

TOUR de FRANCE SPECIAL 22-PAGE FAN'S GUIDE

Bicycling

World's Leading Bike Magazine

LANCE'S LAST STAND

THIS YEAR'S TOUGHEST
OPPONENT—HIMSELF
PLUS: HIS AMAZING
SECRET p. 62

**Ride Strong
All Summer**
7 WAYS TO
BEAT THE HEAT

EAT LIKE A PIG,
RIDE LIKE A RABBIT

GET
PEAK-SEASON
SPEED NOW,
p. 108

**Lab
RAT**
SUPPLEMENT
OF THE MONTH

FRS PLUS

THE EXPERIMENT: This month four staffers ingested FRS Plus (32 oz., \$20; frsplus.com), a new, antioxidant health drink, once or twice a day. **THE PROMISE:** Improved energy on and off the bike. FRS contains a blend of vitamins, including the Bs, and free-radical fighters C and E, as well as green tea extracts, caffeine, taurine (an amino acid

also in Red Bull) and a powerful antioxidant called quercetin. Quercetin inhibits the enzymes that break down norepinephrine, leaving you with more of this adrenaline hormone to juice your performance. Researchers at California's Pepperdine University found that FRS Plus helped elite cyclists complete a hilly 30km time trial almost three minutes faster. **THE RESULTS:** All four rats agreed that FRS provides a performance boost. While one was skeptical that it offered anything beyond a caffeine-and-taurine jolt, two others were giddy with the results. "I could climb and climb with no leg fatigue, and even my usual urban malaise disappeared," said one. Another started swapping FRS for her mid-morning java fix, praising the mental focus it provided. Only one tester actually enjoyed the taste—a derivation of orange juice—while another found it unpalatable to the point that it was "hard to swallow." Though the label recommends two daily doses, some testers felt jittery and manic with that amount. All agreed that once a day, just before a ride, was plenty.

