

## FEELING LIKE A BETTER VERSION OF YOURSELF



**In a double blind crossover study with swimmers over a 45 day period, we demonstrated that using an ImuPro guided diet (excluding personal trigger foods)**

- showed an average increase of 10% of the V02 max (Maximal Oxygen Consumption) 44% in one case
- lowered the lactic acid levels by 50%
- reduced the body fat by 4,5% (even 24% in one case)
- reduced the body weight by 2,5% (6,3% in one case) compared to a sham diet (included personal trigger foods)
- enabled faster recovery, documented by a reduced heart rate of -16%

All athletes returned back to their initial tested values when they stopped using the guided ImuPro diet. Thus proving the efficacy of the ImuPro concept: It combines sophisticated and reliable blood analysis with a unique post-test guidance and personal nutritional guidelines – to help find the right foods and eliminate individual “trigger foods” which cause inflammatory processes.

## THE RIGHT DIET CAN TAKE YOU TO MAXIMUM PERFORMANCE



**We recommend using ImuPro.**

ImuPro may help you to:

- increase your V02 max (Maximal Oxygen Consumption)
- improve your recovery
- facilitate your fat burning
- optimize your body composition
- decrease your lactic acid levels



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# YOUR BUILDING BLOCKS FOR MAXIMUM PERFORMANCE



## DID YOU EVER THINK YOUR FAVORITE FOOD COULD BE YOUR BIGGEST PERFORMANCE HINDRANCE?

Any athlete who is serious about their performance should have food and environmental allergen testing performed with proper interpretation of the results. If **trigger foods** are identified, a change in diet can help an individual athlete's body have **increased physical strength and abilities, produce more useful energy, have superior endurance** and avoid, decrease or remove instances of repeated illnesses or un-well feelings.

Competitive athletes are prone to injury and infection due to excessive free radical production. This is a natural byproduct of intense and sustained training. We could compare it to a car.

When you step on the gas pedal to increase the speed of a car – the engine produces more exhaust. **Athletes create more “metabolic exhaust”** from any type of intense training.

If the body is not able to recover properly it experiences so called oxidative stress.



Oxidative stress can contribute to poor immune function or injury. This oxidative stress combined with the wrong food, hormonal imbalances and/or nutritional deficiencies **will greatly impair performance.**

Food allergy reactions that are delayed can be more subtle, causing symptoms or illnesses such as loss of mental clarity, fatigue, headache, eczema, racing heart, diarrhea and dozens of other reactions.

The symptom or illness may take a day or two after the food is ingested, making it difficult to connect the symptom directly with the food.

When someone has an allergic reaction to a food, they are making an antibody (an immune protein) or a T cell (one of the specialized immune cells) response to that food. This response can hinder an athlete's ability to recover from workouts, limit future workouts, or even worse, inhibit optimal performance in competition.

## RAISE YOUR ENERGY LEVEL AND REACH YOUR PEAK PERFORMANCE - WITH IMUPRO



Foods that you consume on a regular or daily basis could cause a chronic inflammation with no chance of recovery – unless you change your diet. Chronic inflammation leads to:

- reduced access to oxygen, due to clumping of the red blood cells impairing the Oxygen transfer increasing the anaerobic phase
- reduced availability of sugar in the muscle cells, TNF- $\alpha$ , a strong inflammatory mediator, blocks the insulin receptor preventing your muscle from producing enough energy
- formation of AGE products (Advanced Glycation End products) leading to stiffness of the tendons and muscle fibers, thus increasing the risk of injuries
- the loss of self-confidence.
- unwanted weight gain, which will clearly impair optimal fitness performance

ImuPro might be your key to fighting chronic inflammation, raising your energy level and reaching **maximum performance.**

**Note:** An IgG food allergy **should not be mistaken for a classic food allergy** (Type I). If you have a Type I allergy, your immune system produces IgE antibodies. These antibodies can lead to an immediate allergic reaction. ImuPro does not detect IgE food allergies.