

S3 Energy – The new sports formula for an enhanced workout.

Enhance and assist aerobic and anaerobic exercise performance | Assist recovery



S3 ENERGY

SPEED | STRENGTH | STAMINA

energy

Super nutrient complex
to enhance
exercise performance



Directions: Take 3 capsules about 20 to 30mins before training or competition. If partaking in an endurance training session or event lasting longer than 3 hours take 2 more capsules after 2 hours into event.

FOR BEST RESULTS: Combine with Dr. G EVER GREEN nutrient complex.

Warnings: Do not consume if allergic to any ingredient. Store in an airtight container in a cool, dry area.

Serving size: 3 capsules | Servings per container: 20



Product of South Africa
Nutra8 Wellness SA (PTY) Ltd
10 Marikana Crescent
Morningside 2196 Gauteng
Email: info@nutr8wellness.co.za
Web: www.nutr8deli.co.za

N8 FORMULA INGREDIENTS:

1-Arginine, Black Pepper extract, L-Citruline, Coleus Forskohlii, Epimedium, Ginseng, Green Tea extract, MSM, Pomegranate extract (90% ellagic acid), Sceletium T.



The S3 - Energy capsule is formulated to provide you with Strength, Speed, Stamina and Energy. Whether in the gym, on the bike, pounding the pavement, or in the pool, S3 Energy ensures that your body is energised throughout the duration of your workout.

Emmerentia Rautenbach – Comrades gold medallist:

“I have tried a myriad of sports and energy enhancing products over the years, and **S3 Energy by Nutr8 Wellness is by far the most effective product for overall endurance, mitochondrial function, and the production of ATP, that I have ever used.**

This product is exceptionally well paired with Nutr8’s BioZest which further enhances lung function and heart health, as well as replenishing the body’s nutrients, vitamins, and minerals, including vital electrolytes”.

Usage recommendations:

Take 3 capsules 30 minutes before exercise, then take 3 capsules every 2 hours into an event for continuous energy.

[#ATPfactory](#)



How it Works:

Arginine: is an amino acid. Amino acids are the building blocks of proteins and divided into essential and nonessential categories. Nonessential amino acids are made in the body, but essential amino acids are not. As such, they must be provided through dietary intake. L-arginine is considered semi-essential or conditionally essential, meaning that it becomes essential under certain circumstances and conditions, including exercise and sport or when the body is placed under duress.

Arginine is necessary for the production of nitric oxide, a signalling molecule that’s needed for a variety of bodily processes and functions, including blood flow regulation, mitochondrial function, and cellular communication. Essentially it helps to dilate the arteries, allowing for more blood flow and hence more oxygen becomes available to the body. It also assists to get this blood flow to the extremities thereby enhancing the whole body to respond effectively to the increase in oxygen.

It is also a precursor to other amino acids, including glutamate, proline, and creatine, and is essential for the health and functioning of your immune system. Arginine is also necessary for the development of T-cells, which are white blood cells that play central roles in immune response.

Citrulline: is a non-essential amino acid. It's considered non-essential because your body makes it on its own, specifically in the liver and intestines. Unlike other amino acids, citrulline doesn't build proteins. Instead, it plays an important role in the urea cycle, helping your body to get rid of harmful substances, particularly ammonia (antioxidant). It also plays an important role in widening your blood vessels (vasodilation) and may play a part in muscle building and some people may also take citrulline supplements to improve athletic performance. In the S3 E formula, the citrulline amplifies the arginine supply which thereby creates a very powerful source for producing Nitric Oxide. (**Nitric Oxide:** is an essential molecule required which acts as a vasodilator, i.e. nitric oxide signals the blood vessels to relax, allowing them to expand. This in effect allows blood, nutrients, and oxygen to flow freely to every part of your body).

Black Pepper: Piperine the active compound is a natural alkaloid and is considered a type of antioxidant that helps to lower the risk of chronic illnesses like atherosclerosis, cardiovascular disease, and neurological conditions. It has a positive effect on nutrient bioavailability as well. When you add black pepper to your meal, you increase the amount of nutrients absorbed into your bloodstream.

Coleus Forskohlii: The main bioactive ingredient is called forskolin. Through forskolin, the body may increase testosterone, and protect against cancer and inflammation. Forskolin increases cellular levels of a molecule called cyclic adenosine monophosphate (cAMP). Elevated cAMP levels are associated with increased rates of fat burning (loss) and can improve the effects of other fat burning compounds. The S3 – Energy capsule is therefore very complementary to the BHB Ketone enhanced products such as the Nutr8 Wellness Femme range, the Sporty Smoothie, VO2 Vortex and Complete Repair, all of which contain various levels of BHB ketones, as it assists with the breakdown of fat to increase energy levels, specifically during exercise.

Epimedium: is loaded with antioxidant activity. One main active ingredient is icariin which has been observed to relax the smooth muscle tissue, which controls the involuntary muscles. Epimedium relaxes the central nervous system, allowing it to switch from flight or fight mode to rest mode. It also contains phytoestrogen, which mimics the effects of oestrogen which in turn contributes to cognitive function, bone health, functioning of the cardiovascular system and assists with male and female reproductive functions.

Ginseng: is rich in antioxidants and may also help with brain health, immune function, blood sugar control and a host of other health benefits.

Green Tea: Green tea may help weight management, skin inflammation, and type 2 diabetes. Some research has also linked green tea consumption to improved cardiovascular health. Green tea has one of the highest concentrations of antioxidants of any tea and is low in calories and contains less caffeine than black tea and coffee. The caffeine in the green tea assists the mitochondria with biogenesis: (**biogenesis**—organisms arise only by the reproduction of other organisms. This is fundamental to the metabolic attributes of cells—i.e., their ability to transform simple nutritional substances into cell substance and utilizable energy). The green tea also contains **L-theanine**, which may affect the levels of certain

chemicals in the brain. These include the hormones serotonin and dopamine, which influence mood, sleep, and emotion, and cortisol, which helps the body deal with stress.

MSM: may help to boost your immune system by reducing inflammation. It also assists with increasing **glutathione** levels which is a master antioxidant. We also use MSM in the S3-E capsule to help your body absorb more oxygen and glucose into the cells, and for recovery after exercise.

Ellagic Acid: benefits include protecting cells from damage and oxidative stress by acting as an antioxidant. It can also decrease levels of inflammation, can boost the immune system, lower cholesterol, prevent heart disease, reduce the risk of infections, promote fat burning and weight loss, and improve mental functioning. It is also known to allow the mitochondria to better absorb nutrients and reduce waste

Sceletium: is helpful to enable the brain to relax and to enhance focus.

Conclusion:

The combination of the ingredients in the S3 energy **SuperCap** enable a hugely efficient mechanism to boost your body's ATP production - (**Adenosine triphosphate (ATP)** - is an organic compound that provides energy to drive and support many processes in living cells, such as muscle contraction, nerve impulse propagation, condensate dissolution, and chemical synthesis, thereby helping an athlete to energise their entire body throughout the exercise duration).

Ease of use:

- Easy to take
- Preload before training
- Ideal for swimmers and runners who find it difficult to carry energy enhancing products such as bars and gels or energy drinks
- No gels required
- **It simply works!**

#S3EyourATPfactory

For a selection of complementary nutrition and hydration platforms, please visit: <https://www.nutr8deli.co.za/>

(Also see [Top 9 Foods You Need to Boost Your Mitochondria - Institute for Restorative Health](#))