

performance

"I have found Finale Boost extremely effective in the latter stages of all events, especially when energy levels have been reduced and concentration levels need to be at a maximum."

KEVIN DAWSON – Mens British Best Allrounder Cycling champion.

"I really rate Allsports supplements I reckon they give me a 10% edge. I particularly like Best Thing, Amino Load, and Finale Boost"

CLINTON WOODS – World Light Heavyweight Boxing Champion

"As a member of the Pete Read Racing Team I would just like say how impressed I am with Finale Boost. I use it at all events and the results are amazing!"

LEE CAIRNS – Pete Read Racing Team

"Finale Boost gives me the edge I have always wanted, it lifts you and seems to make the battle against tiredness in the final stages of a fight a little easier, a number one supplement."

KERRY-LOUISE NORBURY – World Kickboxing champion

"In my opinion Finale Boost ought to be part of every kickboxers training regime."

MASTER CRIS JANSON-PIERS – World President to WFKKO, Trainer of World Champions

"Having used it once. I now understand it's best use, at a calculated time to pull that extra level to peak at the right time for a first class finish...a bit like Viagra I suppose."

JILL REAMES – Ladies British Best Allrounder cycling champion.

"I took Finale Boost 20 mins before training, when I started training I noticed a vast increase of concentration and alertness. It increased my sharpness and motivation to work harder for better results"

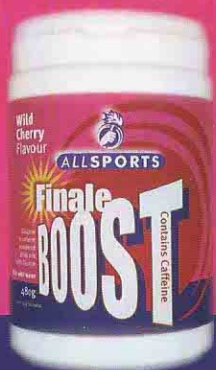
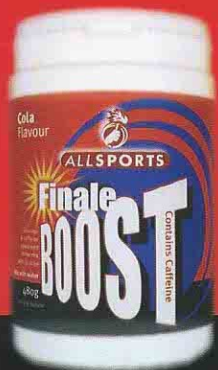
TONY SHEPPECZ – Martial artist.

"I used Finale Boost on a 228 mile long night drive from Wales. I was almost falling asleep until I drank it. Within 15 minutes I was wide awake. I finished the journey more alert than when I started. I will make sure I have Finale Boost with me on any future long drives."

VICKY GLAZIC – Champion horserider.

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flavour

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cherry  
flavour



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# Finale BOOST

Boost  
performance  
improve  
concentration



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GUARANTEED: ALLSPORTS SUPPLEMENTS  
DO NOT CONTAIN ANY BANNED SUBSTANCES

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FOR WINNERS)

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# Finale BOOST

## Boost your Performance - Legally!

Improve your Powers of Concentration



## How to Boost your Performance and Improve your Powers of Concentration - Legally!

It took a long time to perfect the blending of this unique product, which is perfect for helping you to maintain concentration and to give you that desperately needed energy boost in the final stages of a gruelling climb, competition or training session. Finale Boost is a blend of powdered glucose, taurine and caffeine which you add to water to make a delicious Cola or Wild Cherry flavoured drink - without the fizz!

Boost

### How does caffeine, taurine and glucose work?

Caffeine is a legally allowed natural stimulant and its effects have been known for thousands of years.

Caffeine acts directly upon the central nervous system creating an almost immediate sense of clearer thought and reduced fatigue. It also brings about the release of stored glycogen (animal sugar) from the liver bringing about 'caffeine lift'.

Taurine is a naturally occurring amino acid with important anti-oxidant effects. It helps regulate cellular fluid balance and reduces muscle damage during exercise. It speeds up recovery and is said to reduce drowsiness and increase alertness.

Glucose provides essential energy for the central nervous system and the brain is almost entirely reliant on it as its fuel.

### What are the benefits?

Many people regard the best benefit to be had from using caffeine, is its ability to burn bodyfat as fuel, this spares glycogen, a real boon during endurance events. This effect however does not kick in until 3 or 4 hours after taking.

But we are not promoting 'Finale Boost' as a fat burner, we have developed it specifically for its other benefit as a quick energy boost and to help a tiring person concentrate better, this effect kicks in after a few minutes. The fat burning benefit which kicks in later is an added bonus as far as we are concerned.

Since the seventies it has been fashionable for many athletes to use cola drinks during the last stages of endurance competitions and they report that it works. Usually they 'defizz' the cola and drink it flat in the last half of a race of 3 to 6 hours duration.

The reason cola drinks work is because they contain caffeine. They also contain sucrose which is not a good carbohydrate for an athlete to be using, not in the same league as glucose.

Caffeine as a performance enhancing stimulant is considered by many to be on a par with creatine. It is one of the best legal ergogenic aids.

### If I drink more caffeine will it enhance my performance even more?

Ironically it has been shown that more caffeine does not necessarily mean better performance. That is why we have spent so much time with athletes getting the concentration right.

### Does caffeine always work as a booster?

Of the 20 or more studies done using trained athletes significant benefits on performance have been noted.

People who regularly use drinks containing caffeine gain no benefit from using caffeine fortified performance enhancing drinks. So if you are a regular caffeine drinker the way to get the best results from Finale Boost is to stop drinking coffee, tea, cola, guarana, chocolate etc for at least seven days before you need to use it for your competition.

Also do not use Finale Boost for ordinary training sessions. By all means try it out first in a training session to determine when the caffeine effect kicks in for you. Everyone is different and for some people the effect will kick in after about 15 minutes but for others it can be half an hour or more. The effect then lasts for about an hour.

Then save using Finale Boost for competitions only. That way your body will not get used to it and it will deliver its benefits every time you need it. Used correctly caffeine can be a gem.

Two supposed drawbacks cited with regard to using caffeine are that it is a strong diuretic and that it raises body temperature (thermogenesis). While this may be ideal for slimmers it's not what athletes want. These findings however were almost all in studies using sedentary folk, not athletes.

When athletes were tested no diuretic or thermogenic effects were found.

### Is it legal?

The legal permitted level of caffeine in the EU for soft drinks (excluding 100% pure fruit and vegetable juices) is 150 mg per litre of made up drink. But a higher level of 350 mg per litre is allowed in so called smart drinks (basically drinks sold to enhance performance).

Finale Boost is well within this limit containing 75 mg caffeine per sachet which we recommend adding to 250 ml water. This means that you could take 4 sachets in one litre of water and still be well within the legal limit. Although you could dilute this down if you wished.

Although caffeine is a permitted substance from a legal point of view, if you are intending to use it, it would be best to check its status with the governing body of your particular sport. Also check how much is allowed then you can calculate how much you can use.

### Do I have to be a sports person to benefit from Finale Boost?

No. Although it has been developed primarily for sports people, we have found that it increases the alertness of anyone who is not an habitual caffeine taker, provided it is used in the way we recommend.

So it can be used by anyone who needs to be extra alert at certain times, such as drivers on long drives, students studying for exams, shift workers, recreational dancers etc.



[www.allsports-int.co.uk](http://www.allsports-int.co.uk)

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flavour



wild  
cherry  
flavour

