

**Kona 2015 Qualifier's Secret Training Weapon (Reluctantly)  
Revealed:**

**"How I — an over-40 triathlete with a torn ACL — train with (and BEAT) 20 year olds *and* qualified for Kona 2015!"**

**The Over-40 Triathlete's Secret Training Weapon  
(Reluctantly) Revealed:**

**"How I train with (and WHIP) guys half my age ... *and* qualified for Kona 2015 ... in spite of a torn ACL."**

**How this Over-40 Triathlete Trains with (and beats) guys half his age AND qualified for Kona 2015... despite a torn ACL**

**Kona Ironman Qualifier Uses "Secret Weapon" to Train With  
(and BEAT) Triathletes Half His Age**

**Over-40 Triathlete (Reluctantly) Reveals His Secret Training  
Weapon:**

**"THIS is what gives me the EDGE over the 20-year-olds I train with...  
and helped me qualify for Kona 2015 *in spite of* a torn ACL!"**

**Kona '15 Qualifier Reveals:**

**How to Train with (and WHIP) 20 year olds as an Over-40 Triathlete**

**The Over-40 Triathlete's Secret Training Weapon**

**Or, "How I Keep an Edge Over Guys HALF My Age and Qualified for  
Kona 2015 — DESPITE a Torn ACL!"**

**Over 40? Torn ACL?**

**No problem; I still qualified for Kona 2015.**

**Here's the secret training weapon I used to do it ...**

**I'm an over-40 triathlete with a torn ACL.**

**But I still train with (and whip) guys half my age ...  
and qualified for Kona 2015.**

**Here's the secret training weapon I used to do it.**

By Mark "Sparrow" Swart, P.T.  
Triathlete, Physical Therapist

**PORT ST. LUCIE, Fla.** — As a physical therapist and triathlete in my late 40s, I spend *a lot* of time reading nutrition labels and trying to find the best of the best of everything — food, drinks, supplements ... and *especially* protein powder.

As you know, protein is critical for performance, recovery, and building lean muscle mass. These days, I can't go without a high-nutrition protein powder if I want to keep up with the guys I train with (who are in their 20s and 30s!)

Before discovering my "secret weapon," I was constantly on the lookout for the Holy Protein Grail: the one perfect protein powder made with 100% grass-fed whey (the best of the best) ... all-natural ingredients with no sugar or artificial *anything* ... that actually dissolves in liquid and tastes amazing.

I'm sure you can understand the struggle.

If you've ever trashed a half-full jug of protein because it was clumpy, tasted like chalk, disagreed with the GI tract, or you found out what was *actually* in it, you know how hard the search can be.

**Thank God, I finally discovered my "secret weapon" ...**

When I first tasted **INVIGOR8 Nutritional Shake and Organic Superfood**, I thought I'd slept-walk into a drive thru and accidentally picked up a milkshake. It was THAT good.

*There has to be something bad in it*, I thought, reading the label in amazement. Nope. Not a gram of sugar or artificial sweeteners to be found.

Formulated by Biomedical Research Laboratories, or BRL for short, their "science meets nature" shake is **the sweet, organic love-child between dessert and the healthiest protein-packed superfood salad ever.**

I'm not the only one who loves the flavor:

Josh from California wrote in to say, "Taste! Taste! Taste! I thought INVIGOR8 was a love potion. It's truly one of the best-tasting supplements I've ever tried."

Yes, taste is critical. Even the healthiest shake in the world is useless if it tastes like a shoe.

But, it wasn't just INVIGOR8's pure grass-fed whey protein, or the fact that it mixes easily AND tastes great that makes it my secret weapon.

It's a conscientiously formulated for everything an endurance athlete truly needs (and nothing we don't.) Like ...

- ✓ coconut oil to speed metabolism ...
- ✓ chia seed and flaxseed loaded with heart-healthy, pain-reducing Omegas 3, 6, and 9 ...
- ✓ nutrient-dense raw greens (kale, spinach, broccoli, alfalfa, and chlorella) to energize, alkalize and detox the body ...
- ✓ an Immunity Booster Complex that strengthens and restores the immune system ... (you can't train or race if you're sick!)
- ✓ and a unique Cognitive Enhancers Complex to improve mood and brain function.

And it goes even further than *that* ...

One of my major problems with cheap, off-the-shelf protein was ... ahem ... "poor digestion." (Something my fiancée and training partner, Debra Daley, did *not* appreciate!)

INVIGOR8 has prebiotic fiber, probiotics, *and* a special **Digestive Enzyme Complex** to ensure every milligram of this super-high-quality protein is getting shuttled straight to my muscle fibers, *not* passing straight through.

When your body can actually digest and use protein, it means you can burn fat and build lean, sexy muscle *faster* ... you can recover from even your hardest training days *faster* ... and heck, you may even *get faster*.

That's what happened for my fellow runner, Tony from California. He wrote, "When they say it's delicious, they're not joking. Plus, **my stamina and performance is second to none** — even my trainer has been shocked by the transformation."

### **The game-changer for me: it actually keeps you full!**

I became an INVIGOR8 convert the moment I realized I wasn't hungry an hour after drinking it. Or two hours ... or even three. I kept waiting for the hunger pangs to rumble in, but that day I stayed full *for 4 hours*. (And there's only 170 calories per serving!)

And when I did get hungry again, it wasn't the *eat-everything-in-sight* kind of hungry. It was a calm, *eat-your-broccoli-and-be-good* kind of hungry.

No matter what eating pattern you follow, a true meal replacement with the perfect balance of protein, fiber, raw greens and healthy fats unchains you from the kitchen. You don't have to worry about a blood-sugar rollercoaster ruining your diet for the day.

### **P.S. My fiancée loves it too!**

Debra Daley, my fiancée and training partner, loves it too. This isn't just a man's protein powder—it's good enough for the ladies, too. And since it's naturally low on calories, you have the freedom to increase the calorie load or decrease it, depending on what you need.

### **Performance fuel for a performance machine.**

I can say with confidence **your search for the Holy Protein Grail is finally over**. INVIGOR8 is delicious. It mixes like a champ — no clumps, no gritty texture. And, it's by far one of the most nutritious, bioavailable, and *digestible* proteins on the market.

I know, trying something new can feel like a risk. But since you spend so much time and energy conditioning and caring for your body, you need a shake that works as hard as you.

I'm sure, just like me, you've gone from brand to brand, trying and tasting practically every powder on the market ... and spent probably thousands of dollars doing it.

I wholeheartedly recommend INVIGOR8 to the triathlon and running community... and anyone who needs their protein to work as hard as they do.

Try INVIGOR8 today, and you can enroll in BRL's Loyalty Program where you save \$10 on every bottle, shipped to you automatically every month. (I find it very convenient. There's no minimum order and you can cancel at any time.)

You can order INVIGOR8 today at [www.DrinkInvigor8.com](http://www.DrinkInvigor8.com) or call 1-800-958-3392.

Unlike other cheap, sugar-laden shakes, INVIGOR8 is tough enough for endurance athletes like us. Call today and you'll never settle for anything less than the best again!