

How Athletes Should Use FRS

FRS is a new kind of healthy energy drink that is helping strength and endurance athletes train harder, recover faster and perform better. Experience what FRS Healthy Energy can do for your performance.



How often should I drink? We recommend drinking two servings daily as follows:

	1st serving	2nd serving*
AM Workout	30-60 minutes before workout	Early afternoon
PM Workout	With breakfast	30-60 minutes before workout

Cyclists often find that FRS works well in their water bottle during long rides.

How quickly will I feel FRS Healthy Energy working? Some begin to feel the energy and recovery-boosting effects of FRS immediately, while others may take a few days**.

What should I expect? Most users feel a smooth, sustained increase in energy without the over-stimulation or “crash” you can get from drinking coffee or energy drinks†. Athletes who drink before a workout or race notice improved energy, enhanced performance, less muscle soreness and faster recovery.**

What are the long-term benefits? FRS Healthy Energy offers powerful, long-term antioxidant protection and is an important daily source of free radical scavengers, which actively work to neutralize damaging free radicals in the body. Athletes, in particular, produce sharply increased levels of free radicals during intense exercise, which can decrease workout performance, generate muscle soreness and slow recovery.

FRS product formats: FRS comes in cans, beverage concentrate, drink mix powder stick packs and convenient chews.

Call us at 877 FRS4 YOU with any questions or comments, or find out more at frs.com.

* If you have any difficulty sleeping, we recommend not drinking FRS after 2PM in the afternoon.

** Individual results vary

† FRS does contain a small amount of caffeine, equivalent to about a cup of tea per serving

