

# Product Results

## FitLine Fitness-Drink

"I use the Fitness-Drink for sports every day. It tastes great and dissolves well in water. Most of all it is not too sweet, particularly compared to other products. I work at the gym and I have to say it is really a great product, I like to recommend it."

**Jan Naß from Celle, Germany**

"The Fitness-Drink is really good. For one, I take it for my leisure activities, but also just because, when I feel bad in the morning, and I add Power Cocktail. With that I regenerate much better throughout the day."

**Maximilian Männle from Oberkirch, Germany**

"Among others, I gave the Fitness-Drink to a wheelchair basketball player for SV Reha in Augsburg and he said that it was simply awesome! During the tournament that he went to, he had a lot more power. And his regeneration time was much shorter as well. He said he then went to work on Monday and wasn't as tired as usual!"

**Barbara Niemann from Augsburg, Germany**

"I have had good results with the Fitness-Drink. I feel much better and more concentrated when playing tennis and I can tap into a lot of performance during practice, despite the fact that I don't have any time right now to work on my conditioning. Fitness-Drink helps me with that perfectly! It's great that such a product was developed! 2 performance athletes (15 years old) from my tennis team report that they were able to increase their concentration, their mental component, and with that their results during the game. They do not tire as quickly anymore. They were able to maintain their concentration and performance well during the match and during the complete tournament. That way they could for the first time win an important tournament on their way to the elite."

**Detlef Ewen from Nohfelden, Germany**

"I don't play sports, but I keep myself in shape in order to deliver ten hours of top performance at my job. However, I can say the Fitness-Drink is suitable for mastering hard physical and mental work for hours at a high level of concentration!!"

**Hansgeorg Meeth from Duesseldorf, Germany**

"We bought the Fitness-Drink for a sports event to support the youth in long-distance running. They tried the Fitness-Drink and since it is not too sweet, it was well received. My own experience is that the Fitness-Drink is well suited to any physically straining activity, aside from sports. It helps incredibly and I regenerate much faster!"

**Helmut Berens**

## Product Results

### FitLine Fitness-Drink

"I don't know if it was the effect of the new Fitness-Drink alone or the combination with the ProShape Amino: The last time I rode my bicycle in time trials, where I normally have fluctuations of +/- 10 seconds, I was a whole minute faster! If I am going for 20 km, I can feel that I can still pedal hard during the last 5 km, where normally, I would have been losing power. I also already supplied my entire family with it

**Frank Heblisch from Simmertal, Germany**

"I work out at least 3 times a week in a fitness studio, I do circuit training with exercises for the shoulders, sit-ups with short breaks, then exercises with vibrating dumbbells and exercises with the medicine ball. I do that for a total of 4 rounds – after that I was completely spent. And with the new Fitness-Drink, I have absolutely no fatigue anymore! And I can just keep working out. That's really awesome!"

**Klaus Eglof from Stuttgart, Germany**

"I've been taking the Fitness-Drink since its introduction. When I do my rounds – two circuits and strength training – and have taken the Fitness-Drink, I still feel like I have barely started. I still have so much power with the Drink that I can do my rounds with full power! I just feel great with that! I feel 10 years younger (I am 81)!"

**Ferdinand Kotrba from Herborn, Germany**

"I am very excited about the new Fitness-Drink! While doing my sports (ice hockey, bicycling, and running), it prevents dips in performance. I noticed at once when running that I can push through better from behind. My energy curve simply remains higher for longer. What's even more important for me is that after working out I have accelerated, faster regeneration! Easy to feel the next day, I already feel ready to perform again – no matter if it's in the job or during the next training!"

**Thomas Abröl from Kaufbeuren, Germany**

"So far, I have been using the previous Fitness-Drink from FitLine when exercising (bicycling, running) and already then I noticed that my performance was continuous and my muscles regenerated well. For a few weeks, I've been drinking the new Fitness-Drink and I am noticing a drastic difference: total power and concentration as well as even better regeneration. After the cardio sports, I feel completely fit and no longer know the feeling of 'being pooped'. I can only recommend it!"

**Regina Kussinger from Waldmünchen, Germany**

"I play wheelchair basketball and I also go to the gym twice a week. When I drank the Fitness-Drink for the first time before and during my workout, I immediately felt an increase in endurance! That also reflected in the numbers: at the hand ergometer, instead of 2 km in 10 min., I did an additional 0.5 km without extra effort!!! In November, the new basketball season starts and I am convinced that my condition for that will be better than before as well. Thanks PM for this great sports drink that tastes great and is effective on top of that!!"

**Christoph Affeldt from Dersekow, Germany**

# Product Results

## FitLine Fitness-Drink

"I've been using the new Fitness-Drink since the World Congress during tennis practice and on hikes. The difference to its predecessor is very noticeable, particularly at the end of the activity. You can feel one more power surge, no fatigue in the legs as well as clearly faster regeneration."

**Lutz Lorenz from Switzerland**

"I go Nordic Walking every other day and tried out the new Fitness-Drink during my exercise. I also stuck to the recommendation: 15 minutes before exercise approx. 250ml and also a few sips while walking and the rest afterwards. I can only say: unending energy! I would have loved to do another round. The Fitness-Drink is just great!"

**Andrea Bryda from Austria**

"I've just finished an intense preparation phase for a marathon with the new Fitness-Drink and this Sunday I will run 42.195 km at the Frankfurt Marathon. Running with the Fitness-Drink has a totally new quality. I am more awake, in a good mood, and while running, particularly during the longer runs, still have more energy at the end than before. I also prepare the Fitness-Drink in individual serving bags for myself just before fitness training and I drink it (250 ml) – ideally 20 minutes before the workout, a few sips during and the last 200 ml 20 minutes after. It is a good feeling to train well supplied, is a lot of fun and has already become a habit."

**Urs Bolender from Frankfurt am Main, Germany**

"In the last 2 months I have been doing Zumba twice a week and already lost 12 kg. Per hour of Zumba, I use about 800-1000 calories with a heart rate of 190! Normally I kept that heart rate up for one song then I was spent. Since the Congress, I have been to 4 large Zumba events (2-3h duration) and I used the Fitness-Drink each time, even twice for the longer sessions!! During the last few classes, I had a heart rate of 180 for up to 5 songs in a row and I still felt fit, in between the songs my heart rate goes down to 160 pretty quickly. And all that without suffering through sore muscles afterwards!"

**Roy Wickham from Celle, Germany**

"I've known about the new Fitness-Drink for three weeks now – for one it tastes even better and with the right dosage, I noticed during my last workouts that after almost two hours of playing and working out, I still have more 'air' and I don't even feel tired after taking a shower – awesome!! By the way, my husband, who goes to the gym twice a week, feels the same – the good taste and the sustained effectiveness got him excited as well!"

**Christiane Fellersmann from Uelzen, Germany**

"I drank the Fitness-Drink before the last tennis match. I had more performance and power during those two hours. The Fitness-Drink tastes great and is easy to use. You can take the portion bags anywhere and they fit into any gym bag, easy to mix and to recommend."

**Patrick Stöcklin from Würenlos, Germany**

## Product Results

### FitLine Fitness-Drink

"Since March, I have been doing 'YoungGo' three times a week, it's comparable to Nordic Walking. After taking the Fitness-Drink, I was able to walk much further than before – to be sure, I didn't take it 2 days later and what do you know....I could only run 1/3 of the course, the rest was fast walking. To be really sure, 2 days later again with Fitness-Drink and this time I ran the entire course (for the first time since March)...I've never experienced anything like it!"

**Anne Bergmann from Bad Wimpfen, Germany**

"I am a handball enthusiast and tried the Fitness-Drink. I was surprised that the taste was totally different and very exciting. During practice, I had full power and no slumps. After working out, I regenerated sensationally! The product is just incredible. My handball teammates are already looking forward to it!"

**Matthias Bürger from Ahlen, Germany**

"I do a 20km run at a consistent speed without the usual fatigue after the first half. I ran the next 10km just like the first 10. I enjoyed half of the drink before the run and the other half right in the middle. It seemed like my metabolism was boosted, I did not get the feeling of dehydration toward the end, but the sweat was running until the end."

**Karoliina Lehtinen, Vantaa, Finland**

"I myself ride my racing bike a lot, several hours a day and as a result I am super excited about the new Fitness Drink, since my endurance and performance have increased noticeably after just a short time."

**B. Hänle from Ochsenhausen, Germany**

"After the introduction of the Fitness-Drink, I began my endurance training. I drink the new Fitness-Drink before my run and feel that it gives me a lot of power! I once again feel good while running and am convinced that I will be able to train for the half-marathon with the help of the Drink!"

**Peer Hansen from Elmshorn, Germany**

"My wife and I use the Fitness-Drink during our endurance training at the gym. Particularly my wife normally dislikes running on the treadmill and is so excited by the Fitness-Drink results, that lately she could run for hours."

**Christoph Schuster from Mindelheim, Germany**

"I am an active ice hockey player and used to use the combination of Activize and Fitness-Drink for practice. Now I tried the new Fitness-Drink and am totally excited, because my endurance has noticeably improved. My teammates still have Activize, but due to my positive results are really looking forward to the new Fitness-Drink."

**D. Brause from Sehnde, Germany**

## **Product Results**

### **FitLine Fitness-Drink**

"I just get into a better mood when I take Fitness-Drink, it tastes amazing and I tolerate it well. I always have the bag in my duffel bag anywhere I go, just awesome."

**Walter W., Gernsbach, Germany**

"As former professional cyclist, I still do daily endurance sports. I feel a lot more energy a lot faster with FitLine and experience an optimal regeneration after working out. Very important for me in endurance sport: Supply with what I need during practice. In endurance training, you can fill your energy stores with the Fitness-Drink!"

**Ronald Otto, from Berlin, Germany**

"The Fitness-Drink gives me even more energy when running and I am no longer as tired after working out! I am totally excited! I have been waiting for this product for a long time!"

**Rainer Schlittke from Speyer, Germany**

"I am thrilled about the new Fitness-Drink. I use it myself a lot during sports, particularly before, during and after cycling. Beforehand I take it mixed with Activize so that I warm up more quickly. I used to always have muscle trouble when I set out, but with Fitness-Drink that is no longer the case. During sport I have greater endurance, you feel like there is another turbo. Afterwards I replenish lost fluids with Fitness-Drink, sometimes mixed with Restorate. I have already tried a lot of things, but they did not taste good at all, the Fitness-Drink simply tastes good!"

**Michael Stärr, Manager from Reutlingen, Germany**

"As a golfing professional I spend a lot of time travelling, so the new Fitness-Drink in the portion bags is obviously ideal. For me, the Fitness-Drink is a revolution, as in golf it is 'the mind' that means also concentration that is decisive for over 4 hours. At my last tournament Fitness-Drink enabled me to concentrate fully and gave me super scores."

**Michael Fenten from Mönchen-Gladbach, Germany**

"Presenting the product in a sachet is pleasant and simple to use. Its taste in comparison to the old Fitness-Drink is also pleasant - it is less sweet. It is easily digested, I notice myself that I can hold my performance level for a longer period."

**Martin Majhenic from Gröbenzell, Germany**