

PERFORMANCE FORMULA

Beachbody Nutritionals™

Reduce soreness. Maximize results.

Stay energized throughout your workout, recover faster and minimize soreness. Performance Formula† targeted nutritional supplements contain a potent blend of natural, performance-enhancing ingredients to power your body so you can maximize every Beachbody® workout.*



KEY BENEFITS*

- **Boosts energy** and metabolism naturally
- Supports overall **recovery** and helps you adapt to physical exercise or training
- Supports **healthy circulation**
- Contains garcinia cambogia, an Asian citrus fruit cultivated for its weight loss benefits, including **appetite control** and inhibiting the body from depositing fat
- Contains magnesium, one of the most **important nutrients** for maintaining proper muscle function and supporting energy metabolism
- Caffeine-free and **ephedra-free**
- **Conveniently** available individually or as part of the Performance Pack, which includes P90X® Health Formula

USAGE

Three tablets daily with water. Most effective when taken together, but may be taken separately. Best if taken 30–45 minutes before exercise and preferably without carbohydrates. Perfect with either ActiVit® Multivitamin Formula for optimal health AND fitness results.

THE BEACHBODY® DIFFERENCE

Performance Formula helps keep you energized for every workout PLUS provides important nutrients to help you recover. It's like two healthy supplements in one.*

DID YOU KNOW?

- Many people abandon a new fitness program (especially after a New Year!) within two months due to frustration or reaching a plateau, and fall back into old patterns that often result in weight gain.
- Magnesium is the 4th most common mineral in the body. It is necessary for over 300 biochemical reactions in the body, including muscle and nerve function, immune system health, bone strength, and blood pressure regulation.*

As with any new supplement, meal replacement, or exercise program, you should always first consult with your health care provider about your unique needs.

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

†This product is only available to residents of the United States and its territories.

