

# WalkaWeigh



TROPICAL

CITRUS

WONDER  
FOODS

280g

**A unique, light and refreshing protein drink to sip during the day.**

**A revolutionally blend of proteins, minerals and amino acids which target energy metabolism. May increase energy, enhance muscular performance, may help reduce fatigue, improve recovery, help burn calories & assists metabolism of stored fats to energy to use while exercising.**

## Ingredients (Tropical)

Pea Protein, UltraSweet™\* (D-Ribose, Oligofructose, Xylitol, Tapioca Maltodextrin, Stevia, Glycine, Silica Colloidal), Natural Orange Flavour, Natural Lemon/Lime Flavour, Natural Pineapple Flavour, \*\*L-Carnitine, \*\*Inositol, Magnesium Aspartate, L-Glutamine, Low Caffeine Green Tea (Contains EGCG - Epigallocatechin Gallate), Citric Acid, Chromium Chelate.

- No Gluten, Soy, Sucrose, Lactose, Casein
- No ingredients derived from dairy, eggs, gluten grains, yeast or nuts.
- Free of artificial colours, flavours and preservatives.

## Serving Suggestion

Add 10g in a 500ml bottle of cold drinking water to sip between meals or during exercise.

Best results are obtained by drinking a 500ml bottle with WalkaWeigh during the exercise phase then making a second 500ml bottle with WalkaWeigh to sip through out the day.

**WalkaWeigh can be used synergistically to work together with WonderFoods NicerWeigh to bring about maximum results.**

## Unique features of WalkaWeigh

### D Ribose

D-Ribose is involved at a cellular level in the production of Adenosine Tri-Phosphate (ATP), the body's main fuel source. Increasing D-Ribose has been scientifically proven to increase the availability of ATP. Depletion of Ribose leads to fatigue and decreased athletic performance, due to the breakdown of the energy supply within the body.

Ribose is being used to help to strengthen muscular activity, enhancing athletic performance, recovery from physical activity, and to increase energy levels.

D-ribose is a simple, 5-carbon monosaccharide, or pentose sugar. All the necessary compounds for life are made in the body through a series of complicated biochemical metabolic pathways. Ribose is no different. In the body, ribose is made from glucose (a simple 6-carbon sugar) through a pathway called the Pentose Phosphate Pathway (PPP) or Hexose Monophosphate Shunt (HMS). Unfortunately, in heart and muscle cells important enzymes that regulate the activity of this pathway are lacking. As such, forming ribose in heart and muscle cells is a slow process. As a result heart and muscle tissues are unable to replace energy pools quickly once they have been depleted by disease or exercise. It has also been used to restore energy levels after intense exercise.

While ribose is a naturally occurring substance throughout the body, it is not with significant concentration in any food. Ribose must be supplemented to have a significant effect.

#### References:

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Muscle metabolism in fibromyalgia studied by P-31 magnetic resonance spectroscopy during aerobic and anaerobic exercise Scand J Rheumatol 2003;32:138-145

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Benefit of Ribose in a Patient with Fibromyalgia

Benjamin Gebhart, Pharm.D., and James A. Jorgenson, M.S., FASHP

THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE

Volume 12, Number 9, 2006, pp. 857-862 © Mary Ann Liebert, Inc.

The Use of D-Ribose in Chronic Fatigue Syndrome and Fibromyalgia: A Pilot Study

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### Glutamine

- Helps reduces the craving (Appetite) for Carbohydrates
- Balances elevated Blood Sugar (by up to 50%),
- Improves the health of people who regularly subject themselves to strenuous exercise.
- Counteracts the Acidosis (resulting from Lactic Acid production) that often occurs as a result of strenuous exercise.
- Prevents the breakdown of Proteins within the Muscles during and after intensive exercise.

**Glutamine counteracts the loss of Muscle mass that often occurs after strenuous Exercise.**

#### Nutrition Information:

Servings per package: 56  
Serving size: 5g

	Average quantity per serving	Average quantity per 100g
Energy	69kj (17Cal)	1390kj (332Cal)
Protein	1.6g	31.0g
Fat, Total	less than 0.1g	0.4g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrates	2.3g	45.2g
- Sugars	less than 0.1g	1.5g
Sodium	less than 1mg	15mg
Fibre	0.49g	9.89g



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#### Nutrition Information:

Servings per package: 56  
Serving size: 5g

	Average quantity per serving	Average quantity per 100g
Energy	70kj (17Cal)	1400kj (334Cal)
Protein	1.6g	31.0g
Fat, Total	less than 0.1g	0.9g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrates	2.2g	44.6g
- Sugars	less than 0.1g	0.8g
Sodium	less than 1mg	11mg
Fibre	0.49g	9.88g

## L-Carnitine

L-Carnitine is responsible for transporting fats (long chain fatty acids to be precise) into the mitochondria so they can be burned or "oxidized" to produce energy.

When there is a deficiency of this compound, fat oxidation is impaired and energy production slows.

Effects on muscle: L-Carnitine is probably best known for its effects on skeletal muscle. L-Carnitine sensitizes muscle to the hormone insulin. This results in an increased uptake and utilization of sugar from the blood.

Supplementation with this compound also reduces the build up of lactic that otherwise occurs under anaerobic conditions and prevents the accumulation of fat in muscle tissues.

These actions translate into enhanced muscular performance, reduced fatigue and improved recovery with a decrease in muscle pain and tenderness following exercise.

Combined with an overall boost in energy production these positive effects on muscle may facilitate weight loss by making those who take supplements more likely to engage in an exercise program.

### Antioxidant Effects:

Helps mop up excess oxidative stress, helping prevent inflammation and cellular damage. Because free radicals are generated during the process of energy production that occurs in the mitochondria, the mitochondria are particularly susceptible to such damage.

Damage to mitochondria leads to decreased energy production and may contribute to the development of a number of diseases as well as to aging itself.

## Inositol

Inositol effectively promotes the body's production of lecithin. Lecithin helps move fats from the liver to the cells. This means inositol aids in the nervous system, supports metabolism of fats and reduces cholesterol.

## Magnesium

Magnesium is an essential element which influences many enzymes needed to produce cellular energy and nerve and muscle message transmission. It affects nervous, muscular and cardiovascular systems. Magnesium is the fourth most abundant mineral in the body and is essential to good health. In humans it is found in bones, teeth and red blood cells, magnesium activates many enzyme systems (such as those involved in protein digestion and energy production).

Magnesium in the amino acid chelate form, such as Magnesium Aspartate, is twice as well absorbed as other forms of magnesium. Additionally, chelated minerals are far more bio-available making them the superior choice for supplement purposes.

Magnesium facilitates the conversion of endogenous Glucose (blood sugar) into energy (due to its role in the production of Adenosine Triphosphate).

Magnesium improves Athletic Performance (via ATP production).

## Green Tea

The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful anti-oxidant.

### Green Tea Stimulates the Metabolism & Accelerates Weight Loss

Green tea contains powerful antioxidants called catechin polyphenols that are responsible for many of the health benefits of green tea. One of them in particular, epigallocatechin gallate (or EGCG for short), has been found to stimulate the metabolism and may accelerate weight loss.

EGCG in green tea stimulates the central nervous system and causes fat to be released into the blood stream for the body to use as fuel. This process of fat being used for energy is called "thermogenesis". It provides extra energy, sheds excess water, and also helps to burn body fat.

Although caffeine alone can stimulate the metabolism this way, it's important to note that researchers found that green tea was much more effective at this process than just caffeine by itself.

### Green Tea Helps You Exercise Longer

Everyone knows how important exercise is to losing weight. It burns calories, increases your energy, and builds muscle which in turn boosts your metabolism even higher. The catechin polyphenols in green tea appear to stimulate the use of fatty acids by liver and muscle cells. This subsequently reduces the rate that carbohydrates are used and allows for more endurance and longer exercise times.

- Highly Concentrated Water Extracted EGCG
- Increased Fat Oxidation
- Fat Burning Effects
- Green Tea Extract may exert glucose and insulin lowering effects in humans.
- Green Tea extract stimulates energy utilisation from our fat stores rather from our carbohydrate stores
- Safe and well tolerated.

**Available from Natural Vitality Australia (NVA) on  
(07) 3205 4622 or [info@nva.com.au](mailto:info@nva.com.au)  
[www.wonderfoodsonline.com](http://www.wonderfoodsonline.com)**

