



# BASEBALL

## FUELING FOR SUCCESS

### Key Hammer Nutrition Fuels for Baseball Players



#### HEED

Sip gradually during workouts, practices, and games.



#### Recoverite

One serving should be consumed within 30 minutes of completing workouts, practices, and games.



#### Hammer Gel

Consume 1-2 servings (2 for larger athletes) prior to workouts, practices, and games. Consume an additional serving every 30-45 minutes during.



#### Hammer Whey/ Vegan Protein Bars

A delicious snack option throughout the day, in between meals. During games, Hammer Protein Bars—Whey or Vegan—are excellent to consume as a healthy snack during the 7th inning stretch, in addition to the Hammer Gels and HEED.



#### Endurolytes/ Endurolytes Extreme

Consume 1 Endurolytes capsule for every 60 pounds of body weight 15-20 minutes prior to workouts, practices, and games. Take the same dose every hour (during workouts and practices) or at the end of each inning (during games). Athletes using Endurolytes Extreme should consume 1-2 capsules in the same manner.



#### Hammer Whey

Consume 1-2 servings a day to augment your protein intake in the diet. One serving may be consumed prior to bedtime to provide the amino acids the body needs to perform many of its recuperative processes. This naturally boosts human growth hormone (hGH) release to optimize muscle tissue rebuilding.