

Token fee € 9,50



incl. sport video vol. 5

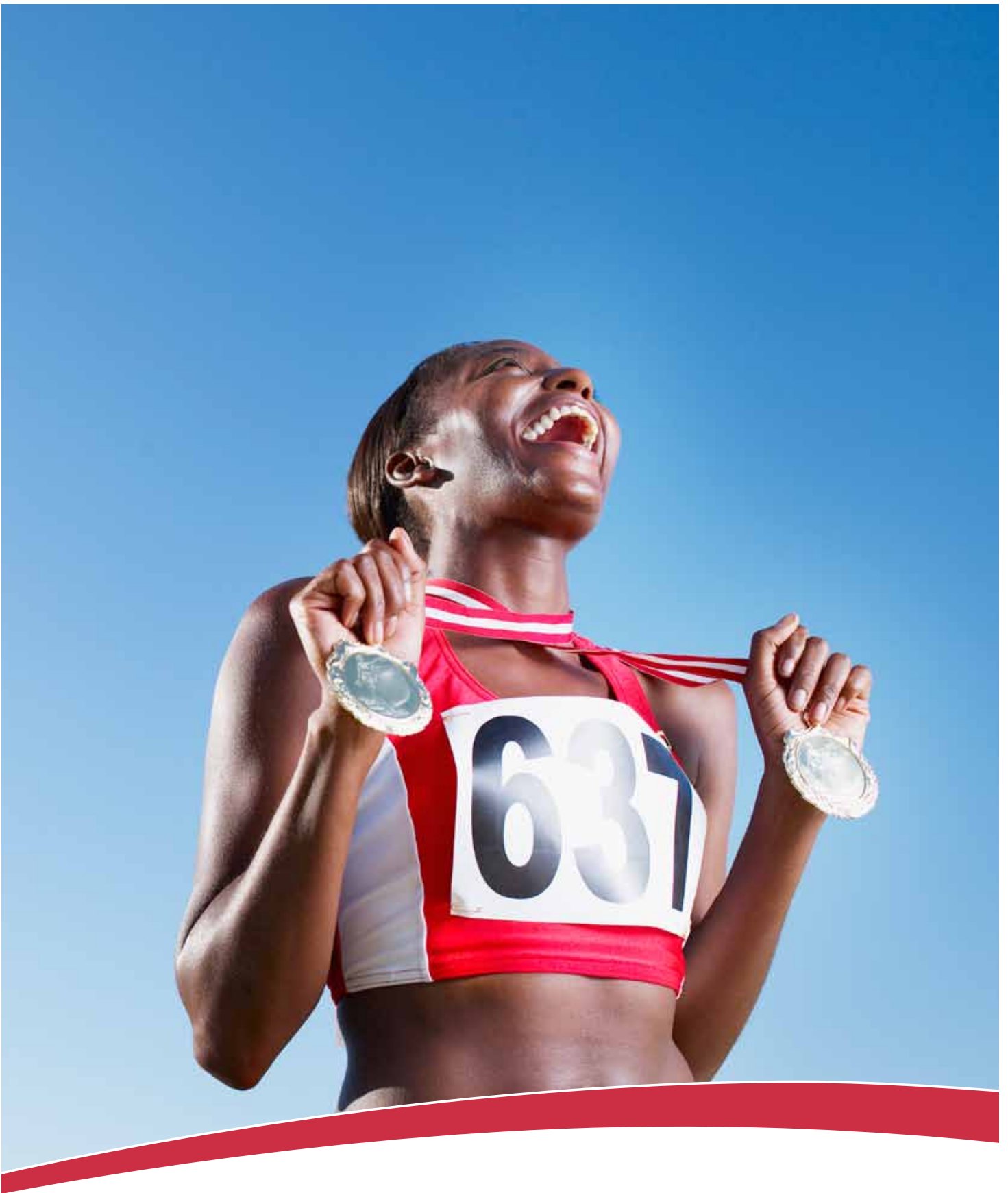
## The Professionals' Secret

Sport 11/12



Experience Results.

FitLine®



**Our Company Goal:**

Market leadership in the distribution of high-quality products for fitness and beauty worldwide. To achieve this goal, we are concentrating on the premium segment and relying on innovative, patented products, which clearly set themselves apart from the rest of the market.

# FitLine is the future of Nutritional Supplementation

The products of the FitLine nutritional supplement line are the core competency of PM-International, our innovative company, which has seen considerable growth since its foundation in 1993.

“Nutrition is not everything, but without optimal nutrition everything is nothing.” Whatever we eat or drink day by day – good or bad – significantly influences not just our health, but also our performance levels, our appearance, our thinking, our feelings, our aging, or in short: our well-being and quality of life. With high-quality nutritional supplementation, we can improve our daily diet. These facts were the basis for our development of the FitLine products. It was our goal to develop effective and safe products. It was and remains our vision and motivation to help many people worldwide to more fitness and well-being, higher performance levels, more vitality and quality of life and also to financial independence.

“For the FitLine products we have developed a concept, the Nutrient Transport Concept, that aims at optimal bioavailability of the nutrients contained in the relevant products. That is intended to take nutrients to our cells.” states nutrition and sport scientist Dr. Gerhard Schmitt.

The development of new standards such as the unique FitLine Nutrient Transport Concept (NTC) in an international team is our requirement for effective products that have in part even been protected by patent. Cooperation with internationally renowned manufacturers producing according to the highest standards of quality (GMP) is consistently the condition for our products’ highest quality and safety.

PM-International reacts quickly to the results of nutritional scientific analysis as products are continually being tested in accordance to the latest nutritional scientific findings in exchange with international top scientists. Moreover, they are constantly further developed so ensuring that they are always at the cutting-edge.

Many top athletes and top German teams use the FitLine Nutritional Supplement series and PM-International is the official supplier of the sports associations DEB (German Ice Hockey Association), BRD (Association of German Cyclists), DSV (German Skiing Association), OeSV (Austrian Skiing Association, DJV (German Judo Association), DRB (German Wrestling Association), DESV (German Curling Association), BTV (Bavarian Tennis Association) and DNV (German Nordic Walking Association) as well as numerous national teams at home and abroad. Also the OeSH (Austrian Sports Aid) officially recommends the FitLine products.

You, however, need not be a top-performing athlete to feel the “effects”. Give yourself a chance, take responsibility for your fitness, take our Basic Program every day and then decide for yourself. We are so convinced about our products’ effectiveness that you can return products to PM-International within 30 days if you should not be satisfied with their effects for any reason. You may then choose between replacement at no extra charge, a credit towards the purchase of another product or a full refund of the purchase price.



*Rolf Sorg*  
Rolf Sorg  
CEO PM-International AG



*Dr. Gerhard Schmitt*  
Dr. Gerhard Schmitt  
Nutritional and Sports Scientist  
Chairman of the Scientific Advisory Board and Head  
of FitLine Research of PM-International

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In every year from 2002-2010, PM-International was elected nine times by an independent forum of scientists and renowned economic experts, led by among others Prof. Dr. h.c. Lothar Spaeth, as one of the 100 most innovative German mid-sized companies eight times in a row and as one of only two in its industry. The award associated with this, "Member of TOP 100," impressively honors the joy in innovation and a commitment to quality that knows no compromise.

# The Significance of Individually Optimized Nutrition in Sports

Optimal nutrition - the key to highest performance and fitness

“The right nutrition fundamentally influences fitness, training and mental condition.” This is an excerpt from the resolution of an international nutrition conference of sports nutrition experts in Hot Springs, USA. Unfortunately, the significance of individually optimized nutrition in the fitness and sports sector continues to be immensely underestimated, even by many top athletes and top trainers. In the constant search for ever new performance enhancing substances, the optimization of nutrition is often neglected.

Optimal nutrition contributes not only to a maximization of the (potential) performance of an individual, but also supports accelerated recovery and quick regeneration after competitions.

## Increased nutrient requirement Competitive and Hobby Athletes

Scientific studies show a high rate of nutritional deficiency in athletes. There are two principal reasons for this. Firstly, athletes often have an insufficient supply of e.g. vitamins and minerals through their basic nutrition (not enough fruits, vegetables, salads, whole-grain products) and secondly they have higher demand than the average person. Their increased demand is especially the result of increased sports activity, additional excretion (e.g. through sweating), a reduction in utilization or a reduction in the absorption of nutrients and ingredients in the intestines.

Leisure athletes are more often affected by nutritional deficiency than top-performing athletes as their organisms are less well adapted to high performance (e.g. through sweating). The “deficient nutrients” in athletes include in particular the antioxidative “protection vitamins” (vitamin C, vitamin E, provitamin A) as well as the “energy and nerve vitamins” (B vitamins). Performance loss in the areas of sports and fitness are also caused by an increased loss of electrolytes and especially by an increased loss in fluids.

Consequences of nutritional and fluid deficiencies can include quicker fatigue, increased susceptibility to injury, lower performance and energy levels, longer regeneration periods after competitions, a weakened immune system as well as long-term severe impairments.





### What does individually optimized nutrition look like?

Especially in the areas of sports and fitness, optimal nutrition must be individually tailored to the special needs of each person. This is easy to understand when you consider that demand for energy and vital substances (e.g. vitamins and minerals) not only depends on age and sex, but also on the duration, type (of sport) and intensity of physical exertion.

Individually optimized nutrition for top performance and fitness should therefore always be comprised of a balanced basic diet and targeted nutritional supplementation.

The highest goal of individually optimized nutrition is firstly the supply of necessary nutrients and vital substances (e.g. carbohydrates, protein, fats, vitamins, minerals, fiber, bioactive substances, water) through a balanced basic diet (= ensuring the basic supply). Unfortunately, athletes do not always manage to eat a balanced diet. On the one hand, many circumstances in life such as lack of time, laziness, training schedules, the nutritional environment at competitions, travel or simply lack of knowledge can keep athletes from eating a balanced diet and obtaining an optimal supply of nutrients and vital substances. On the other hand, an increased demand caused by smoking, alcohol consumption, environmental pollution, stress at practices and competitions also impedes the optimal supply of nutrients and vital substances. In addition, athletes belong to the group of people with increased nutritional needs. Scientific studies show that members of this group suffer particularly often from nutritional deficiency.

### What demands are to be placed on high quality nutritional supplements for athletes?

What demands are to be placed on high quality nutritional supplements for athletes?

A high-quality nutritional supplement should on the one hand focus on how gaps in the basic diet can be filled in a targeted, individually-focused way and on the other hand also be effective.

To close gaps in the basic diet in a targeted way, given that they will be different sizes from athlete to athlete, high quality nutritional supplements must consist of different modules (products). These modules should contain certain nutrients and vital substances in optimally tailored ingredient groups. This can on the one hand be groups of active substances each with a distinct objective: e.g. vitalization of the intestinal flora, protection for the cells using high antioxidative potential or a positive influence on the energy metabolism. This can on the other hand also be ingredient groups that are - in their composition - optimally tailored to the special needs of certain target groups such as athletes, for example. Through the diverse "product modules" of the FitLine product line (Basics, Activize Oxyplus, Fitness-Drink, Restore, Phyto, Antioxy (Zellschutz), Q10 Plus, target-group specific sports bars, etc.), which are easy to dose in powder or liquid form, every athlete can flexibly and individually address different requirements and can create a personal "individualized magic potion."

A multi-vitamin tablet that supplies vital substances according to the "watering can principle" or a capsule with only one active ingredient is only able to partially - if at all - fulfill the demands of individualized nutritional supplementation, particularly in the area of sports. Common isotonic drinks on the other hand only supply an athlete with insufficient amounts of the necessary active substances.

Another essential or perhaps the most important demand on high-quality supplements is effectiveness. It does not matter which ingredients are

listed on the package, but rather what the body absorbs and what reaches the place at which it takes effect, namely the cells. During the development of products for nutritional supplementation, aspects of nutrient transport must also be taken into consideration. Unfortunately, most products, especially in the area of sports, do not fulfill this demand, or do so only insufficiently. For optimal nutrient transport the form of intake when taking a supplement is especially important, among other aspects. Vital substances in powder or liquid form are often absorbed better, more quickly, in larger amounts and more mildly than vital substances in capsules or pressed tablets and they also supply the athlete with additional fluid. Capsules or tablets often only release their ingredients in the body when the location of the highest absorption (intake through the intestine into the blood), the duodenum, has already been passed. The combination and bonding of the ingredients, their solubility, pH value and many other aspects influence nutrient transport and therefore also the EFFECTIVENESS of such products. The tolerability is also improved.

In addition to the aspects mentioned here, a high-quality nutritional supplement should also supply ingredients with the highest purity (e.g. with regard to heavy metals, pesticides, herbicides or microbial loads), be natural and doping safe. Only with nutritional supplements that meet the above-mentioned demands can gaps in the basic

diets of athletes be effectively and safely filled, the body's ability to perform be supported, and therefore a basis for optimal performance be created. With the combinable and individually dosable FitLine products, developed according to the FitLine Nutrient Transport Concept, a

## Work-oriented Individual Nutritional supplement

that conforms to the criteria above is available for competitive and leisure athletes, and also for fitness-conscious people.

### What demands does a high-quality nutritional supplement have to fulfill?

- Targeted supplementation against deficits in the basic diet on an individual basis (= basic supply)
- Increased demand of a target group is individually covered (= protective supply)
- Noticeable effect
- Safety is a matter of course

Effective nutritional supplementation is your insurance!

“For the FitLine products we have developed a concept, the Nutrient Transport Concept, that aims at optimal bioavailability of the nutrients contained in the relevant products. That is intended to take nutrients to our cells.” according to nutritional and sports scientist Dr. Gerhard Schmitt. The goal of developing and distributing natural nutritional supplements using trail-blazing technologies has been fully put into effect in the FitLine Nutrient Transport Concept, NTC: The careful selection and the precisely balanced amounts of ingredients, taking them in the form of a tasty drink, the special micellization of the vitamins – all of these factors not only ensure absorption that is faster and better, but also an especially mild nutrient intake. All FitLine products are manufactured according to the strict international GMP guidelines.





# Results of the first scientific FitLine Activize Oxyplus study

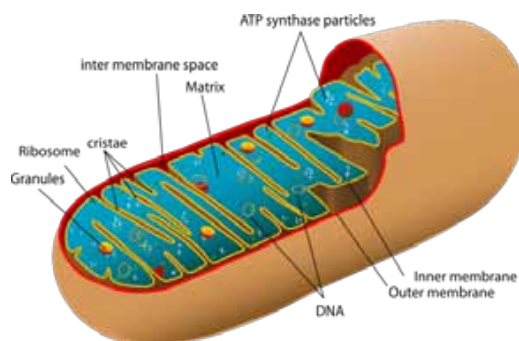
## The requirement

Oxygen: The elixir of life, performance and sports

The human body can survive three weeks without eating, three days without drinking, but only three minutes without oxygen. To be supplied with sufficient amounts of oxygen is the basis of life itself. Nutrients such as carbohydrates and fats are transported together with oxygen into the mitochondria, the power plants of the body and turned into energy there.

The principle functions similarly to a chimney in which wood is burnt so creating heat. If there is not enough oxygen available during combustion, then waste substances are deposited onto the walls of the chimney, causing it to no longer optimally burn, produce less energy and to become sooty. And like a chimney, our bodies also need sufficient oxygen in order to create an optimal supply of energy. Depending on the fitness level of a person, this can lead to an undersupply with various long-term consequences.

In short: Oxygen is one of the most important components of blood circulation and enhances the metabolism of every individual body cell. The heart and lungs, the brain, the digestive organs, the skin as well as all muscles and fibers need oxygen in order to fulfill their tasks in the body in the best possible way and to keep us active and fit.



*The Mitochondria are the "power plants" for the production of energy for muscles and body cells. Oxygen is burnt here thereby releasing energy.*

## The product

FitLine Activize Oxyplus:  
more oxygen = more performance

With FitLine Activize leisure and competitive athletes were already able to use tried-and-tested products in practice that already contained all energy-relevant nutrients. The further development of the Activize product line under the direction of Dr. Gerhard Schmitt, Chairman of the Scientific Advisory Board of PM-International AG, therefore focused on a new product with special substances that also additionally optimizes the supply of oxygen in addition to energy metabolism and therefore promotes the performance capacity of the body more strongly.

As the first users report, PM-International AG has achieved this goal with Activize Oxyplus. With Activize Oxyplus even the finest capillaries of the blood vessels are opened, making it possible for nutrients and oxygen to reach their deployment site quickly and increasing the energy production there.

The improvement of circulation and thermogenesis is distinctly visible in thermographic imaging. Vitamin C and B vitamins ensure optimal energy production in the body. Dextrose supplies quickly available energy. Guarana and special brown algae extracts ensure increased fat burning. With these special ingredients in their special composition, Activize Oxyplus makes athletes as well as many others fitness and health-conscious people distinctly better able to perform.

## The Study

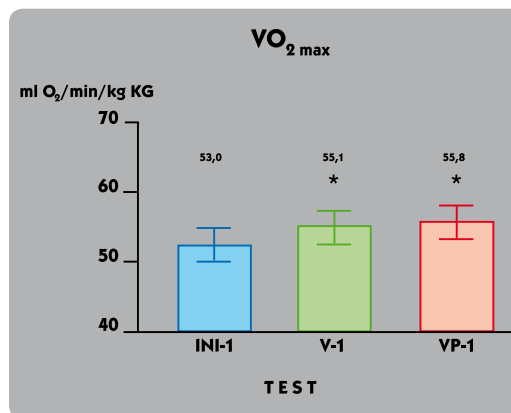
FitLine Active Oxyplus raises your performance levels - now scientifically tested

The superior effectiveness of the new FitLine Activize Oxyplus has now been proven through a scientific study in which 20 leisure and elite athletes participated. The study was carried out as a randomized and placebo-controlled crossover double-blind study. This means that the 20 athletes were randomly divided into two comparative groups.

Members of the first group each received a teaspoon of FitLine Activize Oxyplus three times per day (morning, afternoon and evening) for a period of seven days, and after a break of three days, a placebo on the following seven days, i.e. a drink without active ingredients. The second group took, three times per day, the placebo for the first seven days and then after a three-day break, FitLine Activize Oxyplus for seven days. Neither the participants nor the contact persons knew which group received which drink on a given day. This information was only available to the scientists, who later performed the analysis. Due to the fact that the athletes were given anonymous names, the scientists on their part did not know which results belonged to which athlete. Undue influence on the test results was therefore practically excluded.

The study design therefore corresponded to the most stringent scientific criteria. On the treadmill, using spiroergometry and blood pressure measurements, cardio-circulatory controls, lactate determinations and respiration gas analyses, the performance capacity of the leisure and top athletes was measured under 25 minutes strain on the first, seventh and fourteenth days. During this time, special attention was placed on the respiratory quotients and the  $VO_{2max}$  values, since these values provide an informative picture of the real physical performance and show that  $O_2$  is actually available in the cells.

During the  $VO_{2max}$  measurement (the maximum possible oxygen intake capacity), measured by the values of the entry tests (INI-1), it was shown after just a seven-day intake of FitLine Activize Oxyplus that the first group (V-1) had a significant increase in performance. This increase of the  $VO_{2max}$  value remained the same in the responder group during the tests on day 14 as well and, without additional dosing in the second week, slightly increased with a type of "after-burn effect" to 55.8 ml  $O_2$  per minute. The increase clearly shows the higher intake and the better transportation of oxygen into the muscles.



*If the  $VO_{2max}$  value during the entrance test was at 53.0 ml  $O_2$  per minute per kg of body weight, then after 7 days of intake it was already at 55.1 and after a further 7 days at 55.8 – although Activize Oxyplus was only taken in the first week there was an additional increase in the second week.*

## The Conclusion

Not only the maximum oxygen intake, but also the running speed, was increased through the intake of FitLine Activize Oxyplus. With a standardized respiratory quotient at Value 1 (the ratio of oxygen absorption and carbon dioxide discharge), the running speed increased in all of the tested athletes on average by 28% (INI-all vs. VP-all) and even by 32% in Group 1 (INI-1 vs. P-1)! The speed on the treadmill was increased from 9.9 km/h (6.1 mph) to 13.0 km/h (8.1 mph) and in the responder group even to 14.9 km/h!

Naturally developed according to NTC  
and manufactured according to GMP guidelines



FitLine Activize Oxyplus is patented  
and worldwide exclusively available  
only from PM-International

### More power without doping

Good to know: as with the other FitLine products Activize Oxyplus also contains no doping-relevant substances and can be used in competitive sports without concerns.

### Scientifically proven: the effectiveness of FitLine Activize Oxyplus

#### More oxygen

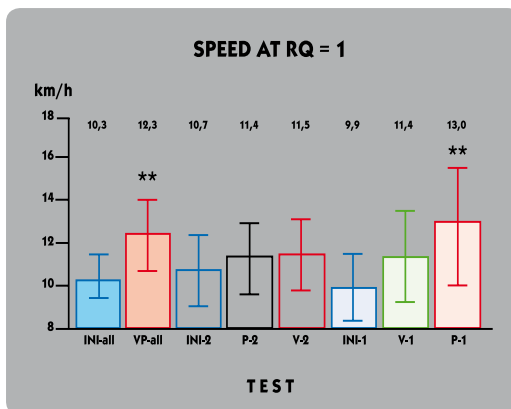
The average VO<sub>2</sub>max values (the maximum oxygen intake capacity) increased by 10%. More oxygen is available to the body, down to the smallest capillaries and cells.

#### More performance

With a standardized respiratory quotient at 1 (ratio of oxygen absorption and carbon dioxide discharge) the running speed increased in all of the subjects on average by 28% (all responders) and by 32% (responder from Group 1)!

#### More energy

With the new active ingredient combination in FitLine Activize Oxyplus the body not only gains more oxygen, it also gains all other important substances for energy generation.



For a respiratory quotient that was standardized under stress to 1, the running speed increased after taking FitLine Activize Oxyplus from the average 9.9 km/h (6.1 mph) during entrance test INI-1 to the distinctly higher value of 13.0 km/h (8.1 mph) on average! (P1)

# Results of the first scientific FitLine Basics study

## The requirement

Competitive and leisure athletes simply need more

It goes without saying that competitive athletes need more nutrients than average people: On the one hand the intense physical strain during training and competitions and the psychological stress lead to an increased consumption; on the other hand, an optimal supply of all of the most important nutrients is often lacking due to irregular eating habits without enough fruits, vegetables and whole-grain products, insufficient recovery periods caused by frequent travel to far away places for competitive events or not being accustomed to the food due to frequent changing of hotels.

This can reduce performance capacity, have a negative impact on the immune system and increase oxidative stress on cells. Anyone who believes that an increased demand only affects competitive athletes is wrong. Top athletes, who work professionally on their success mostly know the problem and pay as much intense attention to optimizing their diet as to optimizing their training plans and season peaks. Most of the time it is the leisure athletes who lack adequate nutritional intake.

Many sports enthusiasts have a latent deficiency and often tend towards minor deficiencies in liquid intake or vital substance and antioxidant intake. If they do not do sports regularly and suddenly do them intensively, according to the motto "the harder, the better," their bodies are often less well adapted to this stress. Through sweating, leisure athletes lose above average amounts of minerals and water-soluble vital substances. The result: they become nervous, lack concentration, and feel drained - which quickly affects other areas of their lives. All of this necessitates an increased nutrient intake.

In order to be able to tap the full potential, competitive and leisure athletes need the following for better performance:

- **an adequate supply of vital substances**
- **a digestive system that works well and with optimal nutrient intake**
- **a strong immune system as well as**
- **protection of the cells of our body**

Healthy intestinal flora and an improved nutrient intake are important for more power and energy, less downtime, quicker regeneration and improved physical stamina - and this applies to all athletes!

## The product

The new FitLine Basics: More fitness naturally

FitLine Basics, tried-and-tested for years has always supplied our digestive and immune systems with important substances:

- with different herbal enzymes
- with soluble and insoluble fibers
- with effective prebiotic and probiotic cultures
- with numerous secondary vegetable extracts taken from fruit, vegetable and grain extracts
- with the vitamin team for cell protection: vitamin C, beta carotene, vitamin E plus the trace element selenium
- with valuable herbal aromas from the Indian Ayurveda teachings

In the newly developed and worldwide unique FitLine Basics the Scientific Advisory Board of PM-International chaired by Dr. Gerhard Schmitt has combined the latest scientific findings with innovative technologies.

The new FitLine Basics includes, along with other substances, a natural herbal aroma that promotes absorption and influences nutrition intake. It has amazing effects, which have now been proved in two studies.

### FitLine Basics

- increases the absorption of nutrients
- strengthens the body's immune defenses
- and is the ideal basic product for all fitness conscientious and physically active people.

Naturally developed according to NTC and manufactured according to GMP guidelines



FitLine Basic is patented and worldwide exclusively available only from PM-International

## The study

### FitLine Basics - now scientifically tested The Lab study: Increased bioavailability

Bioavailability - the possible absorption in the body - is below 10% for many nutrients. In a study the absorption of different nutrients was compared more closely in a group with and in a control group without herbal aromas.

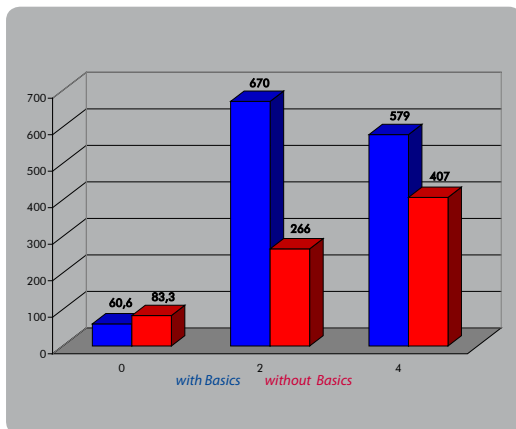
The results were extremely impressive: Basics increased the absorption of individual nutrients significantly. The values for comparison of selenium were at 40 (without Basics) or 58.2 (with Basics) µg/ml serum, vitamin B6 had 266 (without Basics) compared to 670 (with Basics) ng/ml, also significant was the increases for Q10, beta-carotene and vitamin C. On the whole, the improvement in absorption of all nutrients was between 30 and 250%!

This shows that the herbal aromas contained in FitLine Basics increase the absorption of all nutrients taken at the same time as Basics.

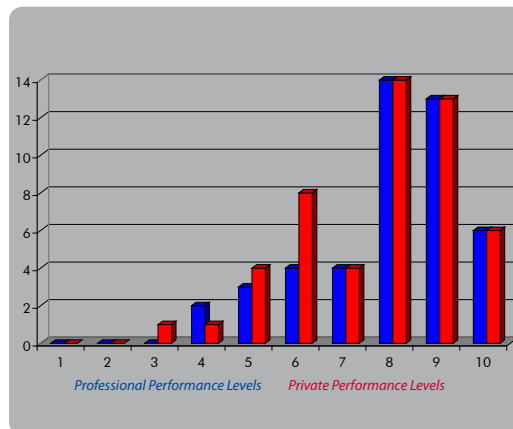
Now, after testing the individual active substances, the task at hand was to also test their cumulative effect.

### The practice study: Improved values, greater well-being

50 randomly selected people underwent testing of their blood and stool. Then, they drank a glass of water with 2 measuring spoons of FitLine Basics every morning for a period of 3 months. The assessment of their questionnaires showed a general improvement of the subjective state of well-being. 64% of participants assessed their private performance capacity and 70% their professional performance capacity as good to very good and 84% of them assessed their digestion and general well-being as being good to very good. However, the laboratory results are scientifically more significant.



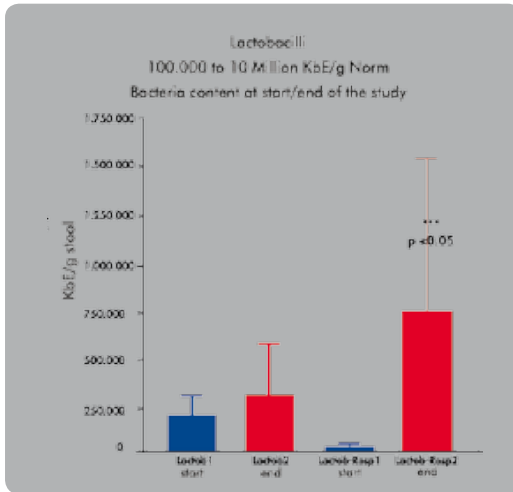
Distinctly visible: the absorption of vitamin B6 is greatly improved with the herbal aroma.



The questionnaire was used to survey subjective experiences with FitLine Basics. On a scale of 1 (bad) to 10 (very good) 70% of the participants assessed their performance capacity at work as good to very good.



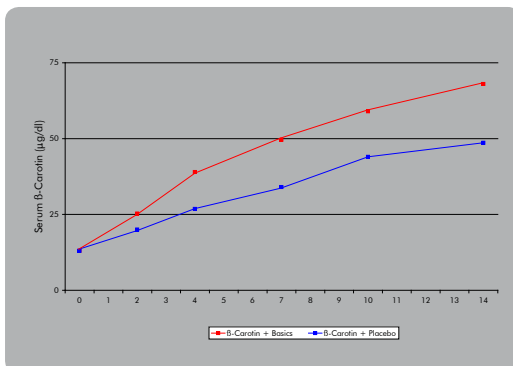
## Conclusion



The lactobacilli found in FitLine Basics have been proven to have settled into the intestines – even in significant numbers in the responder group (right).

The number of health-promoting lactobacilli and bifidobacteria has increased significantly. Lipid peroxides, an indicator of cell protection, have declined: their mean value decreased from 115.8 to 101.5  $\mu\text{mol/L}$ . Similarly, the secr. IgA value for the immunological status of the intestinal mucosa: the initial values significantly reduced in 31% of the participants.

According to the results of the study the daily need for vital substances can also be covered better for people involved in sports and for professional athletes.



Detected in blood serum: along with other nutrients, Basics also increases the intake of beta carotene – especially when taken for several days

### Scientifically proven: The effectiveness of FitLine Basics

#### Higher Nutrition Intake

Beta carotene	+ 60%
Selenium	+ 30%
Co-enzyme Q10	+ 30%
Vitamin C	+ 39%
Vitamin B6	+250%

Result: improved utilization of nutrients.

#### Certain Nutrient Supply

The alpha-1-antitrypsin values as indirect indicator of absorption have been significantly improved by taking FitLine Basics.

#### Revitalization of the intestinal flora

It has also been proven that the bifidobacteria and lactobacilli contained in FitLine Basics settle in the intestines thereby caring for the intestinal flora.

#### Strengthening of the immune system

The s-IgA values, providing information on the immune status of the intestinal mucosa, have been reduced in all of 31% of participants.

#### Protection of the body cells

“Oxidative Stress”: The reduction of lipid peroxide in the blood serum clearly confirms effective protection of the cells.

### Subjective experiences of study participants

- improved and regular digestion
- less flatulence (with > 2 l liquid)
- improved food tolerance
- more energy and vitality
- significantly improved skin
- improved detoxification.

# Success in competitive sports with FitLine Products -from professionals for professionals-

## To be - or not to be - a champion

In national and in international sports the number of competitions and performance levels are continuously increasing. An athlete wanting to belong to the elite must meet the ever more extreme demands as best as possible. As factors such as talent, training intensity and competitive performance reach relatively similar levels, however, other factors such as nutrition and the ability to regenerate are increasingly the factors which determine victory or defeat.

## Optimal nutrition as a "key factor"

For many elite athletes and their trainers, optimal nutrition has proven to be the key to higher performance capacity. If you read the FitLine Sports Catalog carefully, you will discover that many top athletes have already been able to increase their performance and achieve great success with FitLine products. All FitLine users report

- **higher performance levels**
- **improved competitive creativity**
- **a greater desire to perform**
- **a stronger immune system**
- **greater ability to cope with pressure**
- **quicker regeneration capacity**
- **far greater resilience**

Experience in past years has shown that regularly taking FitLine products can lead to an additional increase in performance of 5 to 10% even in the best-trained professional athletes. This experience is confirmed time and again through our close contact to athletes and teams, trainers, physiotherapists and sports consultants.

Whether as an athlete or board member of a club or association: why not use an optimal diet with nutritious vital substances to promote your sports objectives?

## Athletic success for athletes

As a competitive athlete you depend on a constant income from prize and sponsor monies in order to be able to cover your expenses. Only athletic success triggers economic success. The FitLine product program is a promising investment for your personal success with regard to both sports and finances. With € 100 to € 200 per month you can support your maximum performance capacity in the best possible way and achieve more frequent and greater sports successes, thereby securing your economic existence long term. At the same time, you also protect your body and thereby greatly improve your quality of life.

## Economic success for teams, associations and clubs

If you are responsible for an athlete, team, sports club or an association, naturally your thoughts and actions are made with business on top of your mind. What it comes down to is that your team has to achieve athletic success to make it possible to market it in the best possible way in order to receive the income that is needed and desired. The FitLine product program offers an approach to this: at an investment volume of € 100 to € 200 per person and month, the entire business operating result will improve significantly in the short- and mid-term. Even with an average performance increase of only 5%, the first positive results in your sport will be achieved after just a short period and you will begin receiving increased income. This return on investment can in turn be invested in training measures, signing new high-performing athletes or promoting the junior talent of your own.

## Benefit from the product program for professionals

The enormous investment of time and money and the personal sacrifices made by many athletes into their intensive training and competitions would be wasted effort if the aforementioned opportunity to maximize each individual's performance capacity were not seized.

In light of annual budgets ranging into six and eight figures for athletes and teams the question should not be whether you use the FitLine product program, but rather how quickly can you implement it and let it work for you to reap its benefits as quickly as possible.

## Professional support

Additional information about applications for FitLine products and how to use them is available from our sales partners. Only this direct distribution channel guarantees us that you receive the high-quality products with specialist consultation, which will give you the decisive edge. For this reason, FitLine products are not available through conventional distribution channels. Our sales partners will be happy to educate you on how to best utilize this investment or about additionally available budgets. A consultation with no string attached will pay off for you in any case!

FitLine is an official supplier for



"If you have particular questions, you may reach us by phone at +49 (0) 62 32 / 2 96 - 4 62

Please also feel free to send us suggestions or questions in writing per fax on +49 (0) 62 32 / 2 96 - 3 31 or via email at [sm@pm-international.de](mailto:sm@pm-international.de)



With sportive regards

A handwritten signature in blue ink that reads 'Torsten Weber'.

**Torsten Weber**

- Bachelor of Business Administration -  
Head of Sports Marketing



 **Wolfgang Maier • Sports Director Alpine Skiing DSV**



*"In the current situation in professional sports it is, of course, product safety that is of decisive importance for an association as well-known as the DSV. Products must regularly be subjected to testing by the center for preventative doping research in Cologne for doping and impurities of nutritional supplements. All the FitLine products relevant to sports are on the Green List, the "Cologne List". Along with product safety, for athletes it is quality and effectiveness as well as taste and digestibility that are highly significant. In my previous position as German national trainer of the alpine ski ladies I had had very good experience with my athletes (Hilde Gerg, Regina Hausl, Martina Ertl etc.) long before FitLine became an official partner of the DSV. Our athletes take nutritional supplement products for quicker regeneration, prevention, to stabilize their immune systems and to fill gaps in nutrients and their energy supply. Professional support on questions on individual use with a modular nutritional supplement line such as FitLine are decisive criteria for or against a product. Here, we have also been well advised and supported by FitLine."*

We've been using FitLine products since October 2009 and regularly use FitLine Basics, Activate Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Q10 Plus and all the Shakes and bars.

Our greatest sports achievements over the last 5 years:  
 Winter Games 12 Gold Medals, 14 Silver Medals and 6 Bronze Medals  
 World Championships 23 Gold Medals, 32 Silver Medals and 14 Bronze Medals



Back from left: Tino Edelmann, Tobias Angerer, Felix Neureuther, Arndt Peiffer  
 Front from left: Evi Sachenbacher-Stehle, Viktoria Rebensburg, Magdalena Neuner, Martin Schmitt

**Markus Gandler • Sports Director Biathlon and Cross Country Skiing OesV** 

*“Optimal nutrition is an important success factor along with training and the attitude to sport. In the area of top sports when nuances often decide between victory and success, the correct approach to nutrition is highly significant. The body is an athlete’s source of power, correct nutrition the necessary fuel. Every athlete must be seen individually in all facets – so also for nutrition and precisely for that reason our athletes appreciate the breadth of FitLine’s offer and, in particular because it is secured by strict controls. In times such as these, the partner’s reliability is important. For this reason we are overjoyed to have a partner like FitLine at our side.”*

We’ve been using FitLine products since November 2009 and regularly use FitLine Basics, PowerCocktail, Activize Oxyplus, Restorate, Fitness-Drink, Joint-Health (Gelenk-Fit) and all the bars.



Our greatest sports achievements over the last 5 years:

- |                                  |   |
|----------------------------------|---|
| Winter Games                     | 8 Gold Medals, 7 Silver Medals and 7 Bronze Medals    |
| World and European Championships | 25 Gold Medals, 22 Silver Medals and 25 Bronze Medals |
| World Cups                       | 97 wins, 65 2nd places and 57 3rd places              |



From left: Christoph Sumann, Thomas Morgenstern, Andrea Fischbacher, Reinfried Herbst, Dominik Landertinger, Katerina Smutna, Benni Raich, Bernhard Gruber





picture: City-Press GmbH Berlin



## Dr. Andreas Groeger • Team Physician DEB



*"As team consultant of the German national ice hockey team I also keep an eye on their nutrition. Ice hockey has become faster, tougher, technically more demanding and more spectacular during the last few years. To conform to these demands nutrition is increasingly dependent on ergogenic substances to maintain performance levels and to accelerate the ability to regenerate. Using the FitLine products has really proved its worth in this regard. The body receives the nutrients that are vitally important for maintaining good health. In addition, in FitLine we have a partner that guarantees not just quality but also the doping safety of its products."*

We've been using FitLine products since September 1998 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Protein-Ultra and Quicky.



**Our latest greatest sporting achievements:**  
 Winter Games Bronze Medals twice  
 World Championship 2nd place twice  
 European Champions twice  
 European Championship 2nd place three times



Back from left.: Florian Kettner, Benedikt Kohl, Darin Olver, Daniel Pietta, Nicolai Goc, Alexander Weiss, Rainer Koettstorfer, Patrick Hager, Denis Reul, Simon Danner, Philip Gogulla, Patrick Ehelechner  
 Top from left: Dennis Endras, Felix Petermann, Martin Schymainski, Moritz Mueller, Patrick Reimer, Michael Wolf, Kai Hospelt, Jusitn Krueger, Frank Mauer, Marcus Kink



## Hansjoerg Rieß • Sports Director DESV



*"The Germany company PM-International with its entire nutrient supplement product line 'FitLine' has been the official partner of the Germany Curling Association since 2010. The main focus of attention as far as a healthy diet for hobby and professional athletes is concerned should, of course, be on a balanced and sensible basic diet. Especially in curling, this is difficult to put into practice due to the high strain of competitions with many day-long tournaments. Even outside the ice stadia a balanced diet remains a challenge. Clever nutrient supplements at work and an optimal diet during training and competitions helps to avoid nutrient deficits. That can make the decisive difference between victory and defeat. For us, it is quality, effectiveness, product safety and the simplicity of the use of the FitLine products that are decisive for our partnership with PM-International."*

We've been using FitLine products since June 2010 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Protein-Ultra and Quicky. My FitLine Team consultants are Claude Simon und Thomas Schworm.



**Back from left:** Bernhard Stelzig, Marion Mader, Sabine Gerstberger, Marina Dunstmair, Ulrike Lachenmayer, Ludwig Baumgartner, Karin Schubert, Doris Schubert, Renate Schwindler, Beate Purucker, Christian Rimschl  
**Front from left:** Rudolf Winkler, Thomas Rapp-Koenig, Christoph Oetl, Guenther Mayer, Rupert Geigl, Christian Mader, Andreas Neumaier, Reinhold Stadler, Thomas Elsenberger und Hans Bußjaeger



 **Manfred Werner • President DRB**



*"Whether involved in top athletics or as a hobby, many athletes nowadays could be living with a latent deficiency in provision with all its corresponding accompanying side effects. Our decision to recommend FitLine to our members is down to its fast absorption and effects as against comparable products, and especially in their high doping safety and quality. Shortly after their introduction, we received excellent feedback from our athletes as far as regeneration, improvement in performance and rehabilitation after sporting injuries were concerned. Using the FitLine products has proved its value very well."*

We've been using FitLine products since June 2010 and regularly FitLine Basics, Activate Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Protein-Ultra und Quicky. My FitLine Team consultants are Claude Simon and Thomas Schworm.



From left: Marcel Ewald, Jan Fischer, Frank Staebler, Ramsin Azizsir, Alexandra Engelhardt

**Peter Frese • President DJB**



*"It is no longer possible to imagine sport nowadays without nutritional supplements. It is therefore all the more important to use doping-safe, effective and, in particular, healthy products. With the FitLine products we are relying on premium quality. It is especially their extraordinarily fast and noticeable results that our athletes are accepting particularly readily. Through the high physical strain, especially among the young members, an increased need in vital substances quickly emerges that cannot be covered by our normal diet nowadays. Sensible nutritional supplements on a day-to-day basis and optimal diet during training and competitions helps to prevent nutritional deficits emerging at all."*



We've been using FitLine products since June 2010 and regularly FitLine Basics, Activate Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Protein-Ultra und Quicky.

My FitLine Team consultants are Claude Simon and Thomas Schworm.



From left: Heide Wollert, Iljana Marzok, Claudia Malzahn, Miryam Roper-Yearwood, Susi Zimmermann and trainer Michael Bazynski





**Patrick Moster • National Trainer BDR U23 and Juniors**



*"We as national trainers of the BDR have discovered through our years of experience with using the FitLine product line with national teams and top athletes that there is a fundamental improvement in the health and training condition as well as in regeneration using the FitLine products. We have been able to achieve a stabilization and an increase in performance levels under strain."*

We've been using FitLine products since November 1997 and regularly use FitLine Basics, Activize Oxyplus, Restore, Fitness-Drink, Antioxy (Zellschutz), Deoral, Q10 Plus, Gourmet Shakes and Quicky.



From left: Robert Foerstemann, Siegurt Mueller, Miriam Welte, Tobias Waechter, Stefan Nimke, Carsten Bergemann, Maximilian Levy, Matthias John, Christin Muche, Head Coach Detlef Uibel, René Enders, Masseur Anke Budow

## Andreas Wilhelm • Member of the Board of DNV and Head of Training



*"My name is Andreas Wilhelm, I am 39 years old and a professional sports teacher. Since 2001, I have been employed full time in Nordic Walking. I am Head of Training at DNV (German Nordic Walking Association) and responsible for the quality of techniques and the further development of methods. After I and many trainers and instructors at the DNV had been able to convince ourselves of the quality and effectiveness of the FitLine products over a period of two years, we are very happy about our partnership. In this partnership, as the world's biggest specialist association for Nordic Walking, we have again set signs towards quality in the areas of exercise and nutrition. This partnership will make it possible for many Nordic Walking instructors to take the plunge into self-employment with exercise and nutrition. Since summer 2004, I regenerate better after sports, have greater performance reserves and feel like I am becoming increasingly fitter."*

I've been using FitLine products since Summer 2004 and regularly use FitLine Basics, Activate Oxyplus, Restorate Sensitive, Fitness-Drink, Omega 3+E+D3, Q10 Plus, Antioxy (Zellschutz), Gourmet Shakes and Protein-Ultra.

My FitLine Team consultants are Carsten Ledulé and Kurt Metzler.



## Hans Hauska • Bavarian Tennis Association



*"PM-International with its nutritional supplements product line FitLine has been an official supplier of vital substances to the Bavarian Tennis Association since 2007. The focus on nutrition for professional and hobby athletes should, of course, be a balanced, sensible basic diet. Especially in top tennis this is often only possible with great difficulty due to the high strain with training and matches and the constantly changing tournament locations. For the hobby and team athletes, the topic of 'a conscious and balanced diet' is also a daily challenge. Sensible nutritional supplements day by day and an optimal diet during training and completions help to prevent nutritional deficits from cropping up at all. It can make the decisive difference between win and defeat. For us, quality, effectiveness, regular checks for doping safety, and the simplicity of taking the FitLine products are vital for our cooperation with PM-International"*

My FitLine Team consultants are Claude Simon and Reimund Schneider.







## David Graubner • Kadetten Schaffhausen Handball



*"With the FitLine products which are available to us, we are building on premium quality in the area of nutritional supplements. The FitLine products have been very well accepted among us players as far as taste and also the results are concerned. Fitness-Drink supports us during training and games and Restorate is ideal for regeneration. In addition, we also take Activize Oxyplus for the necessary power to go with that. All-around, a concept for nutritional supplementation that is optimal, safe and well thought out. It is rounded off for us with the Quicky and Protein-Ultra."*

We've been using FitLine products since Summer 2007 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Protein-Ultra and Quicky.

Our FitLine Team consultant is PM-International AG (Switzerland).

Our greatest sports achievements are:

Swiss Champion 4 times

Swiss Cup winner 4 times

Swiss Super Cup winner 4 times

European Cup

09/10 Champion „Cupsieger Cup“

08/09 1/2 Final "Cupsieger Cup"

07/08 1/2 Final "Cupsieger Cup"

06/07 1/8 Final "Cupsieger Cup"



Back from left.: Ursic Iwan, Marcinkevicius Julius, Stojanovic Aleksandar, Baldauf Severin, Patrail Mait, Graubner David, Kubli Philipp, Leutwyler Peter (Manager)

Middle from left.: Behr Giorgio (President), Hrachovec Petr (Chef Coach), Wilpshaar Arend (Team Captain), Cvijetic Nikola, Rauh Matthias, Oltmanns Mathias, Bucher Elio, Schaerer Urs (Trainer), Slaby Milos (Trainer), Thalmann Fredy (Material)

Top from left: Kukučka Peter, Starczan Leszek, Quadrelli Remo, Gústavsson Bjoergvin Páll, Liniger Manuel, Filip Jan, Ariosa Manuel (Masseur), Wipf Hans (Consultant)



**Dr. Alexander Mildner • Team Coach FK Austria Vienna Soccer**



*"Even with a balanced diet, meals often contain fewer vitamins than is often assumed. Here, FitLine provides an ideal balance for the increased requirements of our players with the additional benefit of increasing fluid consumption. Our decision to introduce FitLine products to the team lies in their clearly higher bioavailability in contrast to other products. The micro-micellization guarantees that the vital substances in the products are particularly well absorbed by the body. Taking them as drinks rather than as a huge amount of capsules secures the athlete's compliance in practice. Support for performance capacity, quicker regeneration and doping safety are our basis for successful cooperation with FitLine."*



I've been using FitLine products since October 2008 and regularly use FitLine Basics, Activate Oxyplus, Restorate, Basen Plus, Q10 Plus, and Omega 3+E+D3.

Our FitLine Team consultants are Andreas M. Gutekunst, Michael Gehrke, Horst Fersl and Irmgard Daempfer.

**Our latest greatest sporting achievements:**

- Winner Mitroacup twice
- Finalist European Cup once
- Austrian Champion 23 times
- Austrian championships 2nd place 27 times.



**Back from left:** Masseur Christian Hold, Thomas Krammer, Michael Madl, Eldar Topic, Matthias Hattenberger, Jacek Bak, Milenko Acimovic, Rubin Okotie, Mario Bazina, Masseur Christoph Orgis  
**Middle from left:** Goalkeeper Trainer Franz Gruber, Philipp Netzer, Xiang Sun, Jocelyn Blanchard, Mario Majstorovic, Lukas Moessner, Mamadou Diabang, Franz Schiemer, Trainer Karl Daxbacher  
**Bottom from left:** Athletics Trainer Martin Mayer, Florian Metz, Emin Sulimani, Fernando Troyansky, Markus Boeckscoer, Szabolcs Safar, Robert Almer, Joachim Standfest, Markus Suttner, Aleksandar Dragovic, Co-Trainer Josef Michorl



## Austrian Sport Aid



*"Austria Sport Aid's task is to support Austria's young and top athletes in the best possible way on their route to success for their country. Our top athletes approached us to provide them with the FitLine product lines. The wide FitLine product range means our athletes can respond to their individual needs in a targeted way and cover their complete additional requirements for vital substances. One 'must' we cannot do without in doing this is, of course, the high product safety and the regular quality and doping controls. Austria Sport Aid provides a platform for being able to provide our athletes with top quality products from FitLine."*

**Anton Schutti - CEO**

Our FitLine Team consultants are Claude Simon, Wolfgang Schmitt and Thomas Schworm.



Pictures: GEPA Pictures





The FitLine products are being successfully used by more than 100 World Champions and found to be good through the regular tests for doping-relevant ingredients and due to their effectiveness and digestibility. The German premium product line, in part patented several times over, is not just characterized by better bioavailability due to the exclusive Nutrient Transport Concept (NTC) but also tastes good. Over 50 million products sold and over 100,000 customers use FitLine daily. You can profit from them too. **FitLine – experience results.**



## Magdalena Neuner • Biathlon



*"I have now been using the FitLine products since September 2004 and am very pleased with them. In my sport, the demands on endurance, concentration and power are very high. FitLine Activize Oxyplus helps me to concentrate at the shooting stand. I can also recover better with Restorate and have the feeling that my legs have regenerated by the next day. In addition I also take All-In-1000 Plus. This product helps me to improve my general wellbeing."*

I've been using FitLine products since September 2004 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Antioxy (Zellschutz), All-In-1000 Plus and Protein-Ultra.

My FitLine Team consultants are Martina Poettinger and Susi Trepte.

### My latest greatest sports achievements:

- 2010 Winter Games Vancouver Gold Medal pursuit, mass start and Silver Medal sprint, World Champion mixed relay
- 2009 World Champion Summer biathlon, sprint, pursuit and mixed relay, World Championship 2nd place relay
- 2008 World Champion mass start, relay, ) mixed relay, World Champion sprint and pursuit (juniors)
- 2007 World Champion sprint, pursuit and relay, World Cup 5th place overall, Sportswoman of the Year
- 2006 World Champion 10km pursuit and 3relay, World Championship 2nd place sprint (all juniors), European Championship Bronze Medal relay
- 2005 World Champion sprint, World Championship 2nd place pursuit and relay (all juniors)
- 2004 World Champion sprint and 3relay, World Championship 2nd place pursuit and relay (all juniors)



## Martin Putze • Bobsled



*"Strength, mass and speed are the most important requirements for a successfully bobsledder. The FitLine products helped me to increase my performance capacity and to regenerate more quickly. My phases of relaxation are more restful and I feel fresh the next day, even after a tough day's training. I can train on a day-to-day basis at a higher level and feel fitter. Since I started to use the products, my immune system has become stronger. In the FitLine products, I have found optimal nutritional supplements."*

I've been using FitLine products since Summer 2006 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Protein-Ultra and Quicky.

My FitLine Team consultants are Jan Schmeisser, Gunter Koch and Andy Boehme.

### My latest greatest sports achievements:

- 2010 Winter Games Vancouver Silver Medal 4-man bob, European Champion 2-man bob
- 2009 World Championship 2nd place 4-man bob, European Champion 2-man bob
- 2008 World Champion 4-man bob
- 2007 World Championship Bronze Medal 4-man bob
- 2006 Winter Games Turin Gold Medal 4-man bob, European Championship 2nd place 4-man bob
- 2005 World Champion 4-man bob, European Champion 2-man bob, European Championship 2nd place 4-man bob
- 2004 World Championships 4th place 4-man bob (juniors), German Champion 4-man bob (juniors)

## Anja Schneiderheinze-Stoeckel • Bobsled 2-man



*"In our sport speed and strength are needed, which I have to put to the ground within a few seconds at a competition to get the bobsled going as quickly as possible. Through the FitLine products I have been able to strengthen my immune system and simultaneously experienced quicker regeneration."*

I've been using FitLine products since August 2006 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Antioxy (Zellschutz), Protein-Ultra and Quicky.

My FitLine Team consultants are Rainer Oehrlein, Iduna Reinhardt and Marian Thoms.



### My latest greatest sports achievements:

- 2010 European Cup overall winner
- 2009 European Cup overall winner
- 2008 European Cup overall winner
- 2007 World Championship 4th place, World Cup overall winner in team
- 2006 Winter Games Turin, Gold Medal, World Cup overall winner in team
- 2005 World Champion, World Cup overall winner in team, European Championship 2nd place
- 2004 World Championships 2nd place, World Cup overall winner in team

## Beat Hefti • Bobsled



*"The FitLine products support me and my team in the best possibly way every day. Especially the quick regeneration and the increased performance capacity that come with them are important for strength athletes and of immense importance in bobsled. Generally improved wellbeing, longer top performance in training and at competitions, our optimal support on our way to the goal, Vancouver 2010."*

I've been using FitLine products since Summer 2006 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Q10 Plus and Protein-Ultra.

My FitLine Team consultant is Claudia Heer.



### My latest greatest sports achievements:

- 2010 Winter Games Vancouver 6th place 4-man bob, European Champion 2-man bob
- 2009 World Cup winner overall 2-man bob, European Championship 2nd place 2-man and 5th place 4-man bob
- 2008 European Cup overall winner 2-man and 4-man bob
- 2007 World Champion 4-man bob
- 2006 Winter Games Turin Bronze Medal 2-man and 4-man bob, World Cup 3rd place overall 4-man bob, European Champion 4-man bob, European Championship Bronze Medal 2-man bob
- 2005 World Champion 2-man bob, World Cup winner overall 2-man bob and 2nd place 4-man bob, European Championship Bronze Medal 2-man bob,





## Anita Christensen • Boxing Bantam Weight



*"I was introduced to the FitLine products in July 2008. I tested the Cell Energy-Set and immediately felt good with it. In contrast to other products I could feel the effects at once. I felt more full of energy, can train longer and harder and have regenerated well by the next day. I use Fitness-Drink at every training and competition, then Restorate afterwards."*

I've been using FitLine products since July 2008 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, and Q10 Plus.

My FitLine Team consultant is Svend Nielsen.

### My latest greatest sports achievements:

- 2008 World Champion WBA, WBC, GBU
- 2007 World Champion WBA, WBC, GBU
- 2006 World Champion WBA, GBU, WEBA, WIBF
- 2005 World Champion WBA, WEBA, WIBF
- 2004 World Champion WBA



## Hermann Berie • Mountain Climbing



*"The FitLine products are the ideal complement to a diet which is often insufficient on long tours. Specifically, Activize Oxyplus is, of course, a very important component when climbing high mountains. My favorite product, Restorate, is of immense importance for regeneration. When climbing high mountains, I consider my body to be reliant on an alkaline buffer and with Restorate and Basen Plus, it is possible to provide for that, to bring it back into the alkaline area."*

I've been using FitLine products since December 2004 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Protein-Ultra and Quicky.

My FitLine Team consultant is Daniel Hayoz, PM-International AG (Switzerland).

### My greatest sporting achievements:

All high north faces in the Alps: Eiger, Matterhorn, Jorasse, Ortler etc.,

5- and 6 000 meter peaks in South America and Asia: Aconcagua, Denali, Baruntse etc.

Africa: Mount Kilimanjaro 7 times (5 895 m, 19 340 feet), Mount Kenia (4 985 m, 16 350 feet)

Asia and Himalayas: Mount Ararat (5 165 m, 16 950 feet), Attempt Satopanth (7 075 m, 23 210 feet), on the Garhwal Himal, Pik Lenin (7 134 m, 23 410 feet), Mera Peak (6 461 m, 21 200 feet), Island Peak (6 189 m, 20 310 feet), Lobuche Peak (6 119 m, 20 310 feet), Chulu Far East (5 180 m, 16 990 feet), Baruntse (7 220 m, 23 690 feet), Mount Everest-North Ridge (8 850 m, 29 040 feet), Attempt Mount Cho Oyu (8 201 m, 29 040 feet)

## Daniela Anschuetz-Thoms • Speed Skating



*"My sport is defined by high endurance levels. Since I've been using the FitLine products, not only have my lactate values improved, but I have also noticed that my performance level has stabilized throughout the competition season. The FitLine products also have beneficial effects on my ability to concentrate and on my respiratory quotients. My ability to regenerate after training and competition has improved considerably."*

I've been using FitLine products since November 2005 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, and Protein-Ultra. My FitLine Team consultant is Iduna Reinhardt.



### My latest greatest sports achievements:

- 2010 Winter Games Vancouver Gold Medal Team, European Championship 3rd place against the clock
- 2009 World Championship 4th place 1,500 m and 5th place 3,000 m and 5,000 m
- 2008 World Championship 6th place against the clock
- 2006 Winter Games Turin Gold Medal Team, 5th place 5,000 m and 6th place 3,000 m, World Championships 6th place all round
- 2005 World Champion Team, World Championships 4th place against the clock and 3,000 m, 5th place 1,500 m and 5,000 m. European Championship 2nd place against the clock 500 m and 1,500 m
- 2004 World Championship 8th place against the clock, German Championship 2nd place against the clock

## Marion Mader • Ice Stock Sport



*"Through using the FitLine products my achievement levels have stabilized and my endurance has even improved. They are also having a beneficial effect on my ability to concentrate. I feel much fitter and more receptive during sport and in everyday life. What is especially important to me is the high doping safety of the FitLine products."*

I've been using FitLine products since July 2010 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Choco-Slim and Protein-Ultra. My FitLine Team consultants are Wolfgang Schmitt and Thomas Schworm.



### My latest greatest sports achievements:

- 2010 European Champion team target shooting, European Championships 4th place target shooting, German Champion singles and team target shooting, German Champion team
- 2009 European Championship 2nd place singles and team target shooting, German Champion singles and team target shooting, German Championship Bronze Medal team
- 2008 World Champion singles and team target shooting, German Champion singles and team target shooting
- 2007 European Championships Bronze Medal singles and team target shooting, Germany Champion singles and team target shooting





 **Kristina Reynolds • Field Hockey**



*"FitLine's nutrient supplement products help me to get the best out of my body. They are making me more resistant to injury and giving me nutrients I do not manage to take in as part of a balanced diet when working day by day."*

I've been using FitLine products since April 2010 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Q10 Plus, Choco-Slim and Protein-Ultra.

My FitLine Team consultants are Andreas M. Gutekunst and Irmgard Daempfer.

**My latest greatest sports achievements:**

- 2010 World Championship 4th place, Champions Trophy 4th place
- 2008 Summer Games Beijing 4th place, European Champion venue, Champions Trophy 2nd place
- 2007 European Champion, Champions Trophy 3rd place
- 2006 World Championship 6th place, European Champion venue and Champions Trophy 1st place
- 2005 World Championship 2nd place juniors

 **Herbert Krenn • Toughest Firefighter Alive (TFA)**



*"Because my body is always tested to the limits of its abilities at this competition and the recovery periods between the stations are very short, I was always on the lookout for something to make me able to regenerate better. In 2006 I came across Activize Oxyplus that I always drank before and during competitions to feel fresh and concentrated. Once I began to take the FitLine products regularly starting in May 2008 I immediately noticed the effect. In the morning I feel fresher and at training I am more agile, regenerate more quickly and my training times have become better, of course. At the beginning I could not believe it but I really did perform better."*

I've been using FitLine products since May 2008 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Basen Plus, Q10 Plus, Protein-Ultra and Choco-Slim.

My FitLine Team consultants are Josef Aigner, Doris Decker and Dominik Scherr.

**My latest greatest sports achievements:**

- 2010 World Champion M40
- 2009 World Championship 2nd place, Austrian Champion
- 2008 World Champion, European Championship 2nd place, Austrian Champion
- 2007 World Champion Ultimate Firefighter (UFF), World Championship team 2nd place (police and firefighters), European Champion, Austrian Champion
- 2006 European Champion, Austrian Champion
- 2005 European Championship 2nd place, Austrian Champion
- 2004 Austrian Champion

## Marco Walz • Inline Skating



*"The significance of a good diet in professional sport is one of the foundations for sporting success, especially as I am under dual pressure due to my job. That is what creates the most problems for me personally. Through the FitLine products I now find things much easier, feel far more rested and concentrated both at work and during training and competition. The products, the company and the method of distribution convince me. Financially, building a team with FitLine is offering me good prospects for being able to keep up sport without limitations too. At the moment I am building up my sport and fitness network together with my team."*

I've been using FitLine products since September 2010 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Q10 Plus, Choco-Slim and Protein-Ultra.

My FitLine Team consultants are Katrin Wurster and Regina Kussinger.



### My latest greatest sports achievements:

- 2010 World Championship 3rd place, World Cup 2nd place overall
- 2009 European Cup overall 3rd place, German Champion parallel slalom and German Championship 2nd place slalom and giant slalom, Int.Cup Champion overall and Country series Champion
- 2008 Int.Cup Champion overall and Country series Champion
- 2007 Int.Cup Champion overall and Country series Champion

## Florence Luescher • Golf



*"In Summer 2006, I was introduced to the FitLine products for the first time and was really thrilled right from the start. I do not just feel great – the products also taste excellent. Basics and Activize Sensitive have topped off my balance of vitamins and Restorate was great to help me in regenerating in the best way after a game. I take Fitness-Drink and Protein-Ultra with me for my fitness on a round."*

I've been using FitLine products since summer 2006 and regularly use FitLine Basics, Activize Sensitive, Restorate, Fitness-Drink, and Protein-Ultra.

My FitLine Team consultant is Kathrin Meisser.

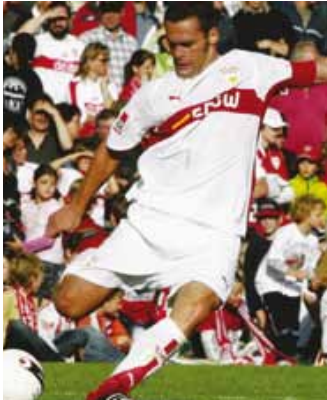


### My latest greatest sports achievements:

- 2010 Swiss Champion Omnium Suisse, Swiss PGA Tour Lucerne 5th place, Zurich Open 7th place
- 2009 European Nations Cup 14th place team
- 2007 Telia Tour ranked 3rd overall, qualified for LET 2007 and 2008, Rejeme Ladies Open (Telia Tour) ranked 1st, Smadaraloe Gard Open (Telia Tour) ranked 2nd, Isover Ladies Open (Telia Tour) ranked 3rd, Ekerum Ladies Master (Telia Tour) ranked 9th, Swiss PGA Order of Merit ranked 1st
- 2006 Nedband Woman's Masters South Africa ranked 4th
- 2005 Qualification for LET 2006.



## Silvio Meissner • Soccer



*"Since I started taking the FitLine products I feel really great every day at training, recover much more quickly after strain and am no longer as susceptible to injuries at my age as I used to be."*

I've been using FitLine products since February 2007 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Basen Plus, Joint Health (Gelenk-Fit) Protein-Ultra and Quicky.

My FitLine Team consultants are Diana and Juergen Bender, and Claudia Kester.

### My latest greatest sports achievements:

- 2008 ended my sporting career
- 2007 German Champion with club "VfB Stuttgart", 5 goals for club "1. FC Kaiserslautern" (01/07-06/07)
- 2000-2006 28 goals for club "VfB Stuttgart"
- 1996-2000 10 goals for club "Arminia Bielefeld"



## Joerg Heckenbach • American Football



*"In American Football two things are crucial: performance ability which can be called up quickly and a high level of concentration to be able to implement snaps quickly. FitLine supports exactly these capabilities. Daily use of Basics and Activize are the foundation of effective training. On game days, Fitness Drink helps me to be able to continuously call up my quick strength at any time during the full length of the game without having to contend with a drop in performance level as was the case with conventional isotonic drinks. My sport makes high physical demands so that various cuts and bruises are to be expected after every game. With Restorate the regeneration time after tough matches has vastly decreased and I can quickly start training intensively again. Thanks to the FitLine products I also feel much fitter during sports but also in daily life and am more receptive. They are an essential component of my daily nutrition."*

I've been using FitLine products since March 2009 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Omega 3+E+D3, Q10 Plus and Protein-Ultra.

My FitLine Team consultants are Dirk Theobald and Juergen Blatnik.

### My latest greatest sports achievements:

- 2009 ended my sporting career, Personal Trainer and Fitness-Coach
- 2008 German Champion, Awarded the Silver Laurel Leaf
- 2007 World Championship Bronze Medal, German Champion
- 2006 German Champion
- 2005 World Games Gold Medal
- 2004 World Bowl Champion
- 2003 Europe Bowl Champion

## Christian Schwarzer • Handball



*"I've now been using the FitLine products for many years and have the impression that my physical performance levels and my immune defenses have improved with them considerably. I use the products Basics, Activize, Fitness-Drink, Antioxy (Zellschutz) and Restore every day and especially at big tournaments. I can also say that these products are a great help at the big tournaments in particular. Meanwhile I am able to look back at a successful career, also aided by the FitLine products: at club level I have won every title and with the national team I also became World Champion this year."*

I've been using FitLine products since October 1998 and regularly use FitLine Basics, Activize Oxyplus, Restore, Fitness-Drink, Deoral and Antioxy (Zellschutz).

My FitLine Team consultants are Peter Schneider and Klaus Christiani.



### My latest greatest sports achievements:

- since 2009 National Trainer Juniors
- 2008 Summer Games Peking, taken part
- 2007 World Champion, Team of the Year
- 2004 Summer Games Athens Silver Medal, European Champion
- 2003 World Championship 2nd place
- 2002 European Championship 2nd place, German Cup winner with club "TBV Lemgo"
- 2001 Handballer of the Year (winner Super Cup)
- 2000 Summer Games Sydney 5th place, Champions Cup Winner, Spanish Champion, Cup winner

## Uwe Gensheimer • Handball



*"I've been using the FitLine products for a long time and have the impression that my resistance and ability to perform have noticeably improved. Especially at big tournaments my regular and daily use of the FitLine products is making itself very noticeable. I am very pleased and have no reason to change anything."*

I've been using FitLine products since August 2009 and regularly use FitLine Basics, Activize Oxyplus, Restore and Fitness-Drink.

My FitLine Team consultant is Christian Schwarzer.



### My latest greatest sports achievements:

- 2007 World Championship 2nd place Juniors and valued player, German Cup 2nd place
- 2006 European Champion Juniors, German Cup 2nd place, Rookie of the year
- 2005 World Championship 4th place Juniors
- 2004 European Championship top scorer Juniors
- since 2003 „Rhein-Neckar-Löwen“ (since 2005 national league)





## Heide Wollert • Judo



*"When I started taking the FitLine products I was excited whether they would really have the effect that is so highly praised. After about one month I did really notice that I was recovering more quickly and better. The Protein-Ultra bar is a good supplier of energy at competitions and in training."*

I've been using FitLine products since August 2010 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Basen Plus, Fitness-Drink, Q10 Plus, Choco-Slim and Protein-Ultra.

My FitLine Team consultants are Wolfgang Schmitt and Thomas Schworm.

### My latest greatest sports achievements:

- 2010 World Championship 2nd place team and 5th place, German Champion
- 2009 World Championship 3rd place, European Championship 3rd place, German Champion
- 2008 Summer Games Beijing 7th place, World Championship 3rd place team, European Champion
- 2007 World Championship participant, European Championship 5th place
- 2006 European Championship 2nd place, German Champion
- 2005 German Champion
- 2004 German Champion



## Franz Wichmann • Judo



*"A friend of mine who is a taekwondo trainer drew my attention to the FitLine products. After taking them for two weeks, I did not notice any particular change. Due to my weight of 150 kg (330 pounds) I doubled the amount I was taking. After four more days I did notice a change. I wanted to move more, there was a sudden improvement in my endurance and strain during training and at work (farmer). Thanks to the FitLine products my performance and reactions became as quick as 15 years ago. In the final at the European Championship in November 2007, I felt in better condition than ever before even after several fights and was able to win the European Champion title for the first time."*

I've been using FitLine products since March 2007 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Q10 Plus, Joint Health (Gelenk-Fit) and All-In-1000 Plus.

My FitLine Team consultants are Ralf Wuensch and Joerg Kreiter

### My latest greatest sports achievements:

- 2010 European Championship 3rd place U30 M4
  - 2009 World Championship Bronze Medal, European Championship Bronze Medal U30 M4
  - 2008 World Championship Bronze Medal, German Champion U30 M4
  - 2007 European Champion, German Champion U30 M4
  - 2006 European Championship Bronze Medal, German Champion U30 M3
  - 2004 West German Championship Bronze Medal
- 1st and 2nd German federal League for last 15 years

## Frank Staebler • Wrestling (to 66 kg, 146 lbs)



*"I am very pleased with the effectiveness of the FitLine products, and especially with Restorate. My phases of regeneration have improved considerably. After a tough training session before I started to take Restorate, I could not train as effectively in a second session as I can now taking that product."*

I've been using FitLine products since August 2010 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Basen Plus, Fitness-Drink, Q10 Plus, Choco-Slim and Protein-Ultra.

My FitLine Team consultants are Claude Simon, Nadine Ahmad and Thomas Schworm.



### Meine letzten größten sportlichen Erfolge:

- 2010 European Championship 12th place, German Championship 2nd place
- 2009 World Championship 2nd place, European Championship 3rd place, German Champion Juniors
- 2007 German Championship 2nd place Juniors
- 2006 European Championship 3rd place, German Champion of cadets
- 2005 European Championship 7th place, German Champion of cadets

## Bernhard Mayr • Wrestling (to 84 kg, 187 lbs)



*"I took part in PM-International's Performance Sports Program from August–November 2009. What convinced me in particular was Activize Oxyplus. Through the noticeably better supply of oxygen (pulse rate increases more slowly, deep breathing is easier) intensive training is possible. During matches when I take Activize beforehand, I notice that I can cope with more intensive strain and maintain greater speed for a longer period. When reducing weight before competitions there is hardly a chance to take in sufficient vitamins and trace elements through food. The Cell-Energy Set ensures that the body is supplied with enough in compact form. Between meals, the low-calorie, yet tasty and highly filling bars (e.g. Choco-Slim) from FitLine help me get over hunger during diets before competitions."*

I've been using FitLine products since August 2009 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Q10 Plus, Choco-Slim and Protein-Ultra.

My FitLine Team consultants are Rainer Haack and Alexander Matzelberger.



### My latest greatest sports achievements:

- 2010 German Championship 2nd place
- 2009 European Championships participated, German Championship 2nd place
- 2006 World Championships participated, European Championships 5th place, German Championship 2nd place
- 2004 European Championships 2nd place Juniors



## Renato Marni • Taekwon-do



*"I have been practicing Taekwondo for 24 years. Mobility is very important for it. Joints and muscles are placed under great stress by the movements that are not usual day-to-day. Since I started using the FitLine products my mobility has greatly improved. My back had been badly affected but has almost completely recovered. The good thing about my sport is the combination of athletic activity, fitness, concentration and especially mental progression. In the FitLine products I have full physical support, and mental support also does not fall short. For healthy, effective circulation Omega-3 and Q10 help me. The products strongly supported me in my last successes in 2007 and 2008. I no longer feel burned out. Preparations for the 6th Dan are beginning in June 2009 and last until June 2012. I would recommend to everyone to make these products their daily companions. Their quality of life will increase considerably."*

I've been using FitLine products since December 2007 and regularly use FitLine Basics, Activize Oxyplus, Activize Sensitive, Restore, Q10 Plus, Omega 3+E+D3, Fitness-Drink and Antioxy (Zellschutz).

My FitLine Team consultants are Sandra Camenisch and Kathrin Meisser.

### My latest greatest sports achievements:

- 2010 World Champion breaking, European Champion, Medal of Honor for his activity in Taekwon-do
- 2009 World Champion 2nd place TUL/patterns, Continental Champion breaking
- 2008 World Champion breaking, World Champion patterns 2nd place and European Championship Bronze Medal breaking
- 2007 World Champion breaking, Grand Master Rank 5th Dan
- 1998 European Champions sparring



## Alexey Gaevskij • Taekwon-do



*"My work as a yoga trainer, my studies and professional sport often force me to eat out. Stress, sport and a strenuous average day in general do not make it possible for me to deal with myself in the best possible way as far as a balanced diet is concerned. That makes me all the more pleased to have been introduced to the FitLine products. I was thrilled at the effects of the PowerCocktail. I can rely 100% on getting energy whenever I need it. I have even been able to ascertain clear improvements in sport through the products. My ability to regenerate after training and competitions has vastly improved. Since I've been taking Restore I've had no more muscle cramps. The increase in my ability to concentrate, which is hugely important in my type of sport, and the noticeable energy 'plus' I can feel through Activize have aided me in sports and day-to-day life."*

I've been using FitLine products since February 2010 and regularly use FitLine Basics, Activize Oxyplus, Restore, Fitness-Drink, Q10 Plus, Choco-Slim and Protein-Ultra.

My FitLine Team consultants are Sebastian Mordmueller and Oliver Peuse.

### My latest greatest sports achievements:

- 2009 Continental Champion breaking and figures, Continental Championship 2nd place fight
- 2008 German Champion breaking and figures
- 2007 World Championship 2nd place musical pattern, German Champion figures, German Championship 2nd place fight

## Mariyana Marinova • Weight Lifting



*"The FitLine products were of great assistance to me in competition and during the preparatory phases leading up to the European and World Championships 2008. I defended my European and World Champions titles and set World and European record in squats and deadlift for doping-free athletes. I am convinced that the FitLine products made the intense and tough training possible and contributed to quicker and better regeneration after competition. My maximum strength has increased. In spite of very high day-to-day strain I have been able to recover very well and been able to continue to train intensively and still to concentrate on my studies. During the cycles for endurance strength and endurance that I have additionally integrated into training, Activize provided me with very good support and after performance diagnostics on the treadmill very good results for my lactate values were determined."*



I've been using FitLine products since May 2008 and regularly use FitLine Basics, Activize Oxyplus, Restore Sensitive, Fitness-Drink, Basen Plus, Q10 Plus and Protein-Ultra.

My FitLine Team consultant is Joern-Wilm Juretzek.

### My latest greatest sports achievements:

- 2010 International German Champion (1 new World record)
- 2009 World Champion fitness triathlon (3 new World records)
- 2008 World Champion bench press, World Championship 2nd place squat and deadlift, European Champion powerlifting, World and European records deadlift weight class 55.5 kg squat and deadlift
- 2007 European Champion powerlifting
- 2006 European Champion bench press and deadlift, Overall winner deadlift
- 2005 European Champion powerlifting
- since 2004 international referee

## Juergen Lochner • Bench Press



*"Due to the high strain in weight lifting, good and healthy eating is not just important but also a targeted source of nutritional supplements. We cannot do without one. By taking the FitLine products, my regeneration period during training was cut in half within a very short period. I felt more fit in general, better and I have much more power. The feeling of being finished and drained after training is a thing of the past. At night, my recovery phase is more restful and you get up 100% ready to go. I can only recommend to everyone to build themselves a business with PM-International and FitLine as it is a good feeling not just to be able to offer athletes good products for performance but also to be able to make it possible for the 'man on the street' to feel noticeably better and fitter."*



I've been using FitLine products since January 2005 and regularly use FitLine Basics, Activize Oxyplus, Restore Sensitive, Fitness-Drink, Basen Plus, Omega 3+E+D3, Q10 Plus and Protein-Ultra.

My FitLine Team consultants are MWM Int GmbH Martin Majhenic and Thomas Abroell.

### My latest greatest sports achievements:

- 2007 European Champion seniors 265 kg (584 lb), German Champions seniors 270 kg (595 lb, German senior record)
- 2006 World Championship Bronze Medal
- 2005 European Championship 250 kg (551 lb), German Champion 260 kg (573 lb, European record)
- 2004 European Champion 255 kg (562 lb), German Champion 250 kg (551 lb), Accepted into national team
- 2003 German Champion 230 kg (507 lb)





## Michal Martikán • Canoe Slalom



*"For a top athlete hard training and a balanced diet are just as important in preparing for competition as professional nutritional supplements. FitLine has always helped me during the last few years to remain fit, sometimes under extreme physical strain. That means I regenerate more quickly after training and competition, am in a better condition and have greater endurance. My performance level during the competition phase has considerably stabilized and my muscles become tired and tense far less often. I am convinced that I have found the best products for myself and I'm sure that FitLine will play a decisive role at my future competitions."*

I've been using FitLine products since April 1999 and regularly use FitLine Basics, Activize Oxyplus, Restore Sensitive, Fitness-Drink, Antioxy (Zellschutz), Q10 Plus, Deoral, Gourmet Shakes and Quicky.

My FitLine Team consultants are Bea and Lazi Kollar.

### My latest greatest sports achievements:

- 2010 World Champion Team und World Championship 2nd place single
- 2009 World Champion Team und World Championship 2nd place single
- 2008 Summer Games Beijing Gold Medal
- 2007 World Champion
- 2006 World Championship 2nd place, European Championship 2nd place
- 2005 World Championship Bronze Medal
- 2004 Summer Games Athens Silver Medal
- 2000 Summer Games Sydney Silver Medal



## Bjoern Bach • Canoe



*"I was introduced to the FitLine products in summer 2008 and am very pleased with them. In the morning I first take Activize Oxyplus with Basics so I'm fit much more quickly and well equipped for the day. During the day I drink Fitness-Drink after practice and in the evening Restore and Basen Plus. Since then my immune system has been much more stable and my metabolism more effective. My ability to regenerate has improved so much that muscle cramps now no longer mean anything to me."*

I've been using FitLine products since August 2008 and regularly use FitLine Basics, Activize Oxyplus, Restore Sensitive, Basen Plus, and Fitness-Drink.

My FitLine Team consultants are Jan Schmeisser, Andreas Hennig and Doris Boehlecke.

### My latest greatest sports achievements:

- 2008 Ended sporting career - trainer SC Magdeburg
- 2006 World Championship 4th place K4 1,000 m, 5th place 200 m and 6th place 500 m
- 2005 World Championship 4th place K4 1,000 m, 2nd place 200 m and European Championship Bronze Medal K4 200 m
- 2004 Summer Games Athens Silver Medal K4 1,000 m
- 2003 World Championship Bronze Medal K4 1,000 m
- 2002 World Championship 2nd place K4 1,000 m
- 2001 World Champion K4 1,000 m, European Championship 2nd place K4 1,000 m
- 2000 Summer Games Sydney Silver Medal K4 1,000 m, European Champion K4 500 m and 1,000 m

## Dr. Michael Sauer • Rowing with Handicap



*"We started taking the products eight weeks before the World Championships in Munich. Not only my performance and my wellbeing have vastly improved since then, but that of the whole team too, as teammates have told me. In my opinion, the FitLine products literally contributed to our current success as World Champion along with our intense training."*

I've been using FitLine products since July 2007 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus and Protein-Ultra.

My FitLine Team consultant is Monika Fath.



My latest greatest sports achievements:

2008 Paralympics Beijing 4th place  
2007 World Champion

## Jens Magdanz • Sailing



*"In my sport, sailing, concentration, excellent reflexes and a high level of endurance and immediate energy are musts. Our competitions last for hours, days or also weeks depending on the class of boat and during that time the boat must always be at optimum speed and at a perfect angle to the wind. In addition, you must take in the wind, information from the waves and consider the way the clouds are moving with the wind. Using FitLine Restorate Sensitive and Basen Plus you experience the incredible effect of regeneration. Muscle problems are now a thing of the past for me and with FitLine PowerCocktail I start each new day in top form. I would also like to add that we do not just race our yacht in summer on the water. Since I started using FitLine in September 2009 I have lost no more time due to colds due to the wind and weather."*

I've been using FitLine products since September 2009 and regularly use FitLine PowerCocktail, Activize Oxyplus, Restorate Sensitive, Basen Plus, Q10 Plus, Fitness-Drink and Gourmet Shake.

My FitLine Team consultant is Beate Schwandt.



My latest greatest sports achievements:

2010 European Championship 6th place, German Championship 3rd place 20 m<sup>2</sup> dinghy  
2008 German Championship 2nd place 20 m<sup>2</sup> dinghy  
2004 European Championship 2nd place topcat K3  
2001 World Championship 5th place topcat K2



## Patrick Makau Musyoki • Track and Field Long Distance



*"Since I started taking the FitLine products I have felt a considerable improvement in my wellbeing and my ability to perform. By taking the FitLine products I feel fitter and better able to cope with stress. I am happy all around with the products and their taste. It is a great product line for competitive and hobby athletes.*

*"I NEED ACTIVIZE TO GET ENERGY – that is my slogan"*

I've been using FitLine products since April 2008 and regularly use FitLine Basics, Activize Oxyplus, Restorate.

My FitLine Team consultants are Jan Schmeisser, Andreas Garack and Irena Kopp.

### My latest greatest sports achievements:

- 2010 Winner Rotterdam and Berlin marathon
  - 2009 Winner half-marathon RAK, marathon Rotterdam 4th place
  - 2008 World Championship 2nd place half-marathon, winner half-marathon Berlin in 60:00 min
  - 2007 World Championship 2nd place half-marathon in 59:06 min, Winner half-marathon Berlin in 58:56 min. (3rd fastest in World), Winner 25km Berlin in 1:14:08 min, Winner 10km City Run Wuerzburg
  - 2006 Winner 25km Berlin
- Won many street runs in England, Belgium, Holland, V.A.E.



## Andreas Garack • Track and Field Long Distance



*"I feel the overall concept, beginning with revitalizing the intestines by regulating the balance of fluids down to the Cell Energy Concept is highly effective. I felt this in different areas. My optimized weight (58 kg at 1,74 m, 128 pounds at 5' 8½"), 3 kg or 6.6 lb less than usual, was particularly noticeable at the German Championship mountain run. I had sufficient power and therefore no loss of substance. I also feel better able to function the whole morning in spite of often very tough training once I have taken my morning power drink (Basics + Activize). Since I started taking the FitLine products, I had no downtime at all, which is astonishing for me. My immune system has clearly stabilized."*

I've been using FitLine products since February 2005 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Q10 Plus, Isoflavon, All-In-1000 Plus, Protein-Ultra and Quicky.

My FitLine Team consultants are Joachim Urnau and Jan Schmeisser.

### My latest greatest sports achievements:

- 2006 European Championship Bronze Medal mountain run team, 5th place mountain run singles and 5,000 m (seniors), German indoor Champion 3,000 m
- 2005 German Champion 5,000 m and German Championship 2nd place mountain run
- 2004 World Championship Bronze Medal 3,000 m (seniors)
- 2003 German indoor Champion 3,000 m
- 2002 European Champion 1,500 m and 3,000 m (seniors)

## Martina Willing • Track and Field with Handicap



*"As a Compens bioenergy specialist, I know only too well how NTC works. It is important what, and particularly how, something gets into the cells and develops its beneficial effects on the whole organism. I am pleased and happy that I supply myself with FitLine. My body thanks me for it every day with regular digestion and optimized wellbeing. I have greater reserves and am able to cope with strain better and for longer periods, am more resilient and happier. The necessary safety I have as an athlete with the FitLine Cell Energy-Set is also important to me to be able to call up performance cleanly, safely and doping-free. FitLine has paid an essential role in improving my whole quality of life. I swear by FitLine."*

I've been using FitLine products since March 2007 and regularly use FitLine Basics, Activize Oxyplus, Restorate, All-In-1000 Plus, Joint Health (Gelenk-Fit) and Antioxy (Zellschutz). My FitLine Team consultant is Frank Koehler.



### My latest greatest sports achievements:

- 2009 World Champion discus and shot put
- 2008 Paralympics Beijing Gold Medal javelin and Silver Medal shot put
- 2007 World Champion javelin, discus and shot put (new World record)
- 2006 World Champion javelin, World Championship 2nd place discus and World Championship Bronze Medal shot put
- 2005 European Championship 2nd place javelin (open class)
- 2004 Paralympics Athens Bronze Medal shot put (open class)
- 2003 European Champion shot put and discus (both World records), European Championship 2nd place javelin

## Katja Demut • Track and Field Triple Jump



*"Since I started to take Basics and Activize Oxyplus my immune system has clearly improved. With Restorate I have clearly quicker regeneration. I am very pleased with the FitLine products and would like to thank you for our cooperation to date."*

I've been using FitLine products since September 2007 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Protein-Ultra and Quicky. My FitLine Team consultants are Rainer Oehrlein and Iduna Reinhardt.



### My latest greatest sports achievements:

- 2010 German Champion
- 2009 World Championship (participated), German Champion and German Champion Indoor
- 2008 German Champion
- 2007 European Cup 6th place, German Champion
- 2005 European Championship 12th place U23
- 2003 European Championship 5th place U23, German Champion
- 2002 World Championship 7th place U20





## Bernd Schneider • Motorsport



*"When I started taking the FitLine products in January 2007, I did not really expect much. That is the best way to make sure to actually feel if anything does happen. The products have helped me but in my sport that cannot be measured immediately in 1/10 seconds. In any case, my regeneration has become much better. After running, for example, my legs and body no longer hurt and muscle problems are a thing of the past. The next day I feel much better if I have take Restorate the night before and can follow straight on from my previous days performance. I feel fitter since I have been taking the FitLine products."*

I've been using FitLine products since January 2007 and regularly use FitLine Basics, Activate Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Q10 Plus, Omega 3+E+D3, Antioxy (Zellschutz), Activate PowerDrink and Protein-Ultra.

My FitLine Team consultants are Guenther Beck, Toni Mathis and Hans-Juergen Mattheis.

### My latest greatest sports achievements:

- 2010 „VLN Nürburgring“ 3rd place with SLS AMG GT3
- since 2009 AMG Mercedes brand ambassador
- 2008 DTM 6th place with AMG Mercedes C-class, 1 win
- 2007 DTM 6th place with AMG Mercedes C-class, 1 win
- 2006 DTM Champion with AMG Mercedes C-class, 2 wins
- 2005 DTM 4th place with AMG Mercedes C-class, 1 win
- 2004 DTM 6th place with AMG Mercedes C-class, 1 win
- 2003 DTM Champion with AMG Mercedes CLK, 2 wins



## Bruno Spengler • DTM (German Touring Car Masters)



*"In our DTM all teams and drivers are at a similarly high performance level. That it is why it is important for me to be able to call up all reserves. My body is placed under extreme strain through the high G-forces and temperatures of up to 60°C (140°F) at times. If I want to drive among the first, I need excellent reflexes and concentration, high endurance and great fitness. With the FitLine products I notice more energy in the morning and throughout the day. My body regenerates much more quickly and I am not so susceptible to illness. I now finally have products which work properly and also taste good."*

I've been using FitLine products since January 2007 and regularly use FitLine Basics, Activate Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Omega 3+E+D3, Q10 Plus and Protein-Ultra.

My FitLine Team consultants are Guenther Beck, Toni Mathis and Hans-Juergen Mattheis.

### My latest greatest sports achievements:

- 2010 DTM 3rd place with AMG Mercedes C-class and winner team
- 2009 DTM 4th place with AMG Mercedes C-class and winner team
- 2008 DTM 5th place with AMG Mercedes C-class
- 2007 DTM 2nd place with AMG Mercedes C-class, 1 win
- 2006 DTM 2nd place with AMG Mercedes C-class, 4 wins
- 2005 DTM 16th place with AMG Mercedes C-class (from 2004) with Persson motorsport
- 2004 Formula 3 Euro series in Dallara Mercedes with Muecke motorsport 11th place

## Christina Surer • Motorsport



*"In the morning, I always drink Basics, which gives me the feeling of getting going more quickly. If I do feel a 'low' I take Activize Oxyplus. My body's own immune defenses have become noticeably better and I simply feel better. I often do not have time for a healthy meal in the evening. Then I prefer to drink a Gourmet Shake Soya Vanilla. I always have snack bars on me, in my case or handbag or in another little bag. They are very practical on my many trips and I enjoy eating them just as much as a candy bar, yet know I am eating something sensible. I think the Protein Ultra bar is really tasty. Overall I feel much fitter and more balanced."*

I've been using FitLine products since January 2007 and regularly use FitLine Basics, Activize Oxyplus, Fitness-Drink, Restore Sensitive, Basen Plus, Q10 Plus, Omega 3+E+D3, Herbaslim Tea, Gourmet Shake Soya Vanilla and Protein-Ultra.

My FitLine Team consultants are Guenther Beck and Toni Mathis.



### My latest greatest sports achievements:

- 2010 Seat Leon Supercopa
- 2009 Seat Leon Supercopa
- 2008 Seat Leon Supercopa, SLR.Club. Trophy 722 GT
- 2007 Seat Leon Supercopa, 24 hour race Nuremburg Ring

### Career as Presenter

- 2009 Presenter of the 24 hour race Nuerburgring on DSF and "Motorshow tcs" on SF2
- 2008 Presenter of "Motorshow tcs" on SF2, several presentations & TV
- 2007 "DTM World FEED" live broadcast from DTM races in 46 countries, presented for German sports TV (DSF), DTM columnist

## Toni Gardemeister • Rally



*"There are WRC Rallies at which we spend several hours a day in the car several days in succession at over 70°C (158°F) and at maximum performance level. Every second counts! If special courses at low average speeds must then also be driven and there is no 'airflow' in the car it is especially hot and fluid loss is very high. With FitLine Basics, Fitness-Drink and Restore Paavo and I are able to fill our stores of vital substances and minerals very effectively. That means it is guaranteed that our regeneration phase is clearly accelerated and my muscle problems are a thing of the past. Activize Oxyplus gives Paavo and me better concentration."*

I've been using FitLine products since June 2001 and regularly use FitLine Basics, Activize Oxyplus, Restore, Fitness-Drink, Gourmet Shakes and Quicky.

My FitLine Team consultant is Markus Punnala.



### My latest greatest sports achievements:

- 2008 Japan 6th place, Australia 7th place, Sweden 7th place, Finland 8th place, WRC 14th place overall
- 2007 Italy 6th place, Sweden 6th place, Monte Carlo 7th place, Germany 7th place, WRC 13th place overall
- 2006 Monte Carlo 3rd place, Greece 4th place, Germany 4th place, Cyprus 5th place, WRC 9th place overall
- 2005 Monte Carlo 2nd place, Greece 2nd place, France 2nd place, Sweden 3rd place, Argentina 4th place, Italy 5th place, Cyprus 5th place, WRC 4th place overall



## Michael Hermann • Supermoto



*"In June 2008 I was introduced to the FitLine products during a MTB training unit. What convinced me the most was their quick availability at the cell level (noticeable performance reserves) on the one hand and the very good regeneration with Restorate, even after long and strenuous training units. I feel top fit the next day and have therefore been able to increase my amount of training. The supermoto sport demands quick decisions, high levels of concentration and a lot of energy – especially during the last rounds – thanks to the great range of FitLine products I can respond to my desired requirements in a targeted way. What is important to me as an athlete is that I can call up my reserves with FitLine products 'cleanly' and doping free. Overall I feel better able to perform and more fit."*

I've been using FitLine products since June 2008 and regularly use FitLine Basics, Activate Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Q10 Plus, Protein-Ultra and Choco-Slim.

My FitLine Team consultants are Vitalfit Toni Tomic and Birgit Daehne.

### My latest greatest sports achievements:

- 2010 Germany Cross Country 2nd place
- 2009 Int. German Championship 3rd place 450 ccm
- 2008 Int. German Championship 2nd place 450 ccm
- 2007 Int. German Championship 4th place, Austrian Championship 2nd place 450 ccm
- 2006 Int. German Champion 450 ccm
- 2005 Int. German Championship 4th place and 5th place Open



## Toni Tomic • Supermoto



*"As part of my function as nutrition and fitness coach it is important to me to convey perfect physical awareness to athletes. The FitLine products are unique in closing gaps in basic nutrition. Through the way they work, they are an important building block in my nutrition and fitness coaching for well-known athletes, among others, from motorbike championships. With the FitLine products it is possible to achieve strongly reduced regeneration periods, beneficial performance results and an improved level of performance. I, myself, was introduced to the products through the Professional Sports Program and was immediately thrilled. Within the shortest period of time I was able to increase my amount of training. My regeneration times shortened and I have felt fit and better able to perform ever since."*

I've been using FitLine products since April 2008 and regularly use FitLine Basics, Activate Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Q10 Plus, Antioxy (Zellschutz), All-In-1000 Plus yogurt, Protein-Ultra and Choco-Slim.

My FitLine Team consultant is Birgit Daehne.

### My latest greatest sports achievements:

- 2004 German Endurance Cup 3rd and 5th place
- 2003 World Championship 2nd place 12 h long distance supermoto
- 2001 Duke Battle 7th place,
- 2001-2004 participated in Supermoto German Championships
- 1997-2005 in top ten Supermoto Challenge/ Duke Battle



## Martin Betschart and Marko Happich • Motocross Sidecar



*"I have been using the products Cell-Energy Set, Omega-3, Q10, yogurt and Shakes since 2003! Since the PowerCocktail was introduced I have also been regularly using that too. What I quickly noticed was the power and quick regeneration. I am a trained roofer and work outside, when I am not on a motorbike. So 100% job and 30 weekends 100% sidecar cross sport World and German Championships. My two children also make demands, but with FitLine I find it far easier to reconcile performance and calmness.*

*I am very thankful to be able to use doping tested products in top sports, thanks to PM. I have also been able to convince my Partner Marko Happich about the products. He noticed the energy very quickly and is absolutely thrilled about it."*

We've been using FitLine products since January 2003 and February 2009 respectively and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Omega 3+E+D3 and Q10 Plus.

Our FitLine Team consultants are Mario Nixtacki and Sandra Betschart.



### Our latest greatest sporting achievements:

2010	World Championship 15th place overall, German Championship 2nd place
2009	World Championship 4th place, German Champion
2008	World Championship 5th place, German Champion,
2007	World Championship 4th place, German Champion
2006	World Championship 6th place, German Championship 4th place
2005	Swiss Champion
2004	World Championship 14th place, Swiss Champion

## Tillmann Pusch • Motocross Enduro



*"In March 2009 I was introduced to the products from FitLine by being accepted into the Performance Sports Program. After a short time, I noticed beneficial changes during and after sports. Motocross demands great energy, concentration and endurance – Activize and Fitness-Drink provide optimal support in this. After sports, Restorate helps me to regenerate better and more quickly. By taking Basics and the yogurt, All-in-100 Plus, I feel my performance levels are better day-by-day. I have finally found products which have convinced me through their special effects and taste."*

I've been using FitLine products since March 2009 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink and All-in-1000 Plus.

My FitLine Team consultants are Ilse and Juergen Euler.



### My latest greatest sports achievements:

2010	Germany Cross Country 2nd place
2009	Germany Cross Country 5th place sport class B, ICE Team Evaluation 3rd place
2008	Germany Cross Country Championship 19th place professional class, Int. ICE 3 hour Enduro 2nd place Team Obersinn and Schluechtern
2007	Germany Cross Country Championship 14th place professional class, 4 hour race Enduro 7th place Team
2006	Int. ICE 3 hour Enduro 2nd place Team Aarbergen
2005	Int. ICE 3 hour Enduro winner Aufenau and 2nd place Hohenzell U18





## Karin Thuerig • Cycling and Triathlon



*"Over the last few years I had slight colds again and again during the long season. Since I've been using the FitLine products these symptoms have completely disappeared. I feel good all around and no longer want to do without the FitLine products."*

I've been using FitLine products since summer 2001 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Basen Plus, Q10 Plus und Quicky.

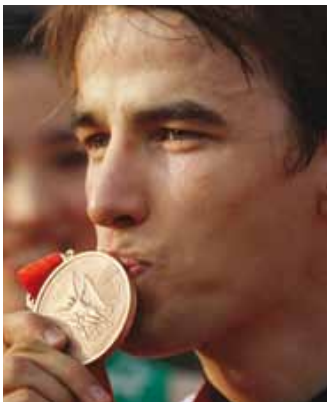
My FitLine Team consultant is Marcel Felder.

### My latest greatest sports achievements:

- 2010 Ironman Hawaii 2nd place and Winner Ironman Zurich
- 2008 Summer Games Beijing Bronze Medal single against the clock, Swiss Champion against the clock
- 2007 Swiss Champion against the clock, Ironman Switzerland 2nd place
- 2006 World Championship 2nd place against the clock and 4th place track, Swiss Champion against the clock, winner Ironman Lanzarote, winner half Ironman Monaco
- 2005 World Champion against the clock, Bronze Medal track, Winner Ironman Switzerland, Ironman Hawaii 12th place
- 2004 Summer Games Athens Bronze Medal single against the clock, 5th place street, World Champion street, Swiss Sportswoman of the Year



## Nino Schurter • Cycling



*"Since I've been using the products regularly I feel better and my immune system is more resilient. I used to often be thrown back during tough training blocks due to colds. FitLine is an optimal support during intense periods. The products also taste great and in the morning it is much easier to start the day with an activating drink."*

I've been using FitLine products since March 2008 and regularly use FitLine Basics, Activize Oxyplus and Restorate.

My FitLine Team consultants are Uwe Schuermann and Beatrice Vollrath.

### My latest greatest sports achievements:

- 2010 World Championship 4th place, Swiss Champion
- 2009 World Champion Cross Country, World Cup overall 5th place
- 2008 Summer Games Beijing Bronze Medal, World Champion U23, European Champion U23
- 2007 World Champion relay, World Championship 2nd place U23, European Champion relay and U23, World Cup overall winner
- 2006 World Champion, European Champion and World Cup overall winner (U23)
- 2005 World Championship Bronze Medal U23 and European Championship 2nd place relay

## Benjamin Starke • Swimming



*"I have been taking the FitLine products since the end of October. During the last few months of the year foundational training is on the schedule – endurance, strength and technique predominate. In addition I also took part in competitions on the last 5 weekends. After just 4 weeks' training I equaled my best results from last year. I notice faster regeneration, less muscle pain and simply have more energy. I was well able to master the recent tough tests well. This year I have been spared the usual annual infections, which I attribute in the most part to the FitLine products. The FitLine products are giving me energy, I notice improved immune protection. I would not have thought that such quick regeneration was possible. I am looking forward to more great athletic challenges in 2010."*

I've been using FitLine products since October 2009 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Q10 Plus, Omega 3+E+D3, All-in-1000 Plus and Protein Ultra.  
My FitLine Team consultants are Sabine and Wolfgang Lindemann.



### Meine letzten größten sportlichen Erfolge:

- 2010 German Championship 2nd place shorttrack butterfly 50 m, 100m and 200 m, 3rd place 200 m freestyle
- 2009 World Championship 2nd place 4 x 100 m relay
- 2008 Summer Games Beijing (participated)
- 2007 World Champion 100m with oxygen tank and 50 m diving, Silver Medal 4 x 200 m relay
- 2006 World Champion 100 m with oxygen tank, 50 m diving and 50 m crawl
- 2005 World Games Silver Medal 4 x 100 m relay and Bronze Medal 50 m diving, European Championships 2nd place 4 x 200 m relay, Bronze Medal 4 x 100 m relay and 100 m with oxygen tank
- 2004 World Championship 4 x 100 relay and 100m with oxygen tank, European Championship Bronze Medal 4 x 3000 m relay

## Angela Maurer • Swimming



*"The many hours of training and the external conditions of water and weather at competitions expose me to very different physical strain. During normal training weeks I swim around 10km (6.2 miles) a day and have around 2-3 additional hours of training for fitness and coordination. Using the doping-tested FitLine products, I quickly noticed that my regeneration times became shorter and better, my immune system improved and my training program became 'easier' to manage. Especially during long competitions over 10 km (6.2 miles), or 25 km (15.53 miles), my concentration is considerably better, which is great because in these races, you swim tactically. After the results at the Summer Games in Beijing I decided to extend my career and I am looking forward to the coming years accompanied by FitLine."*

I've been using FitLine products since May 2008 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Basen Plus, Fitness-Drink, Q10 Plus, Choco-Slim and Protein-Ultra.

My FitLine Team consultants are Christian and Ina Klatt.



### My latest greatest sports achievements:

- 2010 European Championship 2nd place 25 km and 3rd place 10 km
- 2009 World Champion 25 km (15,53 miles), World Championship 5th place 10 km (6.2 miles), German Champion 10 km (6.2 miles), Swimmer of the year
- 2008 Summer Games Beijing 4th place 10 km (6.2 miles), Overall winner World Cup
- 2007 World Cup overall winner, European Championship 4th place 10 km (6.2 miles) and 25 km (15.53 miles),
- 2006 World Champion 25 km (15.53 miles), European Champion 10 km (6.2 miles) and 25 km (15.53 miles),
- 2004 World Cup overall winner
- 2003 World Champion 2nd place 10 km (6.2 miles), World Champion bronze Medal 25 km (15.53 miles), World Cup 2nd place



## Achim Heukemes • Ultra Runner and Extreme Triathlon



*"The FitLine products have now accompanied me for almost 10 years on my extreme runs and in competitions. Especially in my sport, where competitions last days, weeks or months, I have always been able to rely on the FitLine products due to their unique effect at cell level with their fast availability during high-performance sport. For more than 10 years I have now been one of the World's best extreme runners and without Activize, Basics, Restorate, Antioxy (Zellschutz) and Fitness-Drink I would not have been able to stay at that level.. And I am set to continue, aged 58.*

*I am looking forward to the next 10 years!"*

I've been using FitLine products since February 2001 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Omega 3+E+D3, Q10 Plus and Antioxy (Zellschutz).

My FitLine Team consultant is Hildegard Bayerlein.

My latest greatest sports achievements:

Crossings in record times: 2009 and 2000 Europe, 2005 Australia

The most extreme runs in the World: Death Valley/USA (+52°C/ 125.6 °F) and Yukon/Canada (-42°C / -43.6 °F)

10 times Ironman (swimming 38 km/ 23.61 miles, cycling 1,800 km/1,118 miles, running 422 km/262.2 miles) in under 10 days

Awards: DUV Sportsman of the Year twice and DUV Honorary Award three times

2nd fastest person over 1,000 miles

15 overall wins at international races

Set 3 World Best times

Set 6 German records

## Martin Falch • Triathlon and Alpine Skiing with Handicap



*"I have been able to improve my personal best time over the Olympic distance by 9 minutes by taking the FitLine products. Thanks to my quick regeneration I have been able to increase my amount of training. Since I have been using FitLine in a targeted way, my immune system is in order and I am much more resilient."*

I've been using FitLine products since June 2006 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Antioxy (Zellschutz) and Q10 Plus.

My FitLine Team consultants are Susanne Raber and Wolfgang Bodner.

My latest greatest sports achievements:

Triathlon:

2008 World Champion duathlon and World Championship 2nd place triathlon

2006 World Champion

2005+06 Austrian Champion several times triathlon, Bavarian Champion triathlon

Alpine Skiing with Handicap:

2004 World Champion slalom, Tyrol overall winner several times

2003 Overall winner European Cup

2002 Paralympics Salt Lake Bronze Medal

## Lukas Gehring • Duathlon



*"I have been using these products for a long time now and have noticed that my regeneration has been accelerated after intensive competitions and that my performance level is higher. I am particularly pleased with Fitness-Drink especially during longer cycling units as it tastes so refreshing. I brought my intestinal flora back into balance with Basics and am thereby able to complete long running distances again without restrictions."*

I've been using FitLine products since July 2003 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, and Quicky.

My FitLine Team consultant is Tobias Hollenstein.



### My latest greatest sports achievements:

- 2010 World Champion Powerman short distance
- 2009 European Championship 2nd place, World Championship Powerman 17th place
- 2008 Overall winner MTB Duathlon Cup
- 2007 World Championship long distance 17th place, 4 top ten placements
- 2006 World Championship 2nd place 24 hours MTB team of 4, European Championship 2nd place short distance
- 2005 European Championship 2nd place

## Norbert Stracke • Military Pentathlon



*"FitLine has become very important to me. Without making great changes to my diet I lost weight in the very first week. After taking it for a longer period and after thorough tests I even determined a better lactate tolerance. After I had been introduced to FitLine, I would no longer want to do without it for a day. Certainly not this year as the World Championship itself is coming up and I want to start in the best possible way thanks to FitLine – my tank's fully filled with all the important nutrients the body needs."*

I've been using FitLine products since January 2009 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Joint-Health (Gelenk-Fit), Q10 Plus, Choco-Slim and Protein Ultra.

My FitLine Team consultants are Robert Ahsendorf, Ulf Hardekopft and Ilona Stracke.



### My latest greatest sports achievements:

- 2009 World Championship 2nd team
- 2008 World Championship 2nd team and 7th place singles
- 2007 World Championship Bronze Medal team and European Champion team
- 2004 World Championship Bronze Medal team and 7th place singles, European Champion team and Bronze Medal single
- 2003 World Championship 2nd place team and 8th place singles, European Championships 2nd place.





## Frank Rommel • Skeleton



*"The PowerCocktail (Basics and Activize mixed) that I take first thing every morning helps get my circulation going and strengthens my immune system. I feel balanced and better able to perform. I end my day with FitLine Restorate and Basen Plus which literally contributes to relaxation and regeneration after tough days of training and refills my mineral stores over night."*

I've been using FitLine products since November 2007 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Basen Plus, Quicky and Protein-Ultra. My FitLine Team consultants are Gunter Koch and Andy Boehme.

### My latest greatest sports achievements:

- 2010 Winter Games Vancouver 7th place
- 2009 World Champion team and European Champion
- 2008 World Championship Bronze Medal, German Championship 2nd place
- 2007 World Championship Bronze Medal (juniors)
- 2006 Winter Games Turin participated, European Championship 2nd place, German Championship 2nd place
- 2004 World Championship Bronze Medal (juniors)



## Oliver Anthofer • Nordic Skiing with Handicap



*"FitLine has a highly beneficial influence on my wellbeing overall. I feel fitter, more full of energy, my endurance strength has improved and I notice my regeneration is quicker. FitLine is an inherent part of my daily all around supply."*

I've been using FitLine products since December 2002 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Antioxy (Zellschutz) and Q10 Plus. My FitLine Team consultant is Ulla Ringer-Blau.

### My latest greatest sports achievements:

- 2009 Austrian Champion 5 km (3.12 miles) and 10 km (6.21 miles) long-distance
- 2006 Paralympics Turin 5th place 5 km (3.12 miles) and 10 km (6.21 miles) long-distance, 8th place 15 km (9.3 miles) long-distance, 9th place 7.5 km (4.66 miles) biathlon
- 2005 World Championship 2nd place 12.5 km (miles) biathlon, Bronze Medal 5 km (3.12 miles) short course
- 2003 World Champion 7.5 km (4.66 miles) biathlon, 10 km (6.21 miles) and 15 km (9.3 miles) Nordic
- 2002 Paralympics Salt Lake Silver Medal 5th place 5 km (3.12 miles) Nordic and 5 km (3.12 miles) biathlon Bronze Medal 15 km (9.3 miles) Nordic

## Fraenzi Maegert-Kohli • Snowboard



*"Because I use/strain my body in an intense sport, I want to provide it with a product that works. I am convinced by FitLine because the products match one another, are doping free and the vitamins are gained in a natural process. Since I've been taking Activize Sensitive, I recover more quickly after recovery phases and am top fit first thing in the morning."*

I've been using FitLine products since May 2002 and regularly use FitLine Basics, Activize Sensitive, Restorate, Fitness-Drink and Q10 Plus.

My FitLine Team consultant is Susanne Bleuer-Tschanz.



### My latest greatest sports achievements:

- 2010 World Cup overall 3rd place
- 2009 World Champion
- 2008 World Cup 9th place overall, Swiss Champion
- 2007 World Championship Bronze Medal, World Cup 3rd place overall, Swiss Champion
- 2006 World Cup overall 4th place, Swiss Champion
- 2005 World Cup 4th place overall

## Silvan Zurbriggen • Alpine Skiing



*"I have been using the FitLine products since summer 2004 and was thrilled right from the start, especially Activize Oxyplus astonished me! I also take the other FitLine products regularly and my performance level has become much more consistent because of it. In addition, I am now drinking more than before since they are taken as drinks."*

I've been using FitLine products since June 2004 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink, Q10 Plus, Gourmet Shakes Soya, CC-Cel capsules and Protein-Ultra.

My FitLine Team consultant is Bruno Baume.

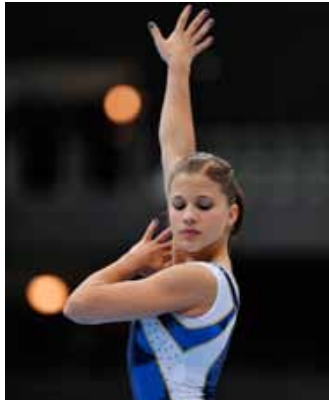


### My latest greatest sports achievements:

- 2010 Winter Games Vancouver Bronze Medal combination and 12th place slalom, World Cup 7 x Top 10
- 2009 World Cup Top 10 four times
- 2008 World Cup Top 10 twice
- 2007 World Championship 8th place combination, World Cup 8 x Top 10, Swiss Championship 2nd place slalom
- 2006 Winter Games Turin 15th place slalom, World Cup 6 x Top 10
- 2005 World Championship 5th place combination, 7th place slalom, Winner Sport Award
- 2004 Swiss Championship 4th place slalom, World Cup Kitubuehel 5th place and Wengen 9th place slalom



## Elisabeth Seitz • Artistic Gymnastics



*"As an artistic gymnast and a member of the national team I complete a very intensive and wide-ranging training and competition program every day. Along with my diet plan to match up to that, it is therefore necessary to provide the body with high-quality nutritional supplements. I have achieved good results with FitLine Basics, Restorate, Fitness-Drink, Gourmet Shakes, Protein-Ultra and Activize. I feel calmer and better able to perform overall. In training and competitions I am no longer becoming tired as quickly and have more power."*

I've been using FitLine products since May 2010 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Q10 Plus, Protein-Ultra and Choco-Slim.

My FitLine Team consultant is Benjamin Dressler.

### My latest greatest sports achievements:

- 2010 World Championship 8th place uneven bars, 12th place all around, European Championship 6th place all around, German Championship elite, all around and parallel bars
- 2009 World Cup Stuttgart 3rd place and Japan 6th place, Swiss Cup 2nd place, German Championship 2nd place all around
- 2008 Nominated for World Championship team



## Madeleine and Boris Rohne • Dancing



*"We have been taking the FitLine products for several months and are really pleased with them. In the morning, we start our day with Basics and Activize Oxyplus, which makes us fit and active more quickly. Because dancing demands a high measure of concentration, coordination and endurance, we drink Fitness-Drink during training, which supplies us with the most important minerals and vitamins. After training and/or in the evening we take Restorate to support our regeneration phase. We have noticed that our bodies regenerate more quickly after strenuous tournaments and training units and our immune systems have become stronger. On long days of training and tournaments we also take additional doses of Activize Oxyplus to improve the regeneration phase."*

We've been using FitLine products since May 2007 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, Omega 3+E+D3, Q10 Plus and Protein-Ultra.

Our FitLine Team consultant is Jan Schmeisser.

### Our latest greatest sports achievements:

- 2010 German Champion 10 dances
- 2009 European Championship 3rd place 10 dances, German Champion 10 dances
- 2008 World Championship 5th place 10 dances, German Championship 2nd place freestyle standard and bronze Medal freestyle Latin
- 2007 European Championship 7th place standard, German Championship Bronze Medal freestyle standard and 4th place freestyle Latin, 4th place standard and 5th place Latin
- 2006 World Championship semifinalists freestyle Latin and 10 dances, World Masters semi finalists, European Championship 7th place freestyle Latin, German Championship 2nd place freestyle Latin and 10 dances

## Nicolas Rouiller • Shooting



*"Since I started taking the FitLine products my performance has stabilized, I can achieve more consistent results. Thanks to the FitLine products, I can keep my fitness level high for several hours and complete a competition in the best possible way. In addition, I need less time for recovery which is, of course very important to be able to train a lot."*

I've been using FitLine products since June 2006 and regularly use FitLine Basics, Activize Oxyplus, Restorate, Fitness-Drink and Omega 3+E+D3.

My FitLine Team consultant is Helene Rouiller.



### My latest greatest sports achievements:

- 2010 World Championship participant
- 2009 European Championship 13th place 3x40, Swiss Championship Bronze Medal air rifle
- 2008 World Champions crossbow 30 m (32.81 yards) team and Bronze Medal crossbow 30 m overall and 10 m team (10.94 yards)
- 2007 European Champion Olympic match lying down and Bronze Medal 3 x 40 team juniors, Swiss Champion 3 x 40, Swiss Championship 2nd place Olympic match lying down and air rifle juniors
- 2006 World Championship 7th place 3 x 40, Swiss champion 3 x 40 and Bronze Medal air rifle juniors
- 2005 Swiss Champion 3 x 40 and Swiss Championship 2nd place Olympic match lying down juniors

## Manfred Zabel • Bowling



*"Since I've been using the FitLine products, my general wellbeing has improved dramatically. Overall, my performance levels have increased drastically and I feel better equipped to confront day-to-day life. Using the Cell Energy-Set in combination with All-In-1000 Plus yoghurt, I have brought my intestinal flora back into balance, my regeneration times have become much better and I am significantly more resilient. My fitness during competitions has vastly improved, too. All in all I would not want to and will not do without the FitLine products."*

I've been using FitLine products since May 2006 and regularly use FitLine Basics, Activize Oxyplus, Restorate Sensitive, Fitness-Drink, Basen Plus, All-In-1000 Plus, Protein-Ultra and Quicky.

My FitLine Team consultant is Michael Glaser.



### My latest greatest sports achievements:

- 2009 German Champion team and German Championship best player
- 2008 Spanish Champion team, Best player in Spain
- 2007 Spanish Champion team, Best player in Spain
- 2003 World Championship participation
- 2001 European Championship team 2nd place, German Champion team
- 2000 German Championships 2nd place team
- 1999 World Championships Bronze Medal, German Championships 2nd place team





## Philipp Kohlschreiber • Tennis



*"For me as a competitive athlete, a good and balanced diet is a must. Part of it is, of course, qualitatively nutritious dietary supplements. As a tennis pro I travel almost the whole year and sometimes it is not easy to eat a balanced meal. With the products from FitLine I have the optimal supplements – even at the other end of the World. Whether after a long match or if training really takes it out of me – FitLine products help me to regenerate quickly and replenish my batteries."*

I've been using FitLine products since December 2007 and regularly use FitLine Basics, Activize Oxyplus, Restorate and Fitness-Drink.

My FitLine Team consultants are Claude Simon, Thassilo Haun, Stephan Fehske und Michael Geserer.

### My latest greatest sports achievements:

- 2010 ATP 2 semifinals, 7 quarter finals
- 2009 French Open eighth final, Davis Cup quarter final, ATP 2 finals, 2 semifinals, 2 quarter finals, World ranking highest 12th place (09/09)
- 2008 Australien Open eighth final, Davis Cup quarter final, ATP 1 win, 1 final, 1 semifinal, 3 quarter finals, 2 wins double, 2 finals double
- 2007 Davis Cup semifinal, ATP 1 win, 1 win double
- 2006 ATP 1 win double



## Dominika Cibulkova • Tennis



*"I only started taking the FitLine products recently and they fulfill precisely the requirements that are important to me: a noticeable increase in energy, quick regeneration and an improvement in my immune system. This is very important as I often fly to other continents and struggle with the different time and climate zones. The FitLine products are practical to use and taste excellent. I am pleased to have been introduced to the FitLine products, they are sure to support me well on the way to the top."*

I've been using FitLine products since March 2008 and regularly use FitLine PowerCocktail, Activize Oxyplus, Restorate, Fitness-Drink, Q10 Plus, Quicky, Protein-Ultra and Choco-Slim.

My FitLine Team consultants are Bea and Lazy Kollar.

### My latest greatest sports achievements:

- 2010 US Open quarter final, WTA 2 semifinals, 5 quarterfinals
- 2009 French Open semifinal, Australien Open eighth final, WTA 1 semifinal, 2 quarter finals, World Ranking highest 12 place (09/07)
- 2008 WTA 2 finals, 5 quarter finals,
- 2007 WTA 1 semi-final, 2 quarter finals, prize money around \$100,000

## Novak Djokovic • Tennis



*"I was not particularly happy with the products I used to use. I asked a few sports colleagues and friends about the FitLine products and received no negative response from any one of them. This positive overall response, the product safety and my curiosity made me prepared to try something new to see how the FitLine products work. I am overjoyed with them as the products not only agree with me very well, although I have a sensitive stomach, they also taste great. Since I started taking the FitLine products, my endurance has improved and I always have enough energy. Even off the tennis courts I feel more wide awake and quite a bit fitter in comparison to the last few years when I was still taking other products."*

I've been using FitLine products since Spring 2010 and regularly use FitLine Basics, Activize Oxyplus, PowerCocktail, Restorate, Fitness-Drink, Q10 Plus, Omega 3+E+D3, Gourmet Shakes and bars.

My FitLine Team consultants are Bea and Lazi Kollar.



### My latest greatest sports achievements:

- 2010 US Open final, Wimbledon semifinal, ATP 2 wins, 2 finals, Winner Davis Cup  
World ranking highest 2nd place (10/09)
- 2009 US Open semifinal, ATP 5 wins, 5 finals
- 2008 Summer Games Beijing Bronze Medal, Australien Open Winner, French Open semifinal, US Open semifinal, ATP World Tour Finals Winner, ATP 4 wins, 3 finals
- 2007 US Open final, French Open semifinal, Wimbledon semifinal, ATP 5 wins, 4 finals

## Thassilo Haun • Tennis



*"After initial skepticism, after just 3 months I realized that I was not just regenerating faster both in training and competitions, but also coping with longer matches much better. Unfortunately, I did not know the FitLine products during my time as a tennis pro (1994-1998). Now as I am a sports and fitness trainer, my body is my capital and my health of highest value. I am very pleased that I have been able to turn my hobby into my profession and now do know the products which really let you experience results. With FitLine I have now achieved my greatest sports achievement."*

I've been using FitLine products since Summer 2008 and regularly use FitLine PowerCocktail, Restorate, Activize Oxyplus, Antioxy (Zellschutz), Joint-Health (Gelenk-Fit), Fitness-Drink, Omega 3+E+D3, Q10 Plus, Lutein, Quicky and Protein Ultra.

My FitLine Team consultant is Claude Simon.



### My latest greatest sports achievements:

- 2011 Member of the National Team H35
- 2010 World Champion single and European Champion doubles H35, European Championship 2nd place single H35, World Ranking Leader H35, Tennis Europe honor „Player of the year 2010“
- 2009 World Champion and European Champion doubles H35
- 2007 German Champion
- 2006 German Championship 2nd place
- 2005 German Champion
- until 1998 World ranked player

## Medals at the Winter Games 2010 and we were there successfully with FitLine

Daniela Anschuetz-Thoms	Speed Skating Team Pursuit
Bernhard Gruber, David Kreiner, Felix Gottwald, Mario Stecher (OeSV)	Nordic combined Team
Andrea Fischbacher (OeSV)	Alpine Skiing Super G
Wolfgang Loitzl, Andreas Kofler, Thomas Morgenstern, Gregor Schlierenzauer (OeSV)	Ski Jumping Team
Magdalena Neuner (DSV)	Biathlon Mass Start 12.5 km (7.77 miles)
Magdalena Neuner (DSV)	Biathlon Pursuit 10 km (6.21 miles)
Viktoria Rebensburg (DSV)	Alpine Skiing Giant Slalom
Maria Riesch (DSV)	Alpine Skiing Slalom
Maria Riesch (DSV)	Alpine Skiing Super combined
Evi Sachenbacher-Stehle, Claudia Nystad (DSV)	Cross-Country Skiing Team Sprint freestyle
Tobias Angerer (DSV)	Cross-Country Skiing Pursuit 30 km (18.64 m)
Simon Eder, Daniel Mesotitsch, Dominik Landertinger, Christoph Sumann (OeSV)	Biathlon 4 x 7.5 km (4.66 miles) relay
Benjamin Karl (OeSV)	Snowboarding Parallel Giant Slalom
Andreas Matt (OeSV)	Freestyle-Skiing Ski Cross
Michael Neumeier, Martin Schmitt, Michael Uhrmann, Andreas Wank (DSV)	Ski Jumping Team
Magdalena Neuner (DSV)	Biathlon Sprint 7.5 km
Martin Putze	4-man Bob
Marlies Schild (OeSV)	Alpine Skiing Slalom
Christoph Sumann (OeSV)	Biathlon Pursuit
Axel Teichmann (DSV)	Cross-Country Skiing Mass Start 50 km (31.07 m)
Axel Teichmann, Tim Tscharnke (DSV)	Cross-Country Skiing Team Sprint freestyle
Katrin Zeller, Evi Sachenbacher-Stehle, Miriam Goessner, Claida Nystad (DSV)	Cross-Country Skiing 4 x 5 km Relay (3.12 miles)
Tino Edelmann, Johannes Rydzek, Bjoern Kircheisen, Eric Frenzel (DSV)	Nordic combination Team
Elisabeth Goergl (OeSV)	Alpine Skiing Downhill
Elisabeth Goergl (OeSV)	Alpine Skiing Giant Slalom
Bernhard Gruber (OeSV)	Nordic combined large hill
Simone Hauswald (DSV)	Biathlon Mass Start 12.5 km (7.77 miles)
Marion Kreiner (OeSV)	Snowboarding Parallel Giant Slalom
Gregor Schlierenzauer (OeSV)	Ski Jumping large hill, single
Gregor Schlierenzauer (OeSV)	Ski Jumping normal hill, single
Kati Wilhelm, Simone Hauswald, Martina Beck, Andrea Henkel (DSV)	Biathlon Relay 4 x 6 km (3.728 miles)
Silvan Zurbriggen	Alpine Skiing super combined

## Medals at the Summer Games 2008 and we were there successfully with FitLine

Michal Martikán	Canoeing / Slalom C1
Inna Osipenko	K1 500m
Sabine Spitz (BDR)	Cycling / Cross Country
Martina Willing	Track and Field Athletics with Handicap / Javelin
Christian Gille	Canoeing / C2 1,000 m
Roger Kluge	Cycling (on points)
Martina Willing	Track and Field Athletics with Handicap / Shot ut
René Enders (BDR)	Cycling / Team Sprint
Christian Gille	Canoeing / C2 500 m
Maximilian Levy (BDR)	Cycling / Team Sprint
Stefan Nimke (BDR)	Cycling / Team Sprint
Melanie Schlanger	Swimmig / Free Style 4 x 100 m
Nino Schurter	Cycling / Mountain Bike
Karin Thuerig	Cycling / Individual on points

A strict selection process takes place to qualify for participation in the Summer and Winter Games. Hundred of thousands of top athletes worldwide tried to qualify for the Games. Around 10,000 athletes mad it. A total of just 900 medals were available for distribution. Some of them went to FitLine.

FitLine is an official supplier of additional nutrition for the German Skiing Association (DSV), the Austrian Skiing Association (OeSV), the Germany Ice Hockey Association (DEB) and the Association of the German Cyclists (BDR).

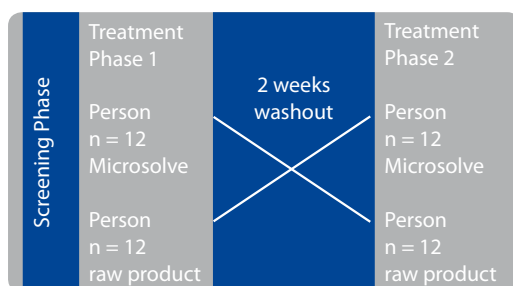
Congratulations from the FitLine Team to all athletes, as it is outstanding in itself to take part in Winter or Summer Games. Winning a medal is the dream of every World class athlete. We wish all the athletes many more successes and victories.



# Study for determining the Bioavailability of Coenzyme Q10 and Vitamin E

Within the scope of the study, the bioavailability of a micellized coenzyme Q10 and vitamin E formula (microsolve) was analyzed in a defined group against the raw product (powder form in capsule).

The objective of the study was to characterize the bioavailability in plasma. After intake of the test preparations, blood samples were taken at defined times over a period of 14 hours to determine vitamin E and coenzyme Q10. The selected cross-over design allows a direct comparison between the formulas; meaning that each test person had taken the raw products (vitamin E; coenzyme Q10) as well as the micellized form (microsolve technology).



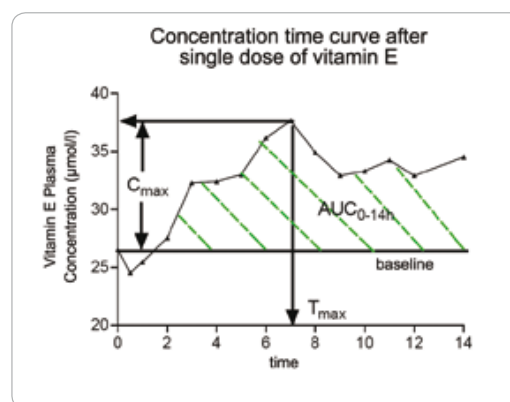
The study design was assessed by an ethics committee of the German state of Baden-Wuerttemberg. 24 voluntary subjects in good health, 12 men and 12 women respectively, participated in the study. Their fitness was checked by analyzing their medical history, performing a physical examination and determining the routine blood values. The following table briefly summarizes the participating group.

		Permitted area/ Reference area
Age (years)	26,7 ± 6,8	18 - 50
Body Mass Index [kg/m <sup>2</sup> ]	22,2 ± 2,4	19 - 30
Cholesterol [mg/dL]	189 ± 29	110 - 250
Coenzym Q10 [µmol/L]	0,62 ± 0,14	0,52 - 1,27
Vitamin E [µmol/L]	25,4 ± 4,1	15 - 45

On the whole, a representative group in order to examine the questions was raised.

The tested preparations (100 mg coenzyme Q10 and 120 mg vitamin E) were taken with water as a single dose on an empty stomach. Blood was taken via an indwelling catheter. For the duration of the examination the test persons ate monitored meals, which minimized external influence factors. From the analyzed concentrations of vitamin E and coenzyme Q10 in the blood (HPLC technology) the pharmacokinetic values  $C_{max}$ ,  $T_{max}$  and AUC were determined in accordance with a single dose.

Bioavailability is one factor to measure how fast and to what extent a substance is absorbed and made available to the body. (In order to take fluid-related concentration fluctuations in the blood into consideration, the plasma percentage values were also corrected.)



The  $C_{max}$  value represents the maximum increase in concentration of the values considered in the plasma.

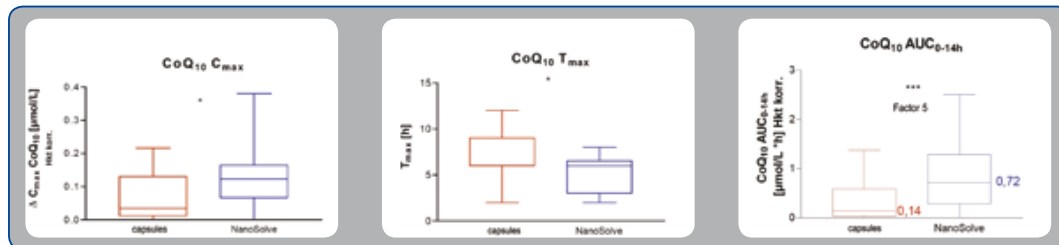
$T_{max}$  describes the time in which the maximum concentration of the parameters considered is reached in the plasma.

$AUC_{0-14h}$  as the surface under the concentration-time curve is a measurement of general bioavailability.

## Results of the study

(Depicted is the distribution of the pharmacokinetic parameters, respectively)

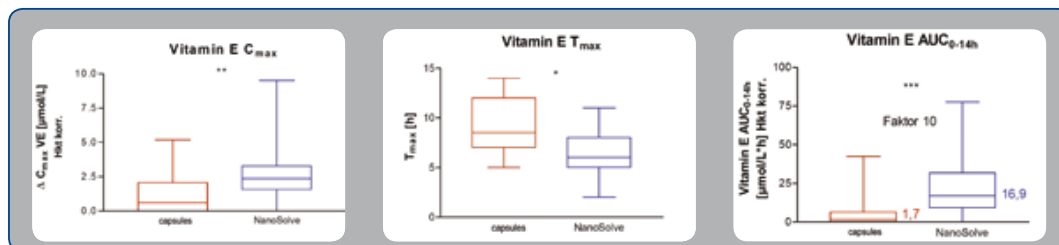
### Coenzym Q10



Distinctly recognizable is that significantly higher concentrations were achieved in plasma through microsolv technology and coenzyme Q10 floods the blood quicker and reaches the concentration maximum sooner.

The area below the concentration-time curve is raised significantly with microsolv technology, which means that the body has 5 times more CoQ10 available in the median.

### Vitamin E



Analogous to the results of Q10, one also sees here that the microsolv technology achieves a significantly higher concentration in the plasma, vitamin E floods the blood more quickly and reaches the concentration maximum sooner.

The area below the concentration-time curve is increased significantly with microsolv technology, which means that the body has 10 times more vitamin E available in the median (mid value).

## Conclusion:

1. The study's design guarantees standardized conditions with regard to exogenic influential factors
2. The group test persons provide a representative group of young healthy people as far as all tested properties were concerned.
3. The micellized formula (microsolv) indicates the following properties on the basis of the pharmacokinetic parameters  $T_{max}$ ,  $C_{max}$  and  $AUC_{0-14h}$  when compared to the equivalent formula (raw product in capsule form)
  - a. microsolv technology produced a significantly higher concentration of coenzyme Q10 and vitamin E in the blood than the equivalent formula
  - b. with the aid of microsolv technology Q10 and Vitamin E flood the blood significantly more quickly than the equivalent formula
  - c. The area below the concentration time curve is significantly larger with microsolv technology, that means more active ingredients are available to the body.

## Recommendation for use of FitLine Products in Competitive Sports / Hobby Sports

### In the morning (basic supply)

Basics	2 rounded teaspoons (1st week start with 1 teaspoon, then slowly increase)
Activize Oxyplus	1 measuring spoon (or <a href="#">Activize Sensitive</a> )
or PowerCocktail	1 sachet (in place of Basics and Activize)
Q10 Plus	16 drops
Preparation	Stir all products into 400 ml (13.53 fl.oz.) of cool non-carbonated water (or depending on taste into water/ fruit juice mix)
Intake recommendation	Before or with breakfast; in case of training sessions or competitions with at least 80% of the maximum pulse being carried out within 2 hours after eating breakfast, possibly in the initial phase of product use only 1 teaspoon of Basics or use only after the intensive load phase (e.g. in the afternoon).
Note	<p><b>Basics:</b> in the initial phase you may possibly experience stronger intestinal activity and/or increased bowel movement.</p> <p><b>Activize Oxyplus:</b> contains i.e. niacin that has an effect of promoting circulation. After approx. 5 to 10 minutes you may experience skin reddening and a warm feeling as a result of the capillary vessel dilating effect. This is harmless, however, and disappears again after a short time. Not suitable for children.</p> <p>FitLine products have been developed with regard to absorption of the nutrients in the intestine being quick and well tolerated.</p>

### At Lunch Time (basic supply)

Basics	2 rounded teaspoons (1st week start with 1 teaspoon, then slowly increase)
Activize Oxyplus	1 measuring spoon (or <a href="#">Activize Sensitive</a> )
or PowerCocktail	1 sachet (in place of Basics and Activize)
Q10 Plus	16 drops
Preparation	See intake recommendation "in the morning"
Note	See note "in the morning"

These are recommendation values that have proven to be excellent in practice by many top athletes. As a general rule, these recommendations should be tested in training and if necessary adjusted by you to your personal requirements.



## In the evening (regenerative care)

Restorate	1 tablespoon (in the initial phase/ begin 1st week with 1 teaspoon, then increase)
Preparation	Stir into 200 to 400 ml (6.76 -13.53 fl.oz.) non-carbonated water until it no longer fizzes. Drink immediately after it stops fizzing (important for maximum absorption). Depending on the taste and tolerance, the dosage (amount of water) can be increased.
Intake recommendation	Drink a half an hour to one hour before going to bed over a period of approx. 10 minutes in small sips. For persons with very sensitive stomach/digestive tracts, reduce the Restorate portion in the initial phase to one rounded teaspoon and drink slowly in small sips.
Note	Restorate should not be taken immediately after exertion, but at the earliest 1 hour later. Do not mix Restorate with Basics, since the fibers prevent the absorption of minerals.

## Training and competition (power supply before, during and after exertion)

Fitness-Drink	2 to 4 teaspoons (depending on the taste and tolerability)
Preparation	Stir in 750 ml (25.36 fl.oz.) of non-carbonated water and fill into a water bottle.
Intake recommendation	Drink 1 to 2 liters of Fitness-Drink (depending on the type of sport and fluid requirement), corresponding to the above-mentioned preparation recommendation in small portions before and during the training/ competition.
Note	Drink fruit juice with water (e.g. mix 1 part apple juice and 3 parts non-carbonated water) or fruit tea to cover additional fluid intake.
Restorate	For quick regeneration under extreme exertion: 1 teaspoon up to 1 tablespoon (In the initial phase/ begin 1st week with 1 teaspoon, then increase if necessary) in 200 to 400 ml (13.53 fl.oz.) of non-carbonated water
Note	Prepare Restorate as described above and drink approx. 1 hour after exertion for maximum regeneration as an alkaline buffer over a period of approx. 10 minutes in small sips.

These are recommendation values that have proven to be excellent in practice by many top athletes. As a general rule, these recommendations should be tested in training and if necessary adjusted by you to your personal requirements.



## Additional products

<b>Basen Plus</b>	Basen Plus has been specifically developed for use under extreme strain of the acid-alkaline balance to support the body with alkaline minerals and trace elements.
<b>Preparation</b>	Mix 1 teaspoon to each portion of Restorate (after training and/or evenings, depending on the training intensity).
<b>Antioxy (Zellschutz)</b>	1 to 2 teaspoons (depending on the taste and requirement)
<b>Preparation</b>	Stir into 200 to 250 ml (6.76 -8.45 fl.oz.) of cool non-carbonated water.
<b>Intake recommendation</b>	Can be added any time to the morning/noon and/or evening drink. An additional dose of Antioxy (Zellschutz) is also possible in the Fitness-Drink.
<b>Note</b>	In case Antioxy (Zellschutz) and other FitLine products are used, increase the liquid volume accordingly.
<b>Deoral</b>	Take 1 to 2 capsules approx. 30 minutes before (endurance) exertion with sufficient amounts of fluid (approx. 200 to 300 ml (6.76 -10.14 fl.oz.) Fitness-Drink/tea/mixed juice-water). Deoral "gives you more air" and longer lasting freshness for body, breath and skin.
<b>Omega 3+E+D3</b>	Functions as a fit maker for heart and circulatory system with essential multiple unsaturated fatty acids. In case of increased need, take 30 drops (portion) per day diluted or undiluted.
<b>Protein-Ultra</b>	In the muscle build up or convalescence phase and in case of an increased protein need, eat 1 to 2 bars per day with sufficient amounts of fluid.
<b>Joint-Health (Gelenk-Fit)</b>	1 x per day 3 teaspoons in 400 ml (13.53 fl.oz.) of non-carbonated water. Can be mixed with Restorate.
<b>Gourmet Shakes</b>	Shakes can be consumed depending on the requirements as a snack or main meal at any time of the day. Tastes best with milk (low-fat), however, it is possible to also drink it with water as a tasty meal.

These are recommended values that have proven to be excellent in practice by many top athletes. As a general rule, these recommendations should be tested in training and if necessary adjusted by you to your personal requirements.

## Brief Explanation of the FitLine Products Mentioned in the Catalog

Product	Ingredients	Use / effect
FitLine Basics	<ul style="list-style-type: none"> <li>Bioactive substance</li> <li>Soluble and insoluble fibers</li> <li>Enzyme complex</li> <li>Probiotic cultures</li> <li>Prebiotics</li> <li>Antioxidants</li> <li>Absorption-promoting Ayurvedic herbal aroma</li> </ul>	<ul style="list-style-type: none"> <li>To supply the body with nutrients and vital substances</li> <li>Promotes healthy intestinal flora and vitalizes the digestive tract</li> <li>Strengthens the body's own defenses</li> <li>With many antioxidative vital substances</li> <li>NTC: aims at nutrient absorption which is as good as possible</li> <li>Low glycemics (according to latest scientific findings)</li> </ul>
FitLine Activize Oxyplus	<ul style="list-style-type: none"> <li>B vitamin complex</li> <li>Vitamin C</li> <li>Folic acid</li> <li>Natural guarana</li> <li>Maritime (brown) algae powder</li> </ul>	<ul style="list-style-type: none"> <li>Supports energy recovery from food</li> <li>Provides the body with all B vitamins for concentration and performance</li> <li>NTC: aims at nutrient absorption which is as good as possible</li> <li>Stimulates, vitalizes and refreshes</li> </ul>
FitLine Restorate	<ul style="list-style-type: none"> <li>Mineral and trace element complex with vitamin D</li> <li>Iron, chromium, copper and manganese</li> <li>Absorption-promoting Ayurvedic herbal aroma</li> </ul>	<ul style="list-style-type: none"> <li>Has an alkaline effect (works like a base buffer)</li> <li>Promotes mineral balance</li> <li>For regeneration (after competitions or training)</li> <li>Strengthens the body's own defenses</li> </ul>
FitLine PowerCocktail	A combination of Basics and Activize	A combination of Basics and Activize
FitLine Basen Plus	<ul style="list-style-type: none"> <li>Magnesium</li> <li>Calcium</li> <li>Potassium</li> <li>Iron</li> </ul>	<ul style="list-style-type: none"> <li>As additional alkaline buffer to Restorate Sensitive</li> <li>With valuable calcium and magnesium for healthy bones and teeth</li> <li>Supplies vital minerals and trace elements</li> <li>Promotes the mineral balance in combination with Restorate</li> </ul>
FitLine Fitness-Drink	<ul style="list-style-type: none"> <li>Highly effective isotonic sports drink with vitamin and mineral complex</li> </ul>	<ul style="list-style-type: none"> <li>For performance and regeneration</li> <li>Provides the body with all B vitamins for concentration and energy recovery</li> <li>Supports the body's own defenses</li> <li>Supplies many antioxidative protective substances</li> <li>With micellized pro-vitamin A and vitamin E</li> </ul>
FitLine Q10 Plus	<ul style="list-style-type: none"> <li>Micro-micellized Q10</li> <li>Vitamin E</li> </ul>	<ul style="list-style-type: none"> <li>For energy production in the cells</li> <li>Supports the cells during oxidative loads</li> <li>NTC: aims at nutrient absorption which is as good as possible</li> <li>With unique patented microsolv technology</li> </ul>
FitLine Antioxy (Zellschutz)	<ul style="list-style-type: none"> <li>Antioxidants:</li> <li>Vitamin C, E, selenium,</li> <li>Beta carotene,</li> <li>Citrus extract with bioflavonoids</li> </ul>	<ul style="list-style-type: none"> <li>Supports the body's own immune system</li> <li>Quicker and improved uptake of fat soluble vitamin E and provitamin A in a water soluble, well absorbing form</li> <li>Citrus extract rich in natural bioflavonoids supports the antioxidative team</li> </ul>

Product	Ingredients	Use / effect
FitLine Deoral	<ul style="list-style-type: none"> <li>• Secondary plant extracts</li> <li>• Essential oils</li> <li>• Vitamin E</li> </ul>	<ul style="list-style-type: none"> <li>• For long lasting freshness for body, breath and skin</li> <li>• Contains natural plant and herbal fragrances from vegetables and herbs</li> <li>• Ideal for athletes, smokers, after eating garlic and for more fresh breath</li> </ul>
FitLine Joint-Health (Gelenk-Fit)	<ul style="list-style-type: none"> <li>• Glucosamine</li> <li>• Chondroitin sulfate</li> <li>• Vitamin C</li> <li>• Algae powder (brown algae)</li> <li>• Herbal aroma</li> </ul>	<ul style="list-style-type: none"> <li>• Contains essential vital substances for our joints, for joint lubrication and the cartilage in a special combination</li> <li>• For elasticity in cartilage and joints</li> <li>• With vitamin C for maintenance of bone and connective tissue</li> </ul>
FitLine Omega 3+E+D3	<ul style="list-style-type: none"> <li>• Essential multiple unsaturated micro-micellized Omega 3 fatty acids</li> <li>• Microsolve micellized vitamin E</li> <li>• Very good DHA/EPA ratio</li> </ul>	<ul style="list-style-type: none"> <li>• For healthy cardiovascular function</li> <li>• With micellized Omega 3 for healthy vessels</li> <li>• Plays an important role in brain metabolism (supports the brain functions)</li> <li>• NTC: aims at nutrient absorption which is as good as possible</li> <li>• With vitamin E to support of Omega 3</li> </ul>
FitLine All-In-1000 Plus	<ul style="list-style-type: none"> <li>• Contains an absorption-promoting ayurveda herbal fragrance and vitamin B3</li> <li>• Many living bacteria (4 different cultures)</li> </ul>	<ul style="list-style-type: none"> <li>• Contains very good health promoting, live probiotic bacteria</li> <li>• Supports a healthy digestive system</li> <li>• Good for healthy intestinal flora</li> <li>• Supports the natural defenses of the body</li> <li>• High amount of health-promoting bacteria</li> </ul>
FitLine Gourmet Shakes	<ul style="list-style-type: none"> <li>• Vital amino acids (milk protein)</li> <li>• Fatty acids</li> <li>• Vitamins and minerals</li> <li>• Fibers</li> </ul>	<ul style="list-style-type: none"> <li>• Protein-rich meals curbs hunger thus promoting weight control</li> <li>• With all essential amino acids necessary for muscle maintenance</li> <li>• With fibers for less frequent hunger sensations and promotion of weight control</li> </ul>
FitLine Gourmet Shakes Soya	<ul style="list-style-type: none"> <li>• High-quality plant-based soy protein with a very high biological value</li> </ul>	<ul style="list-style-type: none"> <li>• Substitutes one meal in accordance with EC Directive 96/8/EC on foods intended for use in low-calorie diets for weight reduction</li> </ul>
FitLine Protein-Ultra (bar)	<ul style="list-style-type: none"> <li>• Premium protein</li> <li>• Natural calcium</li> <li>• Oligofructose</li> <li>• 10 vitamins</li> <li>• With essential amino acids</li> </ul>	<ul style="list-style-type: none"> <li>• With all essential amino acids necessary to maintain muscles</li> <li>• Contains 30% premium protein</li> <li>• Rich in natural calcium</li> <li>• High nutrient density</li> </ul>
FitLine Choco-Slim / White Choco Slim (bar)	<ul style="list-style-type: none"> <li>• with PinnoThin™TG made from natural pine nuts</li> <li>• Balanced carbohydrate composition</li> <li>• 12 vitamins</li> <li>• 11 minerals &amp; trace elements</li> <li>• Fibers</li> </ul>	<ul style="list-style-type: none"> <li>• substitutes one meal in accordance with EC Directive 96/8/EC on foods intended for use in low-calorie diets for weight reduction</li> <li>• PinnoThin™TG curbs hunger</li> <li>• a way to lose weight and to keep it off</li> <li>• Low-glycemic</li> </ul>

Product	Ingredients	Use / effect
FitLine Quicky (bar)	<ul style="list-style-type: none"> <li>Short- / long-chain carbohydrates</li> <li>Fibers</li> <li>Fructooligosaccharide</li> <li>Natural without hardened fats / trans fats</li> </ul>	<ul style="list-style-type: none"> <li>Provides extra energy between meals</li> <li>Made from natural fruit and grain components</li> <li>Low-glycemic</li> <li>Ideal for school, sports and the office</li> </ul>
FitLine Activize Power-Drink	<ul style="list-style-type: none"> <li>All B vitamins</li> <li>Vitamin C</li> <li>Folic acid</li> <li>Natural guarana</li> </ul>	<ul style="list-style-type: none"> <li>Provides the body with a quick source of all B vitamins and vitamin C for concentration and performance</li> <li>Supports energy recovery from food</li> <li>Stimulates, vitalizes and refreshes</li> </ul>
FitLine SunDrink	<ul style="list-style-type: none"> <li>Vitamin C</li> <li>Carotinoids</li> <li>Bioflavonoids</li> </ul>	<ul style="list-style-type: none"> <li>Provides the body with vitamin C, vitamin E, the trace element selenium and bioflavonoids</li> <li>Stimulates natural tanning of the skin</li> <li>Antioxidative effect through provitamin A</li> </ul>

## Caffeine = doping? NO!

Through our numerous contacts on the professional sports scene we have discovered that there is widespread uncertainty about the ingredient caffeine with regard to its doping relevance and this requires improved information.

The WADA (World Anti-Doping Agency) in their decision of September 2003 decided that as of January 1, 2004 caffeine is no longer to be placed on the list of banned substances. The decision of the WADA has already been legally recognized in 193 countries with the signing of the "Declaration of Copenhagen."

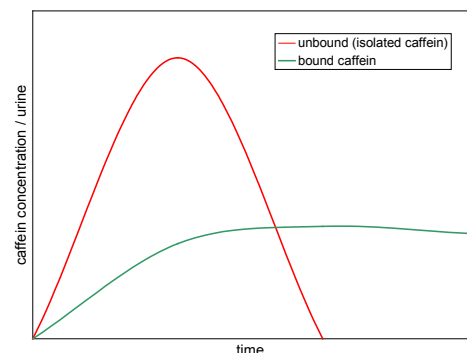
### Caffeine concentrations per drink (for your information):

<b>Coffee</b>	<b>60 - 150 mg / cup</b>	<b>Activize Sensitive</b>	<b>30 mg / daily allowance</b>
<b>Tea</b>	<b>40 - 75 mg / cup</b>	<b>Activize Oxyplus</b>	<b>30 mg / daily allowance</b>
<b>Chocolate</b>	<b>20 - 30 mg / 100 g</b>	<b>Fitness-Drink</b>	<b>150 mg / Liter</b>
<b>Cola soft drinks</b>	<b>150 mg / Liter</b>	<b>Activize Power Drink</b>	<b>250 mg / Liter</b>
<b>Red Bull Austria</b>	<b>532 mg / Liter</b>		
<b>Red Bull Germany</b>	<b>320 mg / Liter</b>		

Why do the FitLine products Activize Sensitive, Activize Oxyplus, Activize Power Drink and Fitness-Drink contain caffeine?

Due to physiological reasons, the FitLine products mentioned contain tannin, a bound and well-tolerable natural caffeine found in guarana, which stimulates fat metabolism and maintains performance-related glycogen depots in the endurance area.

Due to its bound form, it reduces the maximum peak of caffeine concentration compared to free caffeine that is used in coffee, tea and soft drinks.





## Doping safety?

With regard to product and doping safety of the FitLine products mentioned in the product insert (catalog "FitLine Sport 11/12") we can ensure the following:

- FitLine products (see product insert) are exclusively manufactured for us by companies in Germany and in Switzerland for whom GMP criteria (currently the most modern quality and purity standards) are a matter of course. The FitLine product line is in compliance with German law and the legislation of each respective country in which it is offered. Most of our products are sold in over 30 countries.
- The raw materials (each raw material batch) as well as the finished products, as ensured to us by our suppliers, undergo microbiological, chemical, sensory and physical testing in order to guarantee the highest amount of purity and safety for the consumer. Shelf life tests and retention of samples are a matter of course. Traceability of the product is guaranteed according to the manufacturer for at least 3 months past the best before date.
- Feel free to convince yourself at a plant visit to our supplier about the quality management. This guarantees transparent quality assurance.
- In 2008, as in the years before, doping tests were carried out again on more than 1,000 top athletes, who regularly use FitLine products. None of the athletes tested positive.
- We have voluntarily agreed as a company to have FitLine products tested regularly for doping-relevant anabolic androgynous steroids. More information on this can be found in the selective "Cologne List" (Cologne list). The Cologne list is a list of nutritional supplements with minimized doping risk. This is a service platform of the German Olympic support site Cologne-Bonn-Leverkusen. For more information, go to: [www.colognelist.com](http://www.colognelist.com)

We believe that this information and the product results of the TOP athletes will confirm to you that we are serious about product quality and doping safety and that we act responsibly in this regard.

Please do not hesitate to contact us if you have any questions.



*Torsten Weber*

**Torsten Weber**  
Bachelor of Business Administration  
Head of Sports Marketing



*Dr. Gerhard Schmitt*

**Dr. Gerhard Schmitt**  
Nutritional and Sports Scientist  
Chairman of the Scientific Advisory Board of PM-International

FitLine products fulfill the strictest international quality and purity controls of the Good Manufacturing Practice  
**GMP - highest quality and safety**

Under constant voluntary monitoring of the  
**Swiss Vitamin Institute**

FitLine products are manufactured in accordance with  
**DIN ISO 9001, IFS, HACCP Standard**





No DVD?  
Someone was already inquisitive. Please ask the person from which  
you receive the catalogue about the FitLine Sports Video.  
It will be worth it!

Edition 14/2011

If you have any questions, please do not hesitate to contact the FitLine consultant from whom you received the catalogue or contact Torsten Weber - Head of Sports Marketing via email at: [sm@pm-international.de](mailto:sm@pm-international.de) or by Fax at: +49 (0) 62 32 / 2 96-3 31  
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Simple. Successful.

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