

ENERGY THAT DELIVERS

As the primary source of cellular energy, ATP supports critical physiological processes such as muscle contraction, oxygen delivery, and nutrient transport. Supplementing with PEAK ATP® enhances these effects by increasing blood flow, reducing fatigue, and improving both strength and endurance during exercise. Clinical studies have shown that ATP supplementation can boost performance, increase power and lean muscle mass, and even improve cognitive function under physical stress.



REFERENCES

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

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INGREDIENT SPOTLIGHT

AIM PEAK ENDURANCE®

with **PEAKATP®**

PEAK ATP® makes the difference in Peak Endurance.

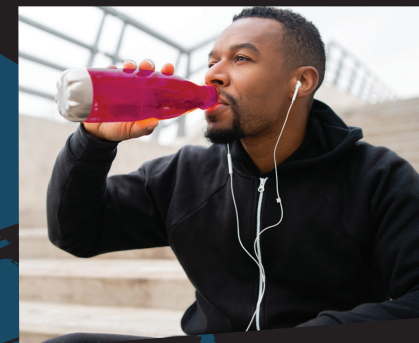
Adenosine 5-Triphosphate (ATP) is the primary source of cellular energy for all living organisms. It is present in every cell of the human body, providing the energy necessary to drive the biological reactions that allow cells to function and



life to exist.¹ In addition to fueling cellular processes, ATP also acts as an important signaling molecule, with cells releasing ATP to communicate with nearby cells.² A continuous supply of ATP is crucial for the fundamental cellular processes that support skeletal muscle contraction during exercise, playing a vital role in both daily activities and exercise. While the primary focus for maintaining ATP levels during exercise is on the utilization of

carbohydrates and fat, skeletal muscle may also be able to resynthesize ATP from other substrates, such as protein, lactate, and ketone bodies.³

In response to the increased physical demands of exercise, supplementary PEAK ATP® provides a direct source of energy and acts as a signaling molecule that enhances ATP's role in the body, thereby increasing functional energy capacity. PEAK ATP® has been shown to further increase blood flow to the exercising muscles, improving oxygen and nutrient delivery.⁴ Additionally, PEAK ATP® helps prevent drops in ATP levels during physically demanding exercise, with the extra available energy resulting in additional reps and enhanced performance.⁵



CLINICAL EVIDENCE

Each daily serving of Peak Endurance contains 400 mg PEAK ATP®.

ACUTE WORK CAPACITY

A single serving of 400 mg PEAK ATP® reduces exercise-induced fatigue, enabling athletes to sustain performance for longer durations.⁷

POWER & STRENGTH PERFORMANCE

Daily supplementation of 400 mg of PEAK ATP® alongside resistance training for 12 weeks resulted in the following performance improvements compared to placebo:

Strength: 147% increase

Power: 30% increase

Lean Body Mass: 100% increase

Muscle Thickness: 96% increase⁸

COGNITIVE PERFORMANCE

Taking 400 mg of PEAK ATP® daily for 14 days improved proactive reaction time and reactive reaction time following high-intensity sprint exercise. It also decreased errors during a reactive visuomotor task and may mitigate exercise-induced cognitive dysfunction.¹⁰

META-ANALYSIS

A meta-analysis confirms the performance benefits of PEAK ATP®. It showed significant improvements in maximal strength, especially in resistance-trained men, with a daily dose of 400 mg.¹¹

ACUTE DOSE OF 400 MG PEAK ATP®

Supplementing with 400 mg of PEAK ATP® has been clinically validated to improve performance acutely. Specifically, it enhances the number of repetitions performed and increases oxygen consumption and energy expenditure during exercise.^{6*}

BLOOD FLOW PERFORMANCE

Daily supplementation of 400 mg PEAK ATP® for 12 weeks significantly improved muscle blood flow during and after exercise. This enhancement may support the delivery of oxygen and nutrients to muscles, as well as the removal of waste products. Additionally, it led to significant elevations in brachial dilation at weeks 1, 8, and 12.⁴

HIGH-INTENSITY PERFORMANCE

Oral supplementation of 400 mg/day of PEAK ATP® for 2 weeks prevented exercise-induced declines in ATP and its metabolites. Additionally, PEAK ATP® enhanced peak power and muscular excitability prior to exercise.⁵

FORCE OUTPUT & FATIGUE

In a study where participants took 400 mg of PEAK ATP® daily for 15 days, their ability to maintain force output during exhaustive exercise improved, and they experienced reduced muscle fatigue.⁹

ACUTE BENEFITS

400mg PEAK ATP® has been shown to be effective after a single dose.

- ◆ Exercise performance – increased number of reps and total work*
- ◆ Recovery from exercise – increased postexercise heart rate variability, which may indicate physiological readiness for activity*
- ◆ A single dose of PEAK ATP® increased total work by 24% over placebo*
- ◆ PEAK ATP® enhances muscular endurance*

LONG-TERM BENEFITS OF PEAK ATP® when combined with resistance exercise:

- ◆ Boosts muscular power output*
- ◆ Increases total strength by 147% over training alone*
- ◆ Increases vertical jump power by 30%*
- ◆ Increases lean body mass by 100%*
- ◆ Increases muscle thickness by 96%*
- ◆ Improves blood flow by up to 54%*
- ◆ Reduces muscular fatigue*
- ◆ Maintain force output during exhaustive exercise*
- ◆ Increases post-exercise ATP levels*
- ◆ Enhances post-exercise vasodilation, which supports nutrient delivery to muscles*
- ◆ Improves performance with one-time supplementation*

COGNITIVE FUNCTION BENEFITS

- ◆ Reduces mental fatigue and brain fog*
- ◆ Improves cognitive clarity and reaction time*
- ◆ Improves focus and mental speed*
- ◆ Enhances cognitive function*
- ◆ Maintains accuracy and reduces errors in tasks requiring focus*