

# ALOE SPORT



## ALOESPORT

SPECIAL ADVICES ON NUTRITION, HEALTH AND TRAINING IN SPORTS  
WADA & USADA Proof

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TO INTEGRITY OF THE ENTIRE BEING

## Advice for short-time preparation and sustainable support on Biking <sup>1</sup>

1. Immediately start with set of products, as
  - 1.1 **FLP-FAB drink** ,(Nutrition & energy on mitochondrial base)  
means 500 ml / 1 hour biking combined with
  - 1.2 **Argi+** , 1 spoon / Bidon (Electrolytes, immediately in blood by mucous membrane mouth)
  - 1.3 **Ca+/Mg** 300 mg 2 x 1 / daily + 1 just before biking
  - 1.4 **Multi Maca** 2 x 1 daily , continuously (vegetable grow hormone / muscles)
  - 1.5 **PRO X – Bar** → **15 g Proteins**, 30 minutes before start biking and 1 / each hour biking
  - 1.6 **Forever Freedom** → 3 x 30ml / daily  
(Combines CS, GS, MSM [for joints / cartilage & cell regeneration] with AloeVera immune support)
  - 1.7 **Heat Lotion** (“The thinking ointment / crème” , cools an inflammation, heats up a strain)  
(for massage of injuries)
  - 1.8 **MSM-Gel** (Support for muscles and joints - The “outer” Freedom-Drink) (for massage of injuries)
  - 1.9 **Weleda Arnica Oil** \* (for massage of injuries)

This set is proved by many Olympics,  
As by the author over many years, especially in 2015 after two bike-crashes with mostly lethal outcome,  
feeds the Mitochondrial Energy House-Keeping in each cell,  
substitutes the lost ingredients whilst sporting, thus the own reserves keep intact,  
prevents acid-break-downs in muscles,  
supports recovering whilst sporting.

Product-information is sent with this advice.

See for more information and testimonials of Olympics at : [www.aloesport.info](http://www.aloesport.info)

Further, systemical advices on individual base of the sporter, as also Health Advice.

Order products directly via webshop: [aloevera-webshop-balliel](http://aloevera-webshop-balliel) Support ? [mail-support-aloesport](mailto:mail-support-aloesport)

Aloe Vera info's also here: [www.balliel.com/aloevera](http://www.balliel.com/aloevera)  
info drinks at <http://www.balliel.com/aloevera/ARTIKELS>

<sup>1</sup> All products are WADA and USADA proof and are mentioned on the Cologne Olympic List **Kölner Liste**

\* **1.9 To buy at pharmacy or bio-shop**

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