

Product Training Guide

**What is it?**

Beachbody® Fuel Shot is a dextrose- and maltodextrin-based energy drink designed to maximize your pre-, during-, and postworkout performance while replenishing the glycogen and electrolytes lost during workouts. It's free of added flavoring, colorants, or artificial sweeteners. This way, you can customize it to meet your needs, staying hydrated and energized without having to drink something that looks like it arrived in your sports bottle via a nuclear power plant cooling station.

It's also a simple addition to any meal or snack when you need additional carbohydrates.

It's designed to work by itself or with our other supplements. It can be used with Beachbody M.A.X. Creatine to transport that creatine to muscles at lightning speed. It also works great with Beachbody Hardcore Base Shake, our additive-free whey protein formulation. Like M.A.X. Creatine, Fuel Shot and Hardcore Base Shake are designed to help you build massive muscle—but that's not their only benefit. They make a great addition to any serious athlete's nutrition protocol.¹

**Myth: Carbs don't play a role in bodybuilding.**

Fact: Show us a low-carb bodybuilder and we'll show you a dude (or dudette) achieving a fraction of their true potential.

Carbohydrates are the body's preferred fuel source. Take them out of the equation and your body has to work a little harder to convert other dietary macronutrients into energy. It also tends to look inwardly for fuel. In the short term, that's not a bad thing because it means you'll burn a little extra body fat, but it also means you'll break down muscle and convert it to ATP (energy) in a process called catabolism. So over the long haul, it's better to give your body the carbs it wants.

Furthermore, because the body absorbs carbs so well, they're an ideal way to transport other nutrients and supplements such as protein and creatine to your muscle. So to get huge and recover fast, carb it up with FUEL SHOT.



¹ Chad Kerkisick et al, "International Society of Sports Nutrition position stand: Nutrient timing," *Journal of the International Society of Sports Nutrition* 5 (2008): 17.

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Why is it so effective?

Carbohydrates are your body's primary fuel source. Although you can convert dietary and bodily proteins and fat into energy, ingesting carbs is the most efficient way to restore blood sugar and glycogen, a blood-sugar backup found in the liver and muscles.

But carb intake is a tricky business, because generally if you consume too much too fast without fiber, protein, or fat to slow absorption, your blood sugar can spike. When this happens, your pancreas goes into overdrive, churning out excessive insulin and storing unneeded fuel as body fat. Foods that do this have what's called a fast glycemic response.

However, during or after a seriously hard workout, a faster glycemic response is vital. Your body can quickly use up your blood sugar and glycogen, so it looks for other fuel sources, including muscle, which can break down at an accelerated rate. In these situations, fast-absorbing carbs go right to where they need to go, triggering that insulin response for more energy, less breakdown elsewhere, and fast recovery.

Of course, Fuel Shot goes much further than just bum-rushing your system with sugar. We've created it using two kinds of carbs: dextrose and maltodextrin. The dextrose, a simple carb, provides quick-release energy. The maltodextrin is a complex carb, meaning it's slightly harder for your body to break down, so it needs to be processed in the liver. This makes absorption slower and helps keep blood sugar steady. Combining the two is an optimal way to replenish your glycogen.

When you work out, you sweat. And when you sweat, you drain your system of electrolytes, which are minerals like sodium and potassium that help maintain fluid balance. Beachbody Fuel Shot is also loaded with electrolytes, so sipping it throughout your workout can keep you hydrated, keep your energy up, and keep your electrolytes in check.

Finally, we've put 5 grams of whey protein in each serving of Fuel Shot, so that the fast-absorbing dextrose can drive it to muscles, further speeding recovery.



Beachbody® Extreme Nutrition Family of Supplements

Beachbody Fuel Shot is part of a quartet of steroid-free supplements custom designed for Body Beast™, an extreme training and growth-stimulating system that guarantees maximum muscle gain and fat loss in just 12 weeks. Other supplements in the range include:

- Beachbody Hardcore Base Shake
- Beachbody M.A.X. Creatine
- Beachbody Super Suma



Fuel Shot can also be used to increase the amount of carbohydrates in our meal replacement supplements, including:

- Shakeology® Chocolate
- Shakeology Greenberry
- Shakeology Tropical Strawberry (vegan)
- Beachbody Meal Replacement Shake



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How do I use it?

Beachbody Fuel Shot works great before, during, or after your workout.

Drinking a quarter to half a serving beforehand can give you the energy boost you need without having digestion of a larger snack interfere with performance.

Sipping it during a workout keeps your energy up and helps avoid bonking, or running out of blood sugar.

After your workout, it can make a great recovery drink, especially when combined with Beachbody Hardcore Base Shake and/or Beachbody M.A.X. Creatine. When you get the mix right, the carbs still rush in, piggybacking the added protein and creatine to get to muscles fast.

We generally recommend a carb-to-protein ratio of between 3:1 and 5:1. We suggest 2 scoops of Fuel Shot, 1 scoop of Hardcore Base Shake, and a splash of juice for flavor as an ideal recovery cocktail.

Or, if you're really looking to build muscle, add 2 scoops (10 g) of M.A.X. Creatine.

But here's the trick. Recovery drinks are only really effective if your blood sugar and glycogen are tapped. And that's not going to happen if you're using Fuel Shot before or during your workout. So if you want both an energy boost and a recovery drink, consider a preworkout drink that doesn't rely on carbs, such as a cup of coffee, or better yet, Beachbody E&E Energy and Endurance™.

And if you're worried that saving Fuel Shot for the end of your workout will induce muscle breakdown, don't be. If they're eating a healthy diet, the average person can handle about an hour of hard work before tapped blood sugar and glycogen become an issue.



Product information

Cost for a 30-day supply (does not include shipping and handling):

- Regular price: \$49.95
- Club price: \$44.96
- Coach price: \$37.46
- PV/CV: 25

Bounce back and get big faster.*

Kick-start your recovery after even the most punishing workout with Fuel Shot. You can blow past fatigue with an injection of performance-enhancing calories for raging strength and a monster pump.*

- Drives nutrients into muscle fiber for greater strength*
- Replenishes depleted glycogen to reduce muscle fatigue*

Why it works

Enters the bloodstream quickly for near-instant anabolic support, to nourish muscle cells and enhance power and recovery. Use daily for greatest acceleration in muscle endurance, size, and strength.*

Usage directions

Mix 1 heaping scoop (55 grams) with 6 to 8 ounces prepared Beachbody® Hardcore Base Shake or other high-carbohydrate beverage (like grape juice) and consume within 30 minutes of intense exercise. **For optimal results, use with Beachbody Hardcore Base Shake, Beachbody M.A.X. Creatine, and Beachbody Super Suma.**

Storage instructions

Store in a cool, dry place.

Warning

Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any medical conditions. Keep out of reach of children.

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RETAILING TIPS

Who can benefit?	Why Fuel Shot?
People looking to get ripped doing Body Beast	Created as part of the Body Beast program, Fuel Shot is integral to the program's nutrition component, from postworkout nutrition to the Beast-o-Matic mass gainer shakes. It'll give you the energy—and the calories—you need to get huge.
People doing our other extreme workout programs, such as P90X® or INSANITY®	It replenishes glycogen stores and electrolytes; rehydrates; and when used with Hardcore Base Shake, reduces muscle soreness and fatigue after strenuous workouts. It's a quick, effective alternative to Results and Recovery Formula®.
Customers who want flavor variety when it comes to a recovery formula.	Because it's flavorless, it can be tailored to just about any taste, by mixing it with your favorite fruit or juice.
Endurance athletes	It's an additive-free way to hydrate while replenishing blood sugar and electrolytes during competitions and other endurance events.
Active, holistic-oriented eaters looking to supplement	It's a fast, efficient way to supplement carbohydrates and electrolytes without added flavoring, colorants, artificial sweeteners, or untested ingredients.

SUPPLEMENT FACTS

Serving Size: 1 scoop (55 g)
Servings Per Container: 25

	Amount Per Serving	% Daily Value†
Calories	210	
Cholesterol	10 mg	4%
Total Carbohydrates	47 g	16%
Sugar	24 g	**
Protein	5 g	10%
Calcium (from Whey Protein Concentrate)	32 mg	3%
Sodium	70 mg	3%
Potassium (from Whey Protein Concentrate, Potassium Phosphate)	280 mg	8%

†Percent Daily Values are based on a U.S. 2,000-calorie daily diet.

**Daily Value not established.

INGREDIENTS: Natural carbohydrate complex (Dextrose, Maltodextrin), Whey protein concentrate, Potassium phosphate, Carrageenan, and Sodium chloride.

ALLERGEN STATEMENT: This product contains milk (whey protein concentrate) and soy (whey protein concentrate).

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