

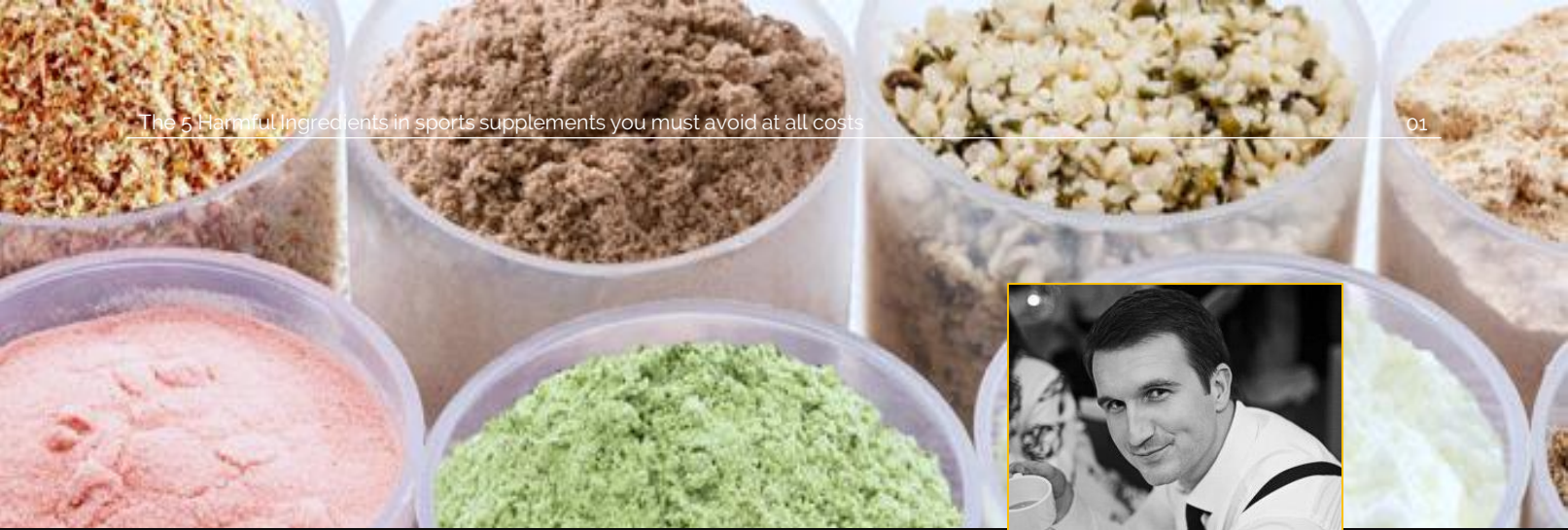


05 Harmful INGREDIENTS

In Sports Supplements you Must Avoid at all Costs



www.organicathletelifestyle.com



WELCOME

Before we begin... a word from our Founder & MD, Andy Fairbrother:

"Thank you for downloading this essential report. Before we delve into the 5 harmful ingredients you need to avoid at all costs, I want to give you a brief background on how we came to this conclusion to include these ingredients.

Having worked directly in the sports nutrition industry for over 10 years with some of the biggest names in the game - from sales to manufacturing-based positions - I'd seen time and time again the tricks big companies would take to cost-cut and increase their profits, while the consumer had to suffer as a result. Unfortunately, a lot of these big brands are able to use intelligent marketing and crafty labelling practices to divert the customer's attention, all the while failing to mention the ingredients used to the detriment of the customer's health and performance.

I founded Organicathletelifestyle.com as a transparent, ethical solution. We only work with brands committed to our ethos (certified organic or from natural ingredients), and with integrity at the heart of their businesses. Because of this, we've been able to produce this frank report to aware you, the customer, to the potential dangers of these harmful ingredients, while also providing alternatives where necessary that we feel wouldn't harm your health. My guarantee to you is that none of the products found on our site contains ANY of the ingredients listed in this report, and we'll never sell them for the reasons we discuss below.

I hope you appreciate this report, and if you find the information as fascinating and worthwhile as we do, [please click here](#) to forward it to a friend or family member who also participates in sports and is concerned with the quality of sports supplements. Together, we CAN make a difference to this industry and back the brands doing things the *right* way, and enhancing our performance, physiques, and overall health, in a more sustainable, balanced manner that provides true nourishment to the human body.

Yours Sincerely,

Andy Fairbrother"

Ingredient #1

Maltitol (Artificial Sweetener)



Maltitol is a sugar alcohol that sports nutrition companies simply LOVE to include in their products for branding purposes.

It is about 90% as sweet as regular sugar but contains slightly over half of the calories, while containing a lower glycemic index (GI) than sugar.

Maltitol is also non-digestible, meaning bacteria cannot metabolise it, in turn protecting the teeth from excessive decay.

So far so good... right?

As you can imagine, maltitol is one of the "hottest" ingredients found in sports nutrition products ranging from protein bars, to energy bars, to protein shakes.

Because of the perceived benefits of maltitol it is a marketers dream. You can certainly make products taste very nice by including it in your formulas, all the while selling it as low in sugar and with a low glycemic index. You may have even seen some of the marketing claims on bars claiming 'only 2 grams of impact carbs!!', leading consumers to think products are low in sugar. When in fact the likelihood is that some products may contain 30 grams of Maltitol, which is still a carbohydrate and has a glycemic index (Maltitol provides 2-3 calories per gram Vs. sugar which is 4 calories per grams). Therefore it is important to note, that whilst slightly lower than sugar it will still impact blood glucose.

The Truth?

While maltitol certainly does come across as highly desirable, artificial sweeteners have been scientifically researched and linked to a whole host of problems, including impaired digestive function and poorer food choices. Perhaps most worryingly of all, they appear to be addictive in the exact same way that excessive sugar intake is.

But it doesn't stop there with Maltitol.

The WORST thing about this sweetener is that it's used as a laxative when consumed in sufficient amounts.

Think about this for a second. An ingredient included in PROTEIN BARS is designed to... well, we don't need to finish that sentence for you I'm sure!

Maltitol is also associated with abdominal pains, excessive gas and flatulence, while also possessing the harmful effects that other artificial sweeteners are renowned for.

Maltitol is, in our opinion, an overhyped, oversold scam that's NOT conducive to good health OR enhanced human performance.

Instead, look to natural sweeteners such as stevia when purchasing flavoured products - NEVER maltitol.



Ingredient #2

1,3-Dimethylamylamine (DMAA)

1,3-Dimethylamylamine (aka DMAA/Geranium) took the sports supplements industry by storm a few years ago as a blistering stimulant found in powerful pre-workout formulas.

Athletes, drawn to its potent neurological effects, would use DMAA as a pre-workout supplement and before long all the big brands jumped on board competing for this lucrative market.

Physiologically, DMAA acts very similar to ephedrine in the body in that it causes a massive adrenal spike and rush of energy, which may be perceived as a good thing if you're about to hit a gruelling training session.

It all sounds very exciting until you take a look at what DMAA actually is chemically: an ingredient with a VERY similar structure to amphetamine-based compounds.

Yes, that's right: DMAA is a DRUG and will cause you to fail a test.

But that didn't stop companies competing for consumers like rabid dogs for the rush of the stimulants effects.

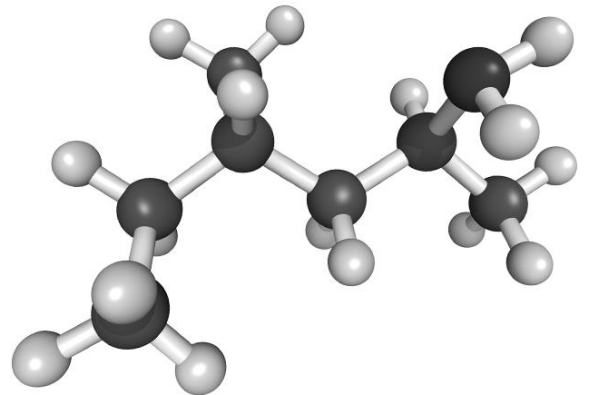
DMAA heightens blood pressure, heart rate, and is associated with sleep deprivation and heart palpitations.

It may work in acute dosages for 'intensity', but you certainly wouldn't want to develop a dependency on such a harmful compound for an effective workout.

AVOID DMAA at all costs, or any derivatives of Geranium Oil labelled on pre-workout formulas. It's highly likely that all will be synthetic, harmful forms of the compound.

Luckily, the ingredient is illegal in most countries now, but a lot of companies are still trying to manipulate the rules on using derivatives to get around this.

A more effective antidote for a good workout is sleep, mental preparation, and a modest dose of caffeine, creatine and beta-alanine if you want to enhance your overall performance.



Ingredient #3

Yohimbine

Yohimbine is a compound used to reverse sedation in animals. It has also made its way into the limelight in sports nutrition for its ability to target fat receptors and burn stubborn body fat.

Unfortunately, that's where the fun ends with yohimbine.

Yohimbine is, like DMAA, a very heavy stimulant that comes in a synthetic form that users often suffer harsh side-effects from. These range from increased anxiety, to adverse reactions with other pharmaceutical drugs in the body. In particular, there is a high risk of yohimbine inhibiting and adversely affecting any neurological medication the individual may be taking, something users need to be extra cautious about.

It gets worse...

Numerous lab tests and research has shown that supplements that include yohimbine in the formula often miss-dose the accuracy by up to 150% - absurd and dangerous, we're sure you'll agree.

Be careful of labelling practices and yohimbine variables, as it may come listed as the following compounds: Yohimbe, Corynanthe Yohimbe, Yohimbe Bark, Pausinystalia Yohimbe.

Overall, this is one fat-burning compound you'll want to steer way clear of. The negatives clearly outweigh the positives of this compound, and there are many natural alternatives that can increase thermogenesis (fat burning) such as caffeine and green tea extract, without the undesirable side-effects.



Ingredient #4

Pro-Hormones

This one contains not just 1 ingredient, but a broad category of compounds known as "pro-hormones".


Pro-hormones are precursors to hormones that actively convert to testosterone in the body. For all intents and purposes, they are steroids.

Luckily, most pro-hormones aren't available anymore to the general public. This is positive as there was a slew of negative side-effects passed onto the user, including enhanced DHT and estrogen conversion, which results in an increased risk of gynecomastia (enhanced male breast tissue), hair loss, and the potential to cripple natural testosterone production in the body.

In addition to this, since most pro-hormones are ingested orally as tablets, it's down to your organs to process and metabolise them in order for them to work. The organs are stressed immensely breaking down even moderate doses of these toxic compounds, and numerous safety measures need to be taken alongside them to protect the liver in particular.

Despite the general ban on pro-hormones, there are still supplement companies at large pushing new variations of designer drugs trying to manipulate the labels and work around the ban. Some of these compounds include:

1-Andro
4-Andro
1,4-DHEA
5-DHEA
Epi



You will see many, many abbreviations and manipulated forms of the aforementioned names. Anything with complex chemical names including multiple numbers in the formula should raise your suspicion.

Better alternatives to pro-hormones WITHOUT side-effects (for most), that also allows you to KEEP your muscle building gains include Creatine Monohydrate, arachidonic acid and herbal-based testosterone boosters found naturally within nature.

Ingredient #5

Titanium Dioxide

Perhaps the strangest ingredient to include on the list, given its raft of health implications, is titanium dioxide.

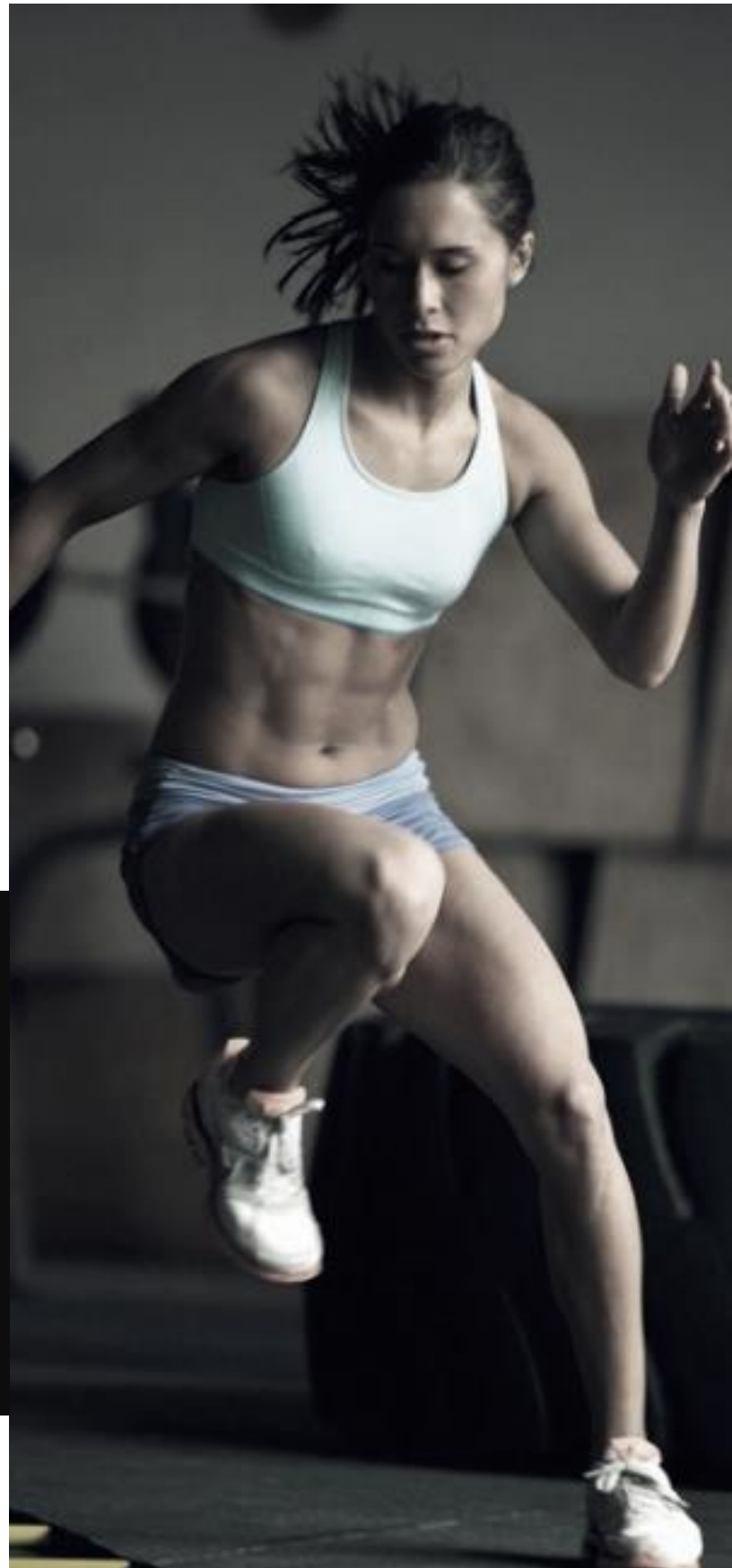
We say strange because titanium dioxide is typically used as a colourant in foods and vitamins across multiple industries.

It is also linked to having the following effects on your health:

- Lung inflammation
- Digestive impairment
- Organ toxicity

We have to ask ourselves, is it *really* worth having pretty coloured vitamins, protein bars and supplements when it comes with all the aforementioned health problems? Absolutely not.

At
[Organicathletelifestyle.com](https://www.organicathletelifestyle.com),
we only stock products that
are free from artificial
flavourings, colourings, and
sweeteners, and for this
reason, there are NO
Titanium Dioxide-filled
products in our store.



Concluding Thoughts

To recap, here are the 5 ingredients you should avoid at all costs:

Maltitol
DMAA
Yohimbine
Pro-hormones
Titanium Dioxide

We hope you found this guide educational, and again, would GREATLY appreciate you forwarding this to your friends by clicking [here](#).

To conclude, we'd like to remind you of our ethos here at Organicathletelifestyle.com, and why we firmly believe you're best placed to put your trust in the products we carry on our website, and our commitment to you, our valued customer:

"Our promise is to act with honesty and integrity when working with our suppliers and to only ever provide products which are either:

Certified Organic or made from all Natural Ingredients
Free-from products (one or more ingredients such as Gluten or lactose removed)
Free-from artificial flavorings, colorings and sweeteners.
Suitable for vegetarians or vegans"

Thank you for taking the time to read this guide.



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