

By Steve Born

The headline bluntly states the obvious:
You and I must supplement with magnesium!
Every single day! For life!

According to World Health Organization statistics [1], as well as other research [2], as much as 75% of the U.S. adult population does not meet the U.S. Food and Drug Administration's Recommended Daily Intake of 420mg.

An estimated 50% to 80% percent of Americans are magnesium deficient due to many reasons, the primary ones being:

- Soil depletion. Research suggests that magnesium content in crops has declined up to 90% over the past century [3]
- Processed food diets, in which magnesium is almost non-existent [4]
- Chronic stress, which increases urinary magnesium excretion [5]
- Medications such as diuretics and proton-pump inhibitors (and more) that deplete magnesium [6]

Despite this, magnesium deficiency is not often screened for because standard serum magnesium testing can be misleading.

Standard blood tests measure serum magnesium, but only about 1% of the body's total magnesium circulates in the bloodstream. The body tightly regulates serum levels by drawing from bone and muscle stores — meaning a "normal" blood result can coexist with significant cellular depletion. [7]

HOW MUCH MAGNESIUM DO YOU NEED?

The government-set Recommended Daily Allowance (RDA) for magnesium is **420 mg a day for males and 320 mg a day for females**.

However, a more appropriate amount to aim for is the Optimal Daily Intake (ODI) standard of 500-750 mg of magnesium. Dr. Shari Lieberman, who developed the ODIs, states: "In order to attain a state of optimum health and disease prevention, we must take into our bodies' optimum - not minimum - amounts of vitamins and minerals. [8]"

Magnesium expert Mildred Seelig suggests even more precise dosages of 2.7 mg of magnesium per pound of body weight, with those under severe chronic stress or engaged in strenuous work/athletic training needing a dose of up to 4.5 mg of magnesium per pound of body weight. [9]

MAGNESIUM DOES SO MUCH

Dr. Paul Hrkal writes: "Magnesium is involved in over 300 biochemical processes in the body. One of its most important functions is that it plays a key role in producing energy; this makes it vitally important for all cellular functions and processes. It helps maintain normal muscle and nerve function, keeps heart rhythm regular, supports a healthy immune system, and keeps bones strong [*] Its wide range of health benefits and biological activity make it effective in addressing a number of common diseases and conditions including fibromyalgia, chronic pain, diabetes [**], osteoporosis, cardiovascular disease and headaches." [10]

The results of a large-scale study showed that low serum magnesium levels are significantly associated with an increased risk of dying from any cause in US adults. [11]

Study subjects whose serum magnesium levels were less than 0.7mmol/L (0.8 - 0.89 mmol/L is considered to be in the normal range) had a 34% greater risk of dying from any cause over the 40-year follow-up period. Specifically for stroke, low levels of magnesium were linked with a greater-than 2.5 times the risk of dying from this disease. A similar trend was observed for cancer.

The results of this latest research augment research from December 2016, a meta-analysis of 40 scientific publications involving over one million subjects. [12] Researchers found that the participants in these 40 studies whose magnesium intake was highest was correlated with:

- A 10% lower risk of coronary heart disease
- A 12% reduced risk of stroke
- A 26% decreased risk of type-2 diabetes

Researchers also noted that the results indicate that an extra 100 mg per day dose of magnesium could also reduce risk of stroke by 7%, type-2 diabetes by 19% and death from any cause by 10%.

Another study [13] reveals that supplementation with magnesium mimics a primary mechanism of calorie restriction, which is considered to be one of the most effective ways to help slow down the aging process.

MAGNESIUM MAKES VITAMIN D WORK!

Last, but definitely not least, if you're taking a vitamin D supplement (e.g., EnDuro D), you'll want to enjoy maximal amounts of all the benefits that D offers. For that to happen, you need magnesium. Research [14] states:

“Magnesium and vitamin D are 2 essential nutrients that are necessary for the physiologic functions of various organs. Magnesium assists in the activation of vitamin D, which helps regulate calcium and phosphate homeostasis to influence the growth and maintenance of bones. All of the enzymes that metabolize

vitamin D seem to require magnesium, which acts as a cofactor in the enzymatic reactions in the liver and kidneys. Deficiency in either of these nutrients is reported to be associated with various disorders, such as skeletal deformities, cardiovascular diseases, and metabolic syndrome. It is therefore essential to ensure that the recommended amount of magnesium is consumed to obtain the optimal benefits of vitamin D. ”

ESSENTIAL MG – PROVIDING THE MAGNESIUM YOU NEED EVERY DAY!

For the finest magnesium supplement there is, you need look no further than Essential Mg. Its “take daily” formula contains 100mg elemental magnesium per capsule, from these outstanding forms.

Magnesium bisglycinate is magnesium chelated (bonded) to two glycine (amino acid) molecules. Magnesium bisglycinate is considered to be the best-absorbed and most bioavailable form of this mineral. A small amount of magnesium oxide has been included to act as a buffer to help minimize any stomach irritation issues.

Magnesium succinate is magnesium chelated to succinic acid. This compound yields one the highest amounts of elemental magnesium while providing the body with a Krebs cycle intermediate that not only plays a role in energy production but is also involved in the rebuilding of muscle fiber and nerve endings.

Magnesium citrate is magnesium chelated to citric acid, a key Krebs cycle intermediate noted for its ability to help alleviate fatigue as well as playing a role in relieving symptoms of asthma and hypertension.

Magnesium malate is magnesium chelated to malic acid and it's the most common form of magnesium used for alleviating fibromyalgia. Malic acid (malate) is a Krebs cycle intermediate, touted for its energy enhancing, fatigue-alleviating effects. Malic acid also supports enhanced exercise performance by counteracting the buildup of lactic acid.

Magnesium taurinate (aka magnesium taurate) is magnesium bonded to the amino acid taurine. Because both magnesium and taurine are associated with cardiovascular health, magnesium taurate is often referred to as the “heart health” form. Among its many benefits, taurine assists in regulating heartbeat and muscle contractions.

REFERENCES:

[1-14] References available upon request

WHEY PROTEIN

IT'S A SUPERFOOD

Maintains & repairs lean body mass

Strengthens immune system

Accelerates recovery



SCAN TO SHOP
WHEY PROTEIN

Use PROMO CODE: **EN145** at checkout for a **FREE RECOVERITE®** single serving packet*

*Flavors may vary. While supplies last.
Offer expires Dec. 31, 2026



By Steve Born

Across the country, everyone is trying to stay fit and to stay healthy. When you're trying to exercise as much as possible to keep your fitness and boost your mood, there aren't many fuels that can support your workouts and your immune system. Whey protein, however, offers a diverse array of benefits that help keep you strong while boosting your immune system.

When it comes to protein selection, while taking nothing away from other sources (e.g. vegan), my #1 pick is whey protein isolate, the kind we use in Whey Protein.

HAMMERNUTRITION.COM | 1.800.336.1977

HERE'S WHY:

- 1. Superiority in protein measurement standards** - No matter what measurement of protein quality is used—Biological Value (BV), Protein Efficiency Ratio (PER), Protein Digestibility Corrected Amino Acid Score (PDCAAS), or Net Protein Utilization (NPU)—whey protein comes out on top, with whey protein isolate being the preferred form of whey protein. Whey Protein is 100% whey protein isolate. [1, 2, 3].
- 2. The richest source of all nine essential amino acids** Histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine are designated as “essential” amino acids because they cannot be made by the body and must be obtained from outside sources. Whey protein isolate has the highest volume of all nine essential amino acids, including the all-important branched-chain amino acids (BCAA). [3, 4]

- 3. Extraordinary immune system-boosting properties** Whey protein contains excellent levels of glutamic acid, cysteine, and glycine—the three amino acids required for glutathione production. Glutathione is considered by many experts to be the number one antioxidant of all. Another amino acid that we add to Whey Protein, glutamine (6 grams per serving), supplies numerous benefits for overall health, including being yet another precursor for the bodily production of glutathione. [5, 6] Additionally, whey contains special proteins called immunoglobulins that stimulate immune function.
- 4. Protection against type 2 diabetes** Typically, a high-fat diet produces excessive weight gain, along with metabolic complications that are associated with a greater risk for type 2 diabetes. In one study, mice were fed a high-fat diet for 11 weeks. One group received no whey protein, while the other group was fed 100 grams of whey protein per liter of drinking water (note: this is equivalent to about 12 grams for a 165-pound human). The results showed that the mice fed whey protein had noticeable improvements in both glucose tolerance and insulin sensitivity, compared to control mice that did not consume whey protein. [7]
- 5. Improved mood** Though not usually discussed among whey protein's chief benefits (perhaps because they're so many), whey protein helps improve mood. Research has shown that a fraction in whey protein, alpha-lactalbumin, raised brain serotonin activity and coping ability and improved mood under stress. [8]
- 6. Reduced aches and soreness** Study subjects consuming 20+ grams of whey protein daily were found to have significantly reduced levels of C-reactive protein (CRP), which the researchers refer to as “a sensitive marker of inflammation.” [9]

WHEY PROTEIN: ITS A SUPERFOOD

- 7. Weight-loss support** In a large study of nondiabetic men and women from various countries, researchers found that increased intake of BCAAs was associated with a lower adjusted risk of being overweight. The “Reduce the Risk of Weight Gain—Branched-chain amino acids may help” discusses this in greater detail. You can find the article on page 20 in Endurance News #74.

SUMMARY

Given all of the benefits that whey protein isolate supplies, a change in its category from “protein powder” to “super-food” is certainly merited, so you'll want to make sure you're consuming sufficient amounts every day. Protein intake from food and supplements should be in the range of 1.4 g/kg to 1.7 g/kg per day. To get your weight in kilograms (kg), take your weight in pounds and divide by 2.2. Then multiply that number by 1.4 to 1.7. The answer you get is the number of grams of protein you should aim for daily. Use the lower amount on non/easy workout days, and use the higher amount for periods of high-volume/intensity training.

EXAMPLE:

- 180 lb. person = 81.82 kg
- 81.82 x 1.4 = 114.5 grams of protein daily
- 81.82 x 1.7 = 139 grams of protein daily

HOT TIP: Consume one serving of Whey Protein mixed in water immediately before bedtime.

REFERENCES:

[1-14] References available upon request

Above: Namoi Haverlick in her ruby kit during the Pigah Mountain Bike Adventure Race (PMBAR)

📷: PMBAR



Below: The Moab Run Club

by ZACH JOHNSON

10 TIPS TO STAY HEALTHY ALL YEAR LONG

ADOPT THESE 10 TIPS TO KEEP YOUR IMMUNE SYSTEM STRONG AND YOU AHEAD OF THE GAME.

- 1. Wash your hands with soap and hot water frequently.** This is the beginning of infection control. Thoroughly washing with soap and hot water greatly promotes the destruction of germs, which avoids transmitting them to yourself or others.
- 2. Eat a healthy diet, containing a variety of whole plant foods.** There are nearly countless, health-benefiting compounds (phytonutrients) in whole fruits and vegetables. The best way to obtain maximum amounts of these all-important nutrients is to “eat the rainbow,” meaning to consume fruits and vegetables in a range of different colors.
- 3. Supplement your diet with a variety of antioxidant nutrients.** Supporting strong immunity requires the intake of a wide range of free-radical neutralizing antioxidants. **Premium Insurance Caps, Race Caps Supreme, Mito Caps, Super Antioxidant, and AO Booster** should be daily “staples” in your supplement program.
- 4. Use Whey Protein regularly.** Whey protein is a rich source of glutamic acid, cysteine, and glycine, the three amino acids required for glutathione production, glutathione considered by many experts as the number one antioxidant of all. The added glutamine in Whey Protein (6 grams per serving) is also an outstanding glutathione precursor. Additionally, whey protein contains unique proteins called immunoglobulins that help stimulate immune function.
- 5. Take a probiotic supplement (Life-Biotics Super 16 or Digest Caps) daily.** When the healthy bacteria in the digestive system are destroyed—and this can be caused by infections, poor diet, stress, overuse of NSAID medications, antibiotics, and even chlorinated water—it allows undesirable bacteria to flourish and compromise digestive system function, nutrient absorption, intestinal health, and immunity. Taking a probiotic supplement daily helps tip the scales in favor of the “good guys.”
- 6. Protect and support your liver with LSA Caps and Hammer NAC.** The liver works hard enough as it is every single day to detoxify, filter, and help remove harmful toxins, chemicals, and bacteria in the blood, as well as toxins that we are exposed to daily. It has to work even harder when our immune system is being taxed.
- 7. Take Clear Day every day, not just during allergy season (which is coming up soon anyway).** Though known primarily for helping to protect you from allergy occurrences and for powerfully alleviating allergy symptoms—and it is outstanding for that—Clear Day contains four nutrients that many nutritional experts consider to be immune system “superstars.”
- 8. Making sure you’re drinking sufficient amounts of pure, clean water.** Take your body weight in pounds and multiply by 0.5 to 0.6. This is the number of ounces of fluids you should drink—primarily from pure, clean water—every day. Note that this is in addition to the fluids you are consuming during exercise.
- 9. Reduce stress as much as possible.** Along with exercise, making time for massage, prayer, and meditation on a consistent basis are great ways to combat stress. Also, uncontrolled stress leads to excess cortisol levels, which has a whole host of negative health consequences associated with it. Including healthy fats in your diet from foods along with daily doses of **EndurOmega**—is one of the best ways to address excess cortisol and stress. **Hammer CBD** and **Essential Mg** are two other Hammer Nutrition supplements that should be in your daily supplement regimen to help your body address both excess cortisol and stress and counter its effects.
- 10. Get adequate amounts of sleep.** Given all the negative health issues associated with poor sleep, especially in regards to heart health, poor athletic performance is the least of your problems if you’re not obtaining sufficient amounts of quality sleep. **Hammer CBD** and **REM Caps** are two outstanding products that will greatly assist you in improving sleep quality and duration.

Stay healthy and keep Hammering!

DIETARY ENEMY #2 PROCESSED SEED OILS

Common ingredient most of us consume daily drives inflammation and metabolic mayhem, but they're getting easier to avoid. Next time you go shopping, read the ingredient label and...

Avoid products that contain these!

**CORN
CANOLA
SUNFLOWER
SAFFLOWER
SOY**

Instead, look for products made with:

✓ **AVOCADO OIL**
✓ **OLIVE OIL**
✓ **BEEF TALLOW**
✓ **BUTTER**

COMMONLY FOUND IN CHIPS, CRACKERS, BREAD,
SALAD DRESSINGS AND SAUCES

URIC ACID

A METABOLIC PERTURBER WORTH TARGETING

Dr. Bayne French, MD DC

Prefatory Comments by Steve Born: Elevated uric acid (UA) levels are something you want to avoid at all costs. Not only do high UA levels lead to two of the most painful issues you never want to experience—gout and kidney stones—they are also responsible for an increased risk of many metabolic issues, such as high blood pressure, elevated blood sugar levels and greater potential for insulin resistance, increased body weight, and inflammation. Thankfully, along with some dietary tweaks on your part, there are nutrients that, working in combination, will reduce UA levels. These nutrients, in specific amounts, are found in the new **Uric X**, formulated by Hammer Nutrition's Chief Medical Advisor, Dr. Bayne French. Read on for more on UA, the unwanted health issues that elevated UA levels cause, the dietary steps we need to take to avoid elevated UA levels, and the powerful new Uric X formula...

TELL ME SOMETHING I CARE ABOUT:

- Historically considered a benign metabolic byproduct only important in the setting of gout, uric acid (UA) is now known to disturb healthy metabolism in many ways.
- Uric acid increases blood pressure, blood sugar, body weight, and triggers inflammation.
- There are 6 main drivers of UA formation in humans: **sugar, alcohol, purines, insulin resistance, genetics, and vigorous exercise.**
- Medical providers typically don't screen for UA elevation. Nor do the vast majority of them understand the metabolic consequences of elevated UA. Nor do they even understand basic human metabolism to begin with.
- Despite their metabolic understanding shortcomings, your medical provider can order labs. Request that they order a UA test.
- Dietary improvements commonly result in lower UA levels, but not always. Prescription medications are very effective but not desirable for many individuals, and may have side effects. The medication allopurinol targets the enzyme that makes UA, xanthine oxidase (XO).
- There are several supplemental compounds, when used in proper combination and dosages, that are capable of significant UA level reductions.
- Uric X** has been formulated to synergistically reduce UA levels by numerous mechanisms: inhibition of XO, enhanced kidney excretion of uric acid, anti-inflammation, anti-oxidation.

HUMAN HISTORY WITH URIC ACID:

UA is a compound consisting of carbon, nitrogen, oxygen and hydrogen. It is the end-product of purine metabolism, formed in a multi-step manner.

Purines are nitrogen containing organic compounds found in high concentration in meat and meat products. Lentils, mushrooms, peas, spinach, asparagus, oatmeal, cauliflower and other non-animal product are also purine dense. So is beer.

According to George et al. (*StatPearls*. 2021), 21% of the US population has elevated UA levels. Is that because they're metabolically unwell? Probably, but there are genetic influences at work as well, that conferred us sapiens with survivalistic advantages by:

- Driving fat formation (lipogenesis)
- Raising blood pressure.
- Raising blood sugar.
- Promoting weight gain (caloric storage).
- Increasing inflammation.
- Reducing urination thus increasing body fluid and blood volume.

You might be wondering, how in any way is this list favorable for our survival? Because old age was 28! Having more body fat in the event of starvation; more blood volume in the event of hemorrhage; and more inflammation to kill germs and lay down scar tissue was favorable for a respective early hominoid making it to a child bearing age.

Elevated UA provided a survivalistic advantage. So much so that we (and other mammals) found a way to completely silence the enzyme that breaks down UA, uricase. Through

environmental pressures, human DNA has mutated such that production of uricase no longer occurs. Fascinating right?

A great example of human genetic changes that **were favorable for us as hunter-foragers, but very unfavorable now, when viewed through the lens of longevity.**

GOUT:

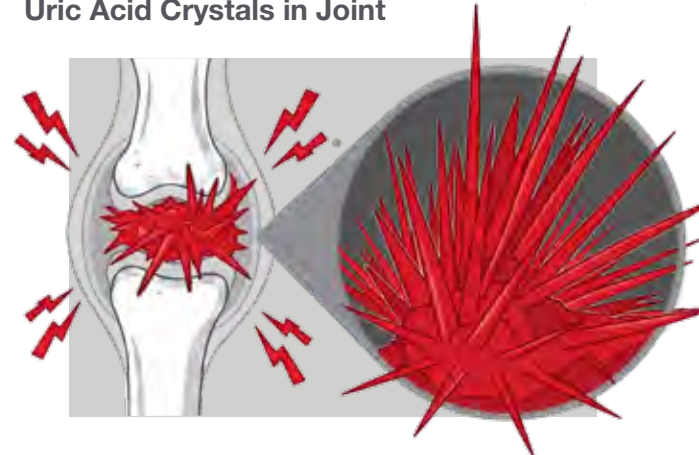
The searing pain of gout may only be comparable to being married for 25 years. When UA crystalizes in joints, the disease gout results. Why some experience gout with relatively low UA levels, and others never get gout despite very high UA levels is a result of small and varied genetic changes called polymorphisms (discussed later).

In general, the risk of gout goes up as UA levels go up. Likewise, lowering UA levels reduce the incidence of gout attacks.

Under a microscope, UA crystals within joints are jagged and sinister looking, thus leading to profound pain and inflammation.

If everyone that had elevated UA contracted gout there would be a massive public health movement. Most medical providers that identify elevated UA levels in the absence of gout ignorantly discount it as asymptomatic hyperuricemia. No gout (happy doctor) but insidious and ongoing metabolic disruption (unhappy/dead patient).

Uric Acid Crystals in Joint



UA crystals within joints are jagged, thus leading to profound pain and inflammation.

DRIVERS OF UA FORMATION:

Categorizing the reasons behind elevated UA may be done in three broad ways:

- Over-production (increased cellular turnover; diet).
- Under-excretion (impaired kidney removal of UA).
- Both over-production and under-excretion.

Now for the individual actors...

1. Sugar is toxic in dozens of ways. Add elevated UA to the list.

Recall that sugar is 50% fructose/50% glucose. High fructose corn syrup is, well, higher in fructose, ranging from 55/45 to 65/35.

Fructose is the only carbohydrate that generates the formation of uric acid during metabolism. It is naturally occurring in fruit, agave, honey, and some vegetables, and is extremely sweet.

Unprocessed fructose-containing foods have relatively low amounts of fructose. Depending on the variety, a medium-sized apple contains 5-10 grams of fructose. The fiber and phytonutrients within them cause the fructose to be absorbed slowly, and also counteract the formation of UA (by inhibiting the enzyme xanthine oxidase). Ayoub-Charette et al (*BMJ Open*. May 2019) looked at over 150,000 people and how they ate and drank. A strong relationship was found between sugar-sweetened beverages and elevated uric acid and gout. No association was found between whole fruit consumption and gout.

High fructose corn syrup (HFCS) is NOT naturally occurring. It is over 50% fructose, and as high as 65%. It was developed in 1957 at Oklahoma State University. Fortunately, it took until the early 70s to make it into our food. In 1984 both Coca-Cola and Pepsi changed from sucrose to HFCS.

HFCS is so biologically active and metabolism-perturbing that finding evidence of Fatty Liver Disease in regular soda drinkers is almost predictable. This includes endurance athletes.

Fructose enters the metabolic pathway called glycolysis after a critical rate-limiting step. This results in cellular depletion of the energy molecule ATP and the production of large amounts of AMP. Through many subsequent steps, AMP is converted to UA.

The glucose piece of sugar elevates blood sugar, spiking insulin and driving the formation of fat. Over time, insulin elevation leads to insulin resistance and eventual Type 2 diabetes. As you will read later, insulin resistance is a potent driver of UA formation.

Thus, both components of sugar, glucose and fructose, drive UA formation through different mechanisms.



SCAN TO KEEP READING
Uric Acid: A Metabolic Perturber Worth Targeting
 Bayne French, MD DC

A METABOLIC SUPPORT FORMULA

URIC X

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- Helps support overall metabolic wellness.*
- Helps maintain joint comfort associated with normal uric acid levels.*
- Formulated with researched ingredients to support healthy inflammatory balance.*

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THE URIC X FORMULA

After extensive study over three years, coupled with many years of empiric clinical observations, the following FIVE components are felt to perform the best at lowering uric acid, and minimizing metabolic risk. Uric X is thus comprised of:

1. VITAMIN C, 500 MG DAILY.

There is strong evidence that 500 mg daily significantly lowers UA levels.

A meta-analysis summarizing results of over 1,000 human subjects concluded Vitamin C supplementation significantly lowers serum uric acid (Liu et al. Complement Ther Med. 2021).

Multiple large well-conducted human trials observe a significant reduction in serum uric acid at a daily dose of 500 mg. No compelling evidence was found that doses higher than 500mg resulted in any notable incremental benefit.

2. LUTEOLIN, 200 MG DAILY.

Luteolin is a flavonoid (a pigment nutrient in plants with widespread health benefits). Like other flavonoids it is able to bind to xanthine oxidase, and inhibit it. **There is good evidence that it is likely the most potent flavonoid at reducing UA formation.**

A well-done mouse study identified the physiological mechanisms by which luteolin possesses potent uric acid-lowering, antioxidant bioactivities and xanthine oxidase inhibition (Yu et al. Food Sci Nutr. 2024)

3. MOLYBDENUM, 50 MCG DAILY.

Mo is an essential trace mineral. Humans cannot synthesize it and it must be consumed. It plays many vital roles in human physiology. Its effects on UA metabolism are varied and involve kidney elimination of UA, inhibition of xanthine oxidase, and also through inflammatory modulation.

4. METHYL-FOLATE 800 MCG DAILY.

There is strong evidence that 800 mcg daily significantly lowers UA levels.

Folate is a vitamin, also known as B9. It serves many vitals roles in human physiology including synthesis of DNA, formation of red blood cells, proper neural development, homocysteine break down, and UA lowering.

5. CELERY SEED EXTRACT, 300 MG DAILY.

CSE is a concentrated form of compounds derived from celery seeds. These compounds, known as flavonoids, collectively and individually exert many beneficial biological effects on human physiology, including UA lowering and anti-inflammation. Luteolin described above is one of these flavonoids. CSE contains many others.

EVENTS

HAMMER



TOUGHMAN TRIATHLON

STONY POINT, NY | SEPT 20TH

TRIATHLON

Our stunning course at Lake Welch in Stony Point, NY, offers scenic views and challenging terrain to test your endurance. Whether you're a seasoned athlete or a first-time participant, our event is designed for athletes of all levels. Choose from a variety of race categories including Collegiate, Olympic, Long Course, Duathlon, Aquabike, and Kids Triathlons.

<https://www.toughmantri.com>

BLACKTAIL CLIMB

LAKESIDE, MT | OCT 3RD GRAVEL

Experience the Flathead Valley from a whole new perspective at the Blacktail Climb on October 3rd—a cycling event that blends endurance, elevation, and incredible views. Set against the backdrop of Blacktail Mountain, this mixed pavement and gravel course challenges riders while rewarding every mile with sweeping overlooks of Flathead Lake, crisp autumn air, and vibrant fall color.

<https://www.bikesignup.com/Race/MT/Lakeside/Black->



MAN AGAINST HORSE

PRESCOTT, ARIZONA | OCT 17TH TRAIL RUNNING & EQUESTRIAN

In 1983, the iconic Man Against Horse race began with a bar bet on Whiskey Row in Prescott, Arizona, between Gheral Brownlow and Cowboy Steve Rafter. Gheral challenged Steve, wagering that he could outrun his horse in this unforgettable man vs horse Prescott showdown.

<https://www.managainsthorse.com/>

THE LEWIS AND CLARK GRAVEL CLASSIC

CASCADE, MT | JUL 26TH GRAVEL RACE

The inaugural Lewis & Clark Gravel Classic took place on July 25, 2026, welcoming cyclists to ride the historic Missouri River corridors once traveled by the Corps of Discovery. Starting and finishing in Cascade, Montana, the event celebrated Montana gravel, history, and wide-open Big Sky country, with three distances showcasing the scenic Missouri River canyon.

The event attracted pro-level cyclists alongside gravel enthusiasts from across the region, creating a competitive yet welcoming atmosphere for riders of all levels. The Lewis & Clark Gravel Classic was more than a race—it was an unforgettable Montana adventure.

<https://lewisandclarkgravelclassic.com/>



6 HOURS OF DISCO

ANACONDA, MT | OCT 17TH

XC MOUNTAIN BIKING

The 6 Hours of Disco is a cross country mountain bike race hosted by Anaconda Trail Society in Anaconda, MT. All proceeds benefit this non profit group in helping with trail development and maintenance.

This event is a race against the clock to complete as many laps as you can in 6 hours on a beautiful 5.5 mile course around the Echo Lake Trail System. The event starts and ends in the parking lot at the base of Discovery Ski Area and is suitable for all levels of riders. Held at the base of Discovery Ski Area

180 Discovery Basin Road Anaconda, MT 59711
<https://www.anacondatrails.org/6-hours-of-disco-2/>

Below: Racers draft off each other as they race across the plains of Montana

📷: WIL MATHEWS PHOTO @VISU_WIL



EVENTS



UPCOMING EVENTS

Above: The next generation of racers wait for the starting gun at the Cowpie Classic in Michigan 📷: ROB MEENDERING PHOTOGRAPHY

DAKOTA FIVE-0

09/06 | Mountain Bike
Spearfish, SD

TIMBERLINE DAYDREAM

09/06 | Gravel
Government Camp, OR

SHENANDOAH MOUNTAIN 100

09/06 | Ultra
Mt Solon, VA

LOTOJA

09/12 | Road
LOGAN, UT

BLOOD SUGAR RUMBLER

09/12 | Gravel
Helena, MT

BBC 100 DRAGON CENTURY

09/12 | Road Ride
Columbiana, AL

LASSEN GRAVEL

09/12 | Gravel
Susanville, CA

RIM RIDE

09/13 | Road
Liberty Lake, WA

PINEWOOD SHOWDOWN

09/19 | Gravel
Lakeside, AZ

GRAND FONDO MARYLAND

09/20 | Road
Frederick, MD

GLACIER TRAIL 50

10/11 | Ultra
Greenbush, WI

GILA 100

10/17 | Ultra
Santa Clara, NM

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Streamlined fit. Lightweight and highly breathable.

2

Voler Cycling Bibs

High-performance cycling bibs with a medium-high compressive fit for excellent support and comfort while training or racing.



HAND CRAFTED IN THE USA

Above: Mitch DeYoung at Lumberjack 100 for the 10th year in a row

📷: ROB MEENDERING PHOTOGRAPHY

EFFECTIVE FALL ALLERGY RELIEF AND BEYOND

HAMMER NUTRITION'S CLEAR DAY

By Steve Born

In general, and depending on where you live, fall allergies begin in mid-to-late August or early September. And while they tend to peak in early October, if there is a late frost in your area of the country, fall allergies can extend well into November.

The most common fall allergen is ragweed, a wild plant that grows across the U.S., but particularly in the Midwest and on the East Coast. There are, of course, other allergens as well that can cause misery, such as wheat, alfalfa, and other such crops.

These allergies are not only unpleasant to deal with, but they also hamper athletic performance. Researchers Komarow and Postolache state, "As a result of the increase in ventilation during exercise, athletes in particular experience significant symptoms of allergy triggered by exposure to aeroallergens. The allergic response causes nasal and conjunctival congestion, tearing, breathing difficulties, pruritus [itching], fatigue, and mood changes, which affect athletic performance."

There's no need to suffer through this! The all-natural Clear Day formula gives your body the ammunition it needs to tackle even the toughest airborne allergies safely and effectively, and without the side effects associated with over-the-counter allergy medications. For 11 years and counting, Clear Day has worked impeccably well for everyone who has used the product—the feedback has been overwhelmingly positive—and we guarantee that it'll work just as well for you!

Olive Leaf Extract

- Outstanding for helping protect against allergies from occurring
- Has potent anti-irritation and antioxidant properties

Quercetin Pronounced: KWAIR-ceh-tin

- Natural antihistamine; helps in inhibiting the release of allergy causing chemicals
- Has powerful antioxidant and anti-irritation/soreness properties

Bromelain Pronounced: BRO-muh-lane

- Has powerful anti-irritation/soreness effects (NOTE: Bromelain is also in Tissue Rejuvenator and Vegan Tissue Rejuvenator)

- Significantly increases the absorption of quercetin

Resveratrol Pronounced: rez-VAIR-ruh-trahl

- Has antioxidant, antihistamine, and anti-irritation properties

WHAT'S THE "BEYOND" THAT'S MENTIONED IN THE HEADLINE?

While the fall allergy season starts fading away in the latter part of October and early November, that marks the start of the cold and flu season. It just so happens that the four nutrients in Clear Day that are so effective during allergy season are the same four nutrients that many nutritional experts consider to be immune system "superstars."

1. Olive Leaf Extract is one of the most potent antioxidants known, with an astounding oxygen radical absorbance capacity (ORAC) value of 7,608. Its main component is a chemical compound called oleuropein (pronounced oh-lee-OR-oh-peen), with another chemical compound—elenolic acid—found within oleuropein. This dynamic combination has been shown to have several beneficial properties for the immune system. Regarding olive leaf extract's powerful effects, Dr. Lisa Weinrib states, "It's the missing link that functions as an anti-viral and antiretroviral agent by slowing down the organism's reproductive cycle. A slowdown...allows the patient's immune system to go on the attack."

2. Quercetin is a compound that occurs in a variety of fruits and vegetables. In addition to its antihistaminic properties, quercetin is well known for its beneficial effects against aches and soreness, which is why it's in Tissue Rejuvenator and Vegan Tissue Rejuvenator. It's a potent antioxidant and powerful protector of the lungs and cardiovascular system, and research reveals it has extraordinary properties for resisting infection.

3. Bromelain is derived from pineapples and is the perfect complement to quercetin, as it has similar anti-irritation/soreness properties and significantly increases the absorption of quercetin. Research suggests that helping alleviate bronchitis and sinusitis symptoms may be some of bromelain's most powerful effects.

4. Resveratrol is found in red grape skins, berries, and the Japanese Knotweed plant, and is one of the most studied compounds to date and may have the widest range of health benefits of any researched compound. Its antioxidant and immune system-boosting properties are without peer. According to research, "The effects of this biologically active compound on the immune system are associated with widespread health benefits for different autoimmune and chronic inflammatory diseases."

SUPERIOR SUPPORT AND PROTECTION, ALL YEAR LONG!

When allergy season is here, you'll find no better ally than Clear Day. But why limit its use to just that specific time of year? The multi-beneficial nutrient quartet that makes up the Clear Day formula may very well be the most powerful immune system-boosting protection you can find. Taking 3 capsules of Clear Day once or twice a day, not only helps you avoid airborne allergic symptoms—while also alleviating airborne allergic reaction discomforts you're already experiencing—its powerful nutrient combination provides the powerful protection your immune system wants and needs!



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CLEAR DAY

- Reduces seasonal sensitivities
- Decreases systemic tenderness and irritations
- Reduces the need for unnatural remedies

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5 REASONS PREMIUM INSURANCE CAPS SHOULD BE YOUR MULTIVITAMIN

By Steve Born

For optimal health and enhanced athletic performance, you must aim to consistently consume a high quality diet - not just for the vitamins and minerals, but primarily for the beneficial phytonutrients, enzymes, and fiber. To augment that, "filling in the gaps" between what your diet

should contain and what it actually does provide, daily supplementation with a high quality vitamin/mineral supplement is equally important. **Here's what makes Premium Insurance Caps stand out from the rest:**



Consistently using Premium Insurance Caps I think this has made a big difference in how I feel and having almost no sick days. I thank this product and Hammer for introducing me to a different way of thinking about multi's.

- Connor



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PREMIUM INSURANCE CAPS

- Supports optimum health
- Boosts energy all day
- Supports the defense system

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5 REASONS PREMIUM INSURANCE CAPS SHOULD BE YOUR MULTIVITAMIN

1. Optimum, not minimum, amounts - Unlike many vitamin/mineral supplements that contain inadequate Reference Daily Intake (RDI) amounts of nutrients, Premium Insurance Caps is formulated with Optimum Daily Intake (ODI) amounts of the highest quality vitamins and minerals. Dr. Shari Lieberman hits the nail on the head about why the use of ODI amounts in supplementation is so vital: "RDIs reflect amounts that are adequate to prevent nutrient-deficiency diseases, and are not tailored for individual needs. In order to attain a state of optimum health and disease prevention, we must take into our bodies optimum - not minimum - amounts of vitamins and minerals."

Note: Premium Insurance Caps contain superb levels of the B complex vitamins, amounts that replicate many stress support formulas, thus making those products unnecessary in your supplement regimen.

2. Capsules, not tablets - The nutrients in Premium Insurance Caps are contained within a two-piece all-vegetable capsule; that means they will dissolve much more rapidly and thoroughly than tablets would, so your body will actually receive the nutrients you're consuming. Because tablets can take longer to break down, they often irritate the intestinal lining, causing stomach discomfort. Additionally, tablets can pass through the entire digestive system only partially dissolved, or completely un-dissolved. Either way, your body does not get the full volume of nutrients you ingested, which means you're not really getting what you paid for.

3. Highly assimilated, amino acid-chelated minerals - For many minerals, there are several forms available, all with differing absorption rates. Some companies use inexpensive forms of minerals in their products (e.g., calcium in the carbonate form). Unfortunately, these less expensive forms are not as well absorbed as other forms, such as the amino acid chelates used in Premium Insurance Caps.

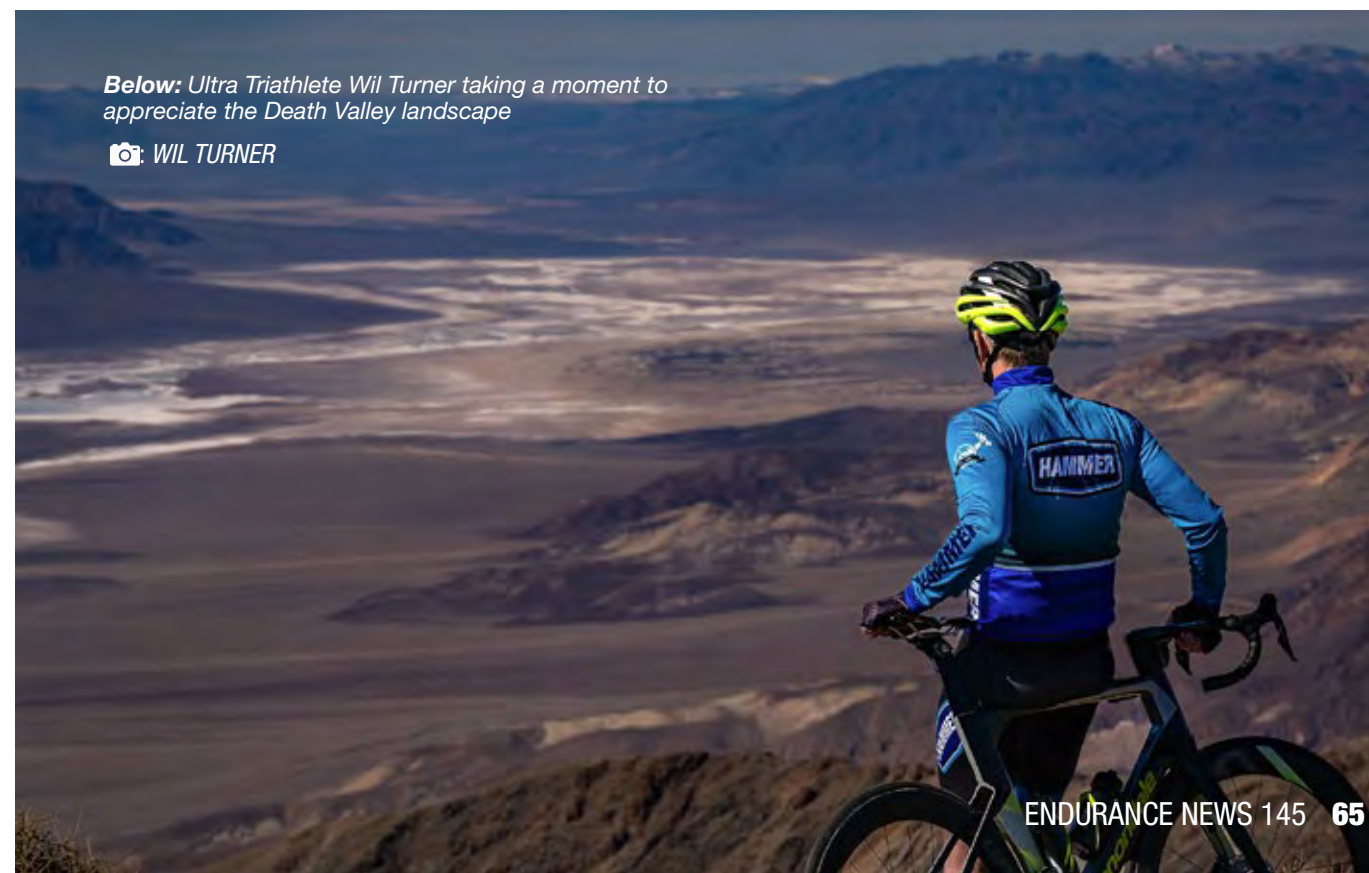
4. Multiple digestive enzymes for maximum nutrient absorption - It's not what you consume, it's what you absorb. To aid the absorption of nutrients, Premium Insurance Caps includes digestive enzymes such as pepsin and papain.

5. Only beneficial nutrients, no "salt and pepper" - Some companies add auxiliary nutrients at levels that have no real value (what we call "salt and pepper" amounts). For example, some multivitamin/mineral supplements contain only 5 mg. of coenzyme Q10 or lipoic acid. Both are fantastic nutrients, but at that level you won't experience any true benefits. So even though a product's label may show a long list of auxiliary nutrients, you won't see results if the amounts are inconsequential. When you buy such a product, you're paying for a product that has little more than an impressive label.

All of the nutrients included in Premium Insurance Caps are at levels that will provide real benefits.

Below: Ultra Triathlete Wil Turner taking a moment to appreciate the Death Valley landscape

📷: WIL TURNER





Above: Pro Rider Jorge Casales splatting a rock ledge at NATC Round 5 & 6 in Colorado

📷 : STEPHANIE VETTERLY

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ENDURANCE NEWS

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Cover: Hammer athlete Brian White battles at the front of the pack at the US Masters Nationals Road Race in Wisconsin.

📷: JAY CAVALL



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“ I have been trying to find my protein bar fix ever since I started reading the labels of the big brand bars in the supermarket. Bunch of junk!

You have to choose a mile long list of additives, preservatives, chemicals, and sweeteners or a chalk/cardboard combo- and sometimes both! **Hammer came through with a delicious and healthy protein bar!** ”

- Luke
VERIFIED BUYER



ALL-NATURAL INGREDIENTS

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