



The Professionals' Secret

“FitLine® is the Future of Nutritional Supplementation”



Rolf Sorg

Founder and Executive
Director

The products of the FitLine® nutritional supplementation line form the core competency of PM-International, our innovative company that has experienced considerable growth since its foundation in 1993.

“Nutrition is not everything, but without optimal nutrition all is nothing”! Whatever we eat and drink every day – good or bad – not only substantially influences our health, but also our ability to perform, our appearance, our thinking, our feelings, our age. In short: our well-being and our quality of life. With a high-quality nutritional supplementation we can optimize our daily nutrition.

These facts were the foundation of the development of the FitLine® products. It was our **goal** to develop effective and safe products. To help many people all over the world to achieve **improved health, enhanced well-being, greater performance, increased energy, and an improved quality of life**, and also to gain **financial independence** has been and remains our **vision and motivation**.



Dr. Gerhard Schmitt

Chairman of the Scientific
Advisory Board

Setting **new standards** like the unique FitLine® Nutrient Transport Concept (NTC®) or the concept of the Nutrient Group Product (NGP®), developed by an international team of scientists, is our prerequisite for **effective products**, some of which also enjoy **patent protection**. Cooperation with internationally renowned manufacturers that produce according to highest quality standards (GMP), consequently is the requirement for the highest quality and safety of the products.

PM-International reacts quickly to results of nutritional scientific research as the products are constantly tested and developed according to the newest nutritional science and medical findings in cooperation with **top scientists world-wide**, so ensuring that our finger constantly remains on the pulse of the times.

Many top-athletes and German national teams officially use the FitLine® nutritional supplementation line, and PM-International is **official supplier of many sports associations** such as the German Ice Hockey Association, the Association of German Bikers as well as many other national teams at home and abroad.

However, you do not have to be an athlete to notice the “effects” of the products. Give yourself the chance, assume responsibility for your health, take our basic program daily for three months and then decide for yourself. We are so certain you will feel better, that we will refund your money, if you are not convinced.

Rolf Sorg
Founder and Executive Director
PM-International Group

Dr. Gerhard Schmitt
Nutrition and Sports Scientist
Chairman of the Scientific Advisory Board
of the PM-International Group

Contents

Preface	2
The Significance of an individually Optimized Nutrition in Performance Sports	4 - 9
Scientific Study FitLine® Actimize® OXYPLUS	10 - 13
Successes in Sports (and Business)	14 - 15
Testimonials of Top Athletes	16 - 58
Alpine Ski	16 - 17
Motor Sports	18 - 20
Cycling	21 - 25
Tennis	26 - 27
Ice Hockey	28
Snowboarding	29
Handball	30
Volleyball	31 - 32
Beach Volleyball / Wheel Chair Basketball	33
Soccer	34 - 35
Biathlon	36
Luge / Ski Nordic	37
White Water Rafting / Canoeing	38
Speed Surfing / Fin Swimming	39
Triathlon / Duathlon	40 - 42
Marathon	43
Athletics (Track and Field)	44 - 45
Judo	46
Wrestling	47
Martial Arts	48 - 49
Badminton / Squash	50
Artistic Roller Skating	51
Fencing with Handicap / Ice Skating / Archery	52
Ice Climbing / Sled Dog Races	53
Sky-Diving	54
Hang-Gliding	55
Sport Bowling	56
Table Tennis / Golf	57
Ski Rolling (Cross-Country Skiing) / Inline-Skiing	58
Medal Tables Sydney 2000	59
Scientific Study FitLine® Basics® BIO PLUS	60 - 63
Recommendations for Product Use	64 - 66
Brief Explanation of the FitLine® Products named in the Catalog	67 - 69
Doping Safety	70
Caffeine = Doping => NO!	71

In 2002, 2003 and 2004 PM-International was one of just two companies in its industry to be chosen by an independent body of scientists and renowned economic experts chaired by Prof. Dr. h.c. Lothar Späth and Prof. Dr. H.-J. Warnecke (President of the Fraunhofer Association) as one of the 100 most innovative companies among all medium-sized German companies. With the related award, "Member of TOP 100," the great pleasure in innovation and the self-imposed obligation to quality which allows no compromise is impressively honored.

The Significance of an Individually Optimized Nutrition in Performance Sports

Optimized nutrition – the key to highest performance and fitness

“Proper nourishment influences health, workout condition and frame of mind fundamentally.” This is from the resolution of an international nutrition conference with sports nutrition experts in Hot Springs, USA. Unfortunately, the significance of an individually optimized nutrition in the field of fitness and sports is still severely underestimated today, even by many top-athletes and coaches. **In the constant search for new performance-promoting substances, the optimization of personal nutrition is usually neglected.**

Optimized nutrition not only contributes to the **maximization of an individual’s potential performance** and prevents diseases (like, for example, infections or injuries), but it also supports **accelerated regeneration** after contests and a **fast recovery** after injuries.



Karol Kucera (second left), Dominik Hrbaty (second right) and Miroslav Mecir (far right)

World-class tennis players and enthusiastic FitLine® users



Risk group for nutrient deficiency: Performance and leisure Athletes

Scientific studies often **detect a nutrient deficiency in performance athletes**. There are **two main reasons** for this: on the one hand athletes often have an **insufficient supply of vitamins and minerals in their basic nutrition** (not enough fruits, vegetables, salads, wholemeal products), on the other hand they have an **increased**



demand compared to an average member of the population. The increased demand is mainly caused by the increased physical activities, by increased excretion (e.g. via perspiration), and by a decreased intake and a decreased utilization of the nutrient and active substances in the intestines.



Leisure athletes are often more affected than top performance athletes as their body is less well adapted to the high demands (e.g. losses through perspiration). The **“deprivation vitamins”** in athletes’ bodies are mainly the antioxidative **“protection vitamins”** (vitamin C, vitamin E, provitamin A) but also the **“energy and nerve vitamins”** (B-vitamins). **Drops in performance levels in fitness and sports** are often caused by an increased loss of electrolytes, and especially by a loss of liquids.

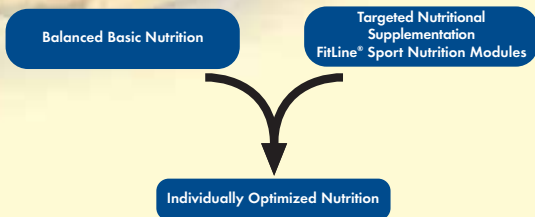
The **consequences of a nutrient deprivation and dehydration** can vary from rapid exhaustion, **enhanced susceptibility to injuries, reduced performance and energy, slower regeneration after contests, and infections, due to a weakened immune system and, long-term, even to serious illnesses.**

What should optimized nutrition look like?

Especially in fitness and sports, an optimized diet has to be *customized*, i.e. **tailored to the special demand of the individual athlete**. This is understandable in that the demand of energy and vital substances (e.g. vitamins and minerals) does not only depend on age and gender, but also on the type, duration and intensity of the physical exertion.

An individually optimized nutrition for highest performance and fitness should, therefore, consist of a **balanced basic diet** plus **targeted nutritional supplementation**.

The uppermost target of an individually optimized diet is, first of all, to ensure the supply of essential nutrients and vital substances (i.e. carbohydrates, proteins, fat, vitamins, minerals, fibers, bioactive substances, water) through a balanced nutrition (= securing the basic supply).



Unfortunately, athletes do not always manage to nourish themselves in a balanced way. On the one hand, athletes are kept from a balanced diet and an optimized supply of nutrients and vital substances by **circumstances** such as **lack of time, indolence, training schedules, food offered at contests, travel, or simply by lack of knowledge**. On the other hand, **an increased demand, caused by risk factors** like **smoking, consumption of alcohol, medication, environmental pollution and stress in training and contests** often prevents an optimal supply with all essential nutrients and vital substances. **Beyond this, performance athletes belong to a so-called risk group with an increased demand. Among this group, scientific research often finds a lack of nutrients.**

Which requirements must be met by high-quality nutritional supplementation for athletes?

High-quality nutritional supplementation should fill the gaps in the individual basic nutrition in a **customized, targeted way**, and high-quality nutritional supplementation should also work **effectively**.

Which requirements must be met by high-quality nutritional supplementation?

- Gaps in the basic nutrition are individually and specifically filled (= to secure the basic supply)
- An increased demand due to risk factors or by belonging to a risk group is individually and specifically met (= to secure the protective supply)
- There are noticeable effects
- Safety is a matter of course

➔ **Effective nutritional supplementation is your insurance!**

To specifically **fill the gaps in the basic nutrition supply** (which are, of course, **a different size for each athlete**), high-quality nutritional supplementation has to consist of different modules (products). These modules should contain specific nutrients and vital substances in **optimally combined groups of ingredients**. On the one hand, these can be nutrient groups with a specific objective, **e.g. complete rehabilitation of the intestines, overall protection for cells through a high antioxidative potential or a beneficial influence on the energy and neural metabolism**. On the other hand, these can also be nutrient groups, the composition of which has been perfectly adjusted to the specific demands of certain target groups (risk groups) such as, for example, athletes.

With the manifold product "modules" of the FitLine® product line (Basics® BIO PLUS, Fitness-Drink, Restore, Phyto-Drink, Antioxy, Emusol Q10, sport bars by target group, etc.) that are easy to dose as a powder or in liquid form, **every athlete is able to cater to his or her demands flexibly and individually and to compose a personal "magic potion"**.



A **multi-vitamin tablet** that delivers results according to the “watering can principle” or a capsule with only one active ingredient can at best only insufficiently meet the demands of customized nutritional supplementation for athletes and often does not meet them at all. **Popular isotonic drinks**, on the

other hand, deliver the essential substances in insufficient amounts. Furthermore, a vital, if not the most **important demand on high-class nutritional supplementation** is its effectiveness. It does not matter, which ingredients are listed on the package, but which substances the body actually absorbs and **what reaches the place where it takes effect**, namely the cells. Therefore, aspects of **nutrient transport** must enter into the consideration of the development of effective products for nutritional supplementation. Unfortunately, **most products, particularly those for use in sports, meet these demands only insufficiently or not at all**. For an **optimal nutrient transport**, the form in which supplements are taken is especially important. Vital substances in powder or **liquid form**



are absorbed better, faster, and more gently, in higher quantities, than vital substances in capsules or pressed tablets. Furthermore, they provide the athlete with additional fluids. Capsules or tablets often do not release their substances into the body until the place of highest absorption (ingestion from the intestines into the blood), the duodenum, has already been passed. **The combination and bonding of the ingredients, their solubility, the pH value and many more aspects also influence the nutrient transport and, therefore, the EFFECTIVENESS** of such products. Digestibility is also enhanced. Aside from these aspects a high-class nutritional supplementation should, of course, **pro-**

vide an athlete with substances of the highest purity (e.g. regarding traces of heavy metals, pesticides, herbicides, or microbial strain), **naturalness, and safety**.

Only with nutritional supplement products that meet the demands detailed above, can the **gaps in an athlete's basic nutrition be filled** effectively and safely in a **targeted way**, can diseases be prevented and, in the case of pre-existing illnesses, can the body be supported, thereby creating a basis for optimal performance.

The FitLine® products, which can be combined and dosed individually and which have been developed according to the FitLine® Nutrient Transport Concept (NTC®), provide performance athletes, leisure athletes and those aware of their personal fitness with

- W**ell effective,
- I**ndividual
- N**utritional supplementation

that meets the above mentioned demands.



"By using the FitLine NTC® plus NGP® in all FitLine® products, the body can transport the vital nutrients up to 5 times faster and absorb them at the cellular level," according to the Chairman of our Scientific Advisory Board, Dr. Gerhard Schmitt.

The target of developing and distributing natural nutritional supplementation products by using cutting-edge technologies is fully implemented in the FitLine® Nutrient Transport Concept (NTC®) and in the Nutrient Group Products (NGP®): The careful selection and composition of the ingredients, perfectly adjusted in their relative amounts, taking them as a tasty drink, the special micellization of the vitamins - all these factors do not only ensure a faster and better absorption/effect but also a particularly gentle intake of all nutrients.

The products are manufactured according to the strict international GMP guidelines.

THE NEED

Oxygen: the basis for life, performance and sports

The human body can survive three weeks without food, three days without liquids, but only three minutes without oxygen. An adequate supply of oxygen is actually the basis for life.

Nutrients like carbohydrates and fats are transported with oxygen into the mitochondria, the power stations of our body, and are converted to energy there. In principle, this is comparable to a fireplace, in which wood is burned in order to produce heat. If there is not enough oxygen for the burning, residue will collect at the walls of the fireplace – it does not work as well as it could, produces less energy, and gets sooty. And like a fire, our body also needs enough oxygen to optimally generate energy.



Mitochondria are the "thermal power stations" and produce energy for muscles and body cells. They "burn" oxygen and thus release energy.

Depending on the constitution, an inadequate supply of oxygen can have a variety of consequences in the long-term. These can appear as a lack of concentration, exhaustion, or migraine, but also in the form of digestive disorders, tense or acidic muscles, an accelerated aging process, a poor immune system, or chronic diseases.

In short, oxygen is one of the most important elements for blood circulation and it boosts the metabolism of each body cell. Our heart, lungs, brain, intestines, skin and every muscle and fiber require oxygen to fulfill their tasks in the best possible way and to keep us healthy, able and fit.

THE PRODUCT

FitLine® Activate® OXYPLUS: more oxygen = more performance

With FitLine® Activate®, both leisure and performance athletes have been able to use a tried and tested product that contains all energy-relevant nutrients.

The further development of the Activate® product line, conducted under the overall supervision of Dr. Gerhard Schmitt, Chairman of the Scientific Advisory Board at PM-International, therefore aimed to create a product with special substances that optimizes besides energy metabolism, also the body's provision with oxygen, thereby enhancing performance even further.

As the first users report, PM-International has reached this goal with FitLine® Activate® OXYPLUS. With Activate® OXYPLUS even the finest capillaries of

the blood vessels are opened so that nutrients and oxygen reach their place of effect extremely quickly and enhance the production of energy there. Thermographic photographs clearly prove a



FitLine® Activate® OXYPLUS is patent-pending (no. 10145246.2) and is thus available worldwide exclusively only from PM-International and its business partners.

*naturally developed
acc. to NTC* and
NGP* and manufac-
tured acc. to GMP
guidelines*



better circulation of blood and higher thermogenesis. Vitamin C and the B-vitamins guarantee an optimal gain of energy in the body. Dextrose delivers useable energy quickly. Guarana and specific brown algae extracts enhance the fat burning ability of the body; in higher doses even a positive effect on weight reduction is noticeable. With these special ingredients in their special combination, FitLine® Activate® OXYPLUS gives athletes as well as all other fitness- and health-conscious people the ability to perform at a higher level.

Better Performance without Doping

Good to know: Just like all other FitLine® products, FitLine® Activate® OXYPLUS does not contain any doping-related substances and can be used without concern in professional sports.

THE STUDY

FitLine® Activize® OXYPLUS now scientifically tested and proven!

The outstanding effectiveness of the new FitLine® Activize® OXYPLUS has now been proven in a scientific study in which 20 leisure and professional athletes participated. The research was conducted as a **randomized and placebo-controlled cross-over double-blind study**.

This means the 20 athletes were split up randomly into two groups. For seven days the first group received one teaspoon each of FitLine® Activize® OXYPLUS three

times a day (morning, noon, and evening). Then after a three day break this group received a placebo (a drink without any active ingredients) for the following seven days.

The second group took the placebo three times daily for the first week.

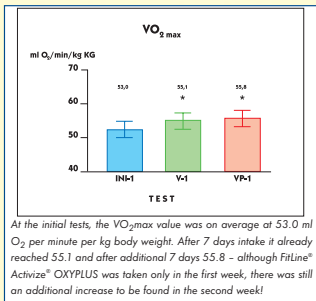
After a three day break,

they then took FitLine® Activize® OXYPLUS three times a day for seven days. Neither the participants nor the persons in contact with them knew which group took which drink on which days. This information was only accessible to the scientists, who later analyzed and evaluated the results of the study. The participants were

anonymous: the scientists did not know which results belonged to which athlete. Any possibility of influencing the results of the study was in effect eliminated. **Thus the study conformed to the strictest scientific criteria.**

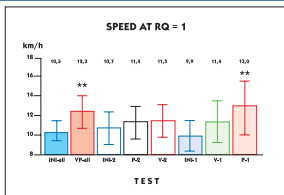
The ability of each leisure and professional athlete to perform was then tested for 25 minutes under strain on the treadmill by the means of spiroergometry, and measuring blood pressure, cardiac control, lactate test, and an analysis of the respiratory gases. This test was conducted

on the first, the seventh, and the fourteenth day. Particular attention was paid to the respiratory quotient (RQ) and the VO_2 max values as these values represent a meaningful measure of the actual ability to perform physically. These values show if oxygen (O_2) is indeed at the disposal of the body cells.



In comparison with the values of the initial tests (INI-1), after taking FitLine® Activize® OXYPLUS for only seven days, the VO_2 max values (the maximum possible intake capacity for oxygen) showed a clear increase in performance in the first group (V-1). This increase of the VO_2 max values in the responder group was still present when another series

THE SYNOPSIS



Using a respiratory quotient, which, under load, after taking FitLine® Activate® OXYPLUS was standardized to the value of 1, the running speed increased from an average of 9.9 km/h (6.15 mph) at the preliminary test (INI-1) to a noticeably faster 13.0 km/h (8.08 mph) - on average!

of tests was conducted after fourteen days. Due to a kind of "Afterburner-Effect", the VO_2 max values actually increased further to 55.9 ml O_2 per minute during this second week, even though no further doses had been administered. The increasing volume clearly shows a higher absorption and a better transportation of oxygen into the muscles.

Not only maximum oxygen absorption but also running speeds were improved through the intake of FitLine® Activate® OXYPLUS. Using a respiratory quotient (the ratio of oxygen absorption to carbon-dioxide expulsion) standardized to a value of 1, the running speeds of all participants increased by an average of 28% and even by 32% in group 1! The speed on the treadmill was raised from 9.9 km/h (6.15 mph) to 13.0 km/h (8.08 mph) - and in the respond group it was even raised to 14.9 km/h (9.26 mph)!

Scientifically proven:

The efficacy of FitLine® Activate® OXYPLUS

More Oxygen

The VO_2 max- levels (the maximum possible oxygen retention) increase by an average of 10% - the body has more oxygen available down to the last capillaries and cells.

Better Performance

Using a respiratory quotient (the ratio of oxygen absorption to carbon-dioxide expulsion) standardized to a value of 1, the running speed increases by a mean of 28% (all participants) and 32% respectively (participant from group 1).

More Energy

Through the innovative combination of active substances in Activate® OXYPLUS, the body not only receives more oxygen, but also all other important nutrients required for energy production.

Better Results

The result is undisputable: FitLine® Activate® OXYPLUS increases bodily fitness regardless of age or pre-existing levels of fitness - more impressively, it does this after only a few days. Even greater results can be expected after prolonged intake.

The Study on the Internet
Read for yourself: additional detailed information on the study can also be found on the Internet under www.Wellness-Shop24.com, link FitLine® + Sport or at www.activateplus.com, under Results of the Study.

Success in Performance Sports with FitLine® Products - from Pros for Pros -

To be - or not to be - a champion

In national and in international sports, density and level of performance are increasing continuously. The athlete, who wants to belong to the elite, has to meet the ever increasing demands in the best possible way. However, if factors like training intensity and contest performance level out, then other factors such as the nutritional situation or the ability to regenerate will increasingly decide about victory or defeat.

Optimized nutritional supply as the "key factor"

For many top-athletes and their trainers, an optimized nutritional supplementation has proven to be the key to higher performance. If you read this FitLine® Sport Catalog carefully, you will notice that many top-athletes have already been able to improve their performance and to achieve great successes by using the FitLine® products. All FitLine® users report:

- higher performance levels
- better ability to concentrate
- greater creativity during contests
- stronger physical and mental resilience
- stronger motivation
- stronger immune system
- faster ability to regenerate and shorter convalescent periods
- lower susceptibility to infections and reduced rate of injuries
plus
- greater inner strength and greater quality of life

Experience over the last few years has shown us, that consistently taking FitLine® products can lead to an additional performance increase of 5 to 15% - even for extremely well trained professional athletes. These experiences are confirmed again and again through the close contact to athletes and teams, trainers, physical therapists, and team physicians.

Whether as an athlete or as a committee member of a club or an association: How about making use of nutrition optimized with vital substances to reach your own athletic targets?



TORSTEN WEBER

-Dipl. Economist-
Head of Sport Marketing

"If you have specific questions, feel free to contact me at e-mail sm@pm-international.de or simply inquire at your country's subsidiary."

Sporting success for athletes

As a professional athlete you have to rely on a continuous income through prize money and sponsorship money in order to pay for your cost of living. And only with successes in sports, monetary success will become a reality.

The FitLine® product line is a promising investment for your personal success – and this both athletically and economically. With 100 to 200 Euro (just \$100-\$200) per month, you can support your maximum performance in the best possible way, achieve more and greater victories in sports, and thus secure your economic existence. And at the same time you will achieve a higher quality of life.

Economic success for teams, clubs, and associations

For those managing an athlete, a team, a club, or an association, enterprising thought and action are at the forefront. After all, your team has to produce and market sporting success in order to be able to make the profits which are required and desirable.

A good starting point is offered by the FitLine® product line. With an investment of 100 to 200 Euro (\$100-\$200) per athlete and month, the overall operational result will significantly increase short- and mid-term. Even with a performance increase of only 5% on average, the first positive results will appear quickly which will give you an increase in income. This return on your investment can, in turn, be invested in training measures, signing on new key players, or fostering your junior talents.

Profiting from the product line for professionals

The enormous time- and money-consuming commitment and the personal sacrifices many athletes make for their training and their competitions would be frequently wasted energy, if this chance to maximize the individuals' performance was not utilized.

In light of six- to eight-figure annual budgets for athletes and teams, the question is not whether you make use of the FitLine® product line, but much rather how soon you deploy it yourself to profit from it as soon as possible.

With professional support

You can get further information about the possible applications and use of the FitLine® products from our distributors. Only the direct marketing channel guarantees us that you will receive the products together with the professional advice, which will give you the decisive edge. For this reason, the FitLine® products are not available through traditional marketing channels.

Our distributors will also consult with you about the possibilities to refinance this investment or about additionally available budgets. In any case, it is worthwhile asking for an initial consultation, without any obligation!



Torsten Weber
Head of Sport Marketing

Top-Athletes share their experiences



HILDE GERG

 Germany	Alpine Ski: 2003/2004	World Cup downhill Lake Louise 2nd (as of Dec.7th 2003)
	2003	World Championship St. Moritz 14th downhill, 20th Super G
	2002/2003	World Cup downhill Lake Louise winner, Cortina 3rd, Innsbruck 3rd, Cortina 7th, World Cup Super G Aspen winner, Cortina 3rd, Innsbruck 5th, Cortina 6th, Innsbruck 7th
	2001/2002	World Cup overall winner Super G, World Cup downhill overall 4th
	2001	World Championship Bronze medal Super G World Cup Super G Val d'Isere winner
	1998	Olympics Nagano Gold medal slalom, Bronze medal combination


Use of FitLine® since: June 2001

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restore, Antioxy (Zellschutz), Emusol Q10, Quickies

"Especially for the endurance training, good recovery is highly important for the next day. My experiences with FitLine® Basics® BIO PLUS, Antioxy, and Restore are completely satisfactory here. My ability to concentrate has improved noticeably, and during the high altitude training in Chile I felt very good in general."

FitLine® Team: Martina Schmauß

REGINA HÄUSL

 Germany	Alpine Ski: 2003	World Championship St. Moritz 16th downhill, 29th Super G
	2002/2003	World Cup downhill Lake Louise 12th and 17th, Lenzerheide 8th, World Cup Super G Val d'Isere 13th
	2002	Olympics Salt Lake City 10th downhill
	2001/2002	World Cup Lenzerheide 5th, Saalbach-Hinterglemm 8th downhill

Use of FitLine® since: June 2001

FitLine® products used: Basics® BIO PLUS, Activate® OXY, Fitness-Drink, Restore, Antioxy (Zellschutz), Emusol Q10, Quickies



"For me it is important that my intestinal system is working well (because of the susceptibility to infections) and that mineral losses are compensated for during tough training, especially for training units in cycling, running, or power training which lead to a high loss of fluids. Using the FitLine® products, I feel very good and the regeneration and recovery phases after training and competitions have been clearly reduced."

FitLine® Team: Martina Schmauß

SIBYLLE BRAUNER

Alpine Ski: 2002/2003



2002

German Champion GS + SL
Olympics Salt Lake City
26th downhill

Germany

2001/2002

World Cup downhill in den
Top 15 twice (Lake Louise/
Are)

2000/2001

World Cup downhill Lake
Louise 13th
World Cup Super G in
Top 17 3 times (Lake Louise/Garmisch/St. Anton)



Use of FitLine® since:

August 2001

FitLine® products used:

Basics® BIO PLUS, Antioxy (Zellschutz), Emusol Q10, Quickies

"Since I have been taking the FitLine® products, my immune system has stabilized and my digestion improved considerably within a short time. My ability to regenerate and to recover after periods of strain is much accelerated. In general, I feel much fitter and better able to perform."

FitLine® Team: Martina Schmauß



MITJA KUNC

Alpine Ski: 2003



Slovenia

Slovenian Champion SL

2002

Slovenian Champion SL + GS,
World Cup overall 4th SL, Wengen 2nd SL,
Adelboden 3rd SL

2001

World Championships St. Anton Bronze medal,
Slovenian Champion SL u. GS

2000

Slovenian Champion SL u. GS,
Yong Pyong 1st SL

Use of FitLine® since:

June 2003

FitLine® products used:


Basics® BIO PLUS, Activize® OXYPLUS,
Fitness-Drink, Restorate, Quickies,
Protein-Ultra

"In alpine skiing you need power and concentration at high speeds to keep up pressure while standing exactly on the edge of the ski. The FitLine® products are simply the best! My general health, well-being and my endurance have improved. For a long time now I have experienced no more pain in my muscles after practice or competitions. Thanks to the FitLine® products I feel really great."

FitLine® Team: MWM Int. GmbH Martin Majhenic / Velmark d.o.o.- Marko Veselki



HARRI ROVANPERÄ / Copilot RISTO PIETILÄINEN

- Rally:** 2003 Italian Champion, Cyprus 2nd, Argentina 4th, Greece 6th
World Championship Table 11th overall
- 
Finland 2002 Sweden 2nd, Corsica 11th, Spain 7th, Cyprus 4th, Safari-Rally Kenya 2nd, San Remo 9th, New Zealand 2nd, Australia 2nd, Great Britain 7th
WRC overall rank 7
- 2001 Champion Rally Scotland
Champion Rally Sweden
Champion Safari Rally
Rally Network Q 2nd
World Championship Table 5th overall


Use of FitLine® since: July 2001

FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate

"Due to the continuous flights from one country to the next and from continent to continent (between time zones), it is quite difficult to nourish oneself in an optimum way. Since I have been taking FitLine® Basics® BIO PLUS, my stomach and intestines are working much better and my susceptibility to infections and colds has clearly diminished. If you want to win, you have to always operate at the limit without making any mistakes. With FitLine® Activize® OXYPLUS I feel I can drive my rally car much longer at full concentration while driving at the limit."

FitLine® Team: Markus Punnala

TONI GARDEMEISTER / Copilot PAAVO LUKANDER

- Rally:** 2003 New Zealand 5th, Cyprus 2nd, Argentina 7th, Sweden 8th
WRC 12th overall
- 
Finland 2002 Monte Carlo 10th, Corsica 12th, Spain 11th, Cyprus 15th, Argentina 5th, Acropolis 10th, Finland 12th, New Zealand 8th, Australia 6th, Great Britain 10th, WRC 13th overall

Use of FitLine® since: June 2001

FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate, Quickies, Shakes



"There are WRC Rallies when we sit in the car for several hours a day and several days at a time at maximum achievement level in more than 70° C (approx. 170° F). Every second counts! And if we then have to go through special checks at a low average speed, no airflow (draft) develops in the car. At these temperatures, the loss of fluids is extremely high. With FitLine® Basics® BIO PLUS, Fitness-Drink, and Restorate, Paavo and I are able to replenish our vital substance and mineral tanks very effectively. Thus it is guaranteed, that our regeneration is noticeably accelerated and that my muscle cramps are a thing of the past. Activize® OXYPLUS works for Paavo and me like a turbo for our concentration."

FitLine® Team: Markus Punnala



HANS-GEORG BERNHART

Enduro Motor Cycle

- Racing:** 2002 World Championship 22nd on Day 1 and 20th on Day 2
 European Championships placed five times in the top 20
 German Championships 10th and 16th
 2000 German Championship 7th, 125 ccm class
 Six-Days Spain Silver medal and 11th (Team) 400 KTM
 1999 World Championship Six-Days Portugal 2nd
 1997 Six-Days Italy Silver medal



Germany

Use of FitLine® since: August 2001

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restore, Antioxy (Zellschutz), Quickies

"During the races for the world championship on 2 consecutive days (for 8 hours each day) I was able to give my best again on the second day because I was not as exhausted as I always used to notice I was. My susceptibility to infections has significantly decreased and I notice a clear reduction of the heart rate under the same strain. When I have noticed a hint of a cold it has not nearly been as pronounced, as in the past and the cold itself disappears much faster, within just 1 or 2 days. With FitLine® Activate® OXYPLUS my concentration during competitions is fantastic. And I sleep much better and deeper, even after strenuous endurance and training units."

FitLine® Team: MWM Int. GmbH Martin Majhenic / Michael Heinisch





KRISTERS SERGIS / ARTIS RASMANIS

Motor Sport/Cross-Country Side car:



Latvia

- 2003 Runner-Up
- 2002 World Champion
- 2001 World Champion
- 2000 World Champion
- 1999 Runner-Up
- 1998 World Champion
- 1997 World Champion

Use of FitLine® since: January 2001

FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate, Antioxy (Zellschutz), Deoral, Emusul Q10, Quickies, Shakes.



Kristers Sergis

"My mornings always begin with a mixed drink of FitLine® Basics® BIO PLUS and Emusul Q10, because my immune system and my heart are then protected and strengthened in the best possible way. In addition, I also take Activize® before every training session to dispel fatigue and give an extra edge to my concentration. In the evenings, Restorate helps me to regenerate more quickly. In general, I feel really good when using the FitLine® products and have more strength to deal with the tough aspects of motor sports."



Artis Rasmanis

"Because the FitLine® products are so easy to use and easy to combine with each another, I can use them specifically for my individual requirements. After a hard day's training, my favorites are the Fitness-Drink and, an hour later, FitLine® Basics® BIO PLUS, as they guarantee an optimal intake of minerals and vital substances. The Shakes are really easy on the stomach and very practical between meals during races. After my injury last year I was able to recover much quicker thanks to taking the FitLine® products."

FitLine® Team: Linda and Guntis Celma

cycling



JOCHEN DORNBUSCH

Cycling:

German National Trainer, Women's Group



Claudia Stumpf

Vice World Champion and German Champion
(Women's Juniors)

Use of FitLine® since: November 1997

FitLine® products used: Basics® BIO PLUS, Antioxy (Zellschutz), Activize® OXYPLUS, Fitness-Drink, Restorate, Deoral, Emusol Q10, Quickies, Shakes

"We trainers of the German Association of Cyclists have discovered, by using the FitLine® product line for a number of years for the national teams and top athletes, that their general health and training condition as well as their recovery periods fundamentally improve by using the FitLine® products. We have been able to both stabilize and increase the level of performance under strain."



German National Team
Track Endurance
with national Trainer Bernd Dittert



German National Team
Track Sprint
with national Trainer Detlef Uibel



German National Team U23
with national Trainer Peter Weibel



German National Team
Women Street
with national Trainer Jochen Dornbusch



German National Team
Women Track Endurance
with national Trainer H. J. Hartnick

BRUNO RISI

Cycling: 2003 World Champion Americaine with Franco Marvulli
European Championship Americaine Bronze medal
Winner Six-Day-Race (Berlin, Dortmund, Munich)



Switzerland

2001 World Champion Points Race
5 times World Champion Points Race (91/92/94/99/01),
9 times winner World Cup,
20 times Swiss Champion,
World record 33 victories with partner Kurt Betschard
in over 114 Six-Day-Races

Use of FitLine® since: April 1999

FitLine® products used: Basics® Balance (Basics® BIO PLUS), Activate® OXY,
Fitness-Drink, Restorate, Antioxy (Zellschutz), Shakes

"A healthy and balanced nutrition is also getting more and more important for performance athletes. When I took the FitLine® products for the first time, I immediately noticed that these were drinks that are very suitable to optimally cover my high demand for vitamins. Since I have been taking the FitLine® products on a regular basis, I do not only have shorter regeneration periods, but also the power that I need to win the races. As a convinced FitLine® user, I think that the use of the products will find general approval among leisure athletes and health-conscious consumers."

FitLine® Team: Petra Bonifazi



CLAUDIA STUMPF

Road/Track: 2002 Vice World Champion road
(Women's Juniors)
German Champion road
(Women's Juniors)



Germany

2001 World Championship road 13th
(Women's Juniors)

Use of FitLine® since: September 2001

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS,
Fitness-Drink, Restorate, Quickies

"FitLine® Activate® OXYPLUS is simply the best start to the day and thanks to the Fitness-Drinks my performance level remains constant during a competition. After the competition or Training I drink Restorate, to regenerate perfectly."

FitLine® Team: Agnes, Fritz and Martin Epp

JENS MATEYKA

Cycling: 2001 World Champion Combination
Fire Brigade World Championship
in Bad Hall
Austrian State Champion
Master's Champion at the
Ginner's Masters Cup



Austria

Use of FitLine® since: July 1999

FitLine® products used: Basics® BIO PLUS,
Activate® OXYPLUS, Fitness-Drink, Restorate

"As usual in sports, I had tried many legal preparations to promote performance. Usually, the effect I had expected or hoped for, failed to manifest. However, during the first competition after I had started to use FitLine® Activate® OXYPLUS, I thought, "someone is pushing me!" as the usual drop in performance (normally after the first 5 or 10 minutes) did not occur. And in comparison with other isotonic drinks, Fitness-Drink maintains my powers of endurance decisively longer. My demand for liquids during and after contests has diminished with Fitness-Drink. I am not as worn out during training or competition, and my regeneration phase is much shorter. Basics® BIO PLUS is my liquid breakfast and Restorate my "nightcap." Up to now, the best thing for me!"

FitLine® Team: Klaus Pöchlacker



MARTIN ROMINGER

Artistic Cycling: 2003-1997 World Champion 7 times
2000 new World Record



Germany

Use of FitLine® since: April 1998

FitLine® products used: Activate® OXYPLUS, Fitness-Drink, Restorate, Antioxy (Zellschutz), Quickies, Shakes

"With the use of the FitLine® products, my well-being has generally improved. I have had hardly any colds or the flu since I have been taking FitLine® products. Muscle fatigue or muscle tension had been reduced, and after training or contest I feel regenerated very quickly."

FitLine® Team: Edith and Klaus Jördens

**SIMON HEIMKREITNER**

Cycling: 2001 in World Championships (road),
German Championship 5th (road)
German Championship 5th (mountain)
2000 German Championship 2nd (road)
German Championship 5th (mountain)
1999 German Championship (team of 4)

Use of FitLine® since: January 2003

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies, Protein-Ultra

"In my sport it is very important that my digestion is working in the best possible way to absorb large amounts of nutrients (carbohydrates etc.) and utilize them. Because of the often high and long intensity of strain during races, the immune system is often detrimentally affected. Particularly on tours it is extremely important to accelerate the speed of regeneration to be able to start the next phase top fit. In all of these areas the combination of FitLine® products Basics® BIO PLUS, Activate® OXYPLUS, Restorate and Fitness-Drink have proven their worth. I have used many products to date but have never had such results.

Since I have been using FitLine® I have not had a cold and muscle cramps are a thing of the past. My VO₂max values have also improved."

FitLine® Team: Sonja Heubach / Michael Heinisch

JOHANNES MAYRHOFER

Handbike / Nordic Skiing with Handicap

Handbike: 2003 European Cup Champion,
European Championship road and individual races against the clock
2002 World Champion road and individual races against the clock,
European Cup Champion
2001 European Cup Champion,
World Champion road and individual races against the clock

Nordic Ski: 2002 Paralympics among Top 10 3 times (5km/10km/15km)

Use of FitLine® since: November 2002

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Antioxy (Zellschutz), Emusol Q10

"Since I started taking the FitLine® products I have felt really good overall, since that time I sleep deeply and my periods of regeneration have been accelerated, making me better able to perform. My heart rate values have also improved considerably, that's to say are lower. It can be proven that my physical condition has improved, I have never had such good values in health and performance tests. That is great and really builds me up - simply super."

FitLine® Team: Ulla Ringer-Blau





THOMAS RIEGLER

- Mountain Bike:** 2003 Winner Race Across America (team competition)
6h cycling marathon in Mitterberg 2nd
2002 Crocodile Trophy 5th overall
Athlete of the Year in the town of Waidhofen/Ybbs
2001 Crocodile Trophy 8th overall
Winner m-bike Trophy Mühldorf
Reichraminger Hintergebirgs Marathon 5th

Use of FitLine® since: June 2002

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Antioxy (Zellschutz), Quickies,

"Extreme challenges such as the Crocodile Trophy or the Race Across America take body and spirit to the limits of what is possible. Whether at temperatures of up to 50 °C (ca. 130 °F), sand and dust or rides in ice-cold nights, FitLine® products have supported me in working hard at my limits in competitions and in improving my potential during training. What's more, my general well-being has improved and beyond that FitLine® guaranteed me doping safety.

During medical checks it was discovered that my lactate values have improved. By taking FitLine® Activate® OXYPLUS my muscles become acidic later and I have been able to increase aerobic performance ability."

FitLine® Team: Klaus Pöchlhammer

KARIN GRUBER

- Road:** 2003 World Championship Masters 10th, Austrian Championships Bronze medal (mountains), road 7th, Glocknerkönigin (Champion of the Glockner Pass) and winner of 5 mountain races including route record
2002 Austrian Mountain Champion (mountains), Glocknerkönigin (Champion of the Glockner Pass), AMADÉ champion 4 times, Participated in the World Championship Mailand San Remo
2001 World Championship Masters Bronze medal
2000 Giro d' Italia
1998 Nomination Austrian National Team

Use of FitLine® since: March 2000

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Antioxy (Zellschutz) light, Deoral, Emusal Q10, Shakes, Quickies

"Improved concentration, improved digestion, shakes are very easy to digest and highly suitable for long distances. Extremely good regeneration, no muscle pains, more power in the final stage of races. My susceptibility to infections has reduced, my heart rate under strain also, and my lactate values have improved. The FitLine® products are what make a difference."

FitLine® Team: Markus Moisl



MARKUS HUBER

- Cycling/BMX:** 2003 German League Champion overall
 German Championship 7th
 German Master (Elite Class)
 German BMX National Team 1st place
 and thereby rank 1 in 2003
 European Cup Run Prague, 1st + 2nd
 Semifinal and 7th
 European Cup Run Vienna, 3rd, 4th
 6th and 4th places
- 2001 German Master 20" and 24" 3rd
 Euro Cup in Blumenstein 1st
 European Cup 5th
 European Championship 30th overall



Germany



- Use of FitLine® since:** December 2002
FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink,
 Restorate, Quickies

"I have only just started to take the FitLine® products and my well-being has already improved and I feel better able to concentrate and to cope with strain. With Fitness-Drink and Restorate I notice a shorter period of regeneration. Beyond that, my complexion has improved."

FitLine® Team: MWM Int. GmbH Martin Majhenic / Petra Kuffner



HANS BAUER

Penny-farthing cycle races and scooter races:



Germany

- 2001 World Champion in Penny-farthing sprint
 World Championship Bronze medal over
 100 miles
 Record in the Guinness Book of
 Records with a distance of 713 km
- 2000 German Champion
 1999 German Vice Champion
 1998 World Champion over 10 miles
 German Champion

- Use of FitLine® since:** February 2001
FitLine® products used: Basics® BIO PLUS, Activize® OXY, Fitness-Drink, Restorate,
 Emusol Q10, Quickies, Deoral

"I feel fitter after practices and championships, need less sleep and recover more quickly. My digestion works very well with FitLine® Basics® BIO PLUS and I really do well on 2 bottles of Fitness-Drink, Quickies and a banana during hours of cycling training (up to 200 km) without needing to eat anything else or training on hunger pangs. Generally, I can say that the FitLine® products helped me a lot during two hard training weeks on Mallorca, as I trained very little during the first 1.5 months of 2001 and did not have a single day's break in the training camp. I practiced from 100 to 200 km daily on the racing bike."

FitLine® Team: Hildegard and Kurt Bayerlein



KAROL KUCERA

- Tennis:** 2003 ATP Tournament, 1 victory, 1 final, 1 semi-final, 2 quarter finals, 1 semi-final (doubles)
Prize money approx. US \$ 420.000
- 2002 ATP Tournament semi-final twice, quarter final 7 times
ATP Ranking, highest rank: No. 9 (07. Jan. 02)
Prize money approx. US \$ 200.000
Greatest Success ATP Tournament St. Petersburg (US \$ 1 Million)
=> Quarter final Kucera/Agassi 6:4, 6:4
- 2000 World Champion (Team) Dusseldorf, Germany

Use of FitLine® since: April 1999

FitLine® products used: Basics® BIO PLUS, Antioxy (Zellschutz), Activate® OXYPLUS, Fitness-Drink, Emusol Q10, Quickies, Shakes, Restorate, Deoral

"Enhanced regeneration and stronger immune system, no illness or disease since April 1999, better digestion and no uncontrolled feeling of hunger thanks to Shakes and Quickies; better values (lactate values and VO₂-max), very good regeneration and no muscle pains... and the Shakes are just great!"

FitLine® Team: Bea and Lazi Kollar

DOMINIK HRBATÝ

- Tennis:** 2003 ATP Tournament 1 final, 2 semi-finals, 1 quarter final, 1 final (doubles), 5 semi-finals (doubles)
Prize money approx. US \$ 380.000
- 2002 ATP Tournament champion once, final once, semi-final once, quarter final five times, among the last 16 seven times
ATP Ranking highest position: No. 24 (18. Feb. 02)
Prize money approx. US \$ 325.000
- 2000 World Champion (Team) Dusseldorf, Germany

Use of FitLine® since: February 2000

FitLine® products used: Basics® BIO PLUS, Antioxy (Zellschutz), Activate® OXYPLUS, Fitness-Drink, Emusol Q10, Shakes, Restorate

"Since I have been taking the FitLine® products, my physical constitution has enhanced demonstrably. The lactate values are a good example for this. I never had such good values in performance tests, and I have much more endurance for training or games. I think the effectiveness of the products results from their liquid form with the pleasant side effect that my body is perfectly supplied with enough liquid. FitLine® gives me the energy that I need to be among the top players."

FitLine® Team: Bea and Lazi Kollar



HENRIETA NAGYOVÁ

- Tennis:** 2003 WTA Tournament 2 victories, 1 final, 2 quarter finals
Prize money approx. US. \$ 122.000
- 2001 Sanex WTA Tournament (single) 8 victories
5 finals, Sanex WTA Tour (doubles) 4 victories, 2 finals, 11 semi-final
WTA Ranking highest position: No. 21 (Oct. 2001)
Prize money 2001 approx. US \$ 275 000
Prize money, total approx. US \$1.2 million
- since 1995 Member of the Slovakian FED-CUP-Team

Use of FitLine® since: April 1999

FitLine® products used: Basics® BIO PLUS, Antioxy (Zellschutz), Activate® OXYPLUS, Fitness-Drink, Emusol Q10, Quickies, Shakes

"Improved well-being, no diseases, faster regeneration, fewer muscular injuries, higher ability to concentrate, better immune system, reduced heart rate during strain- I always have the FitLine® products with me. And since I have been taking FitLine® Activate® OXYPLUS, I have even more energy, although I had thought further improvement would not be possible for me."

FitLine® Team: Bea and Lazi Kollar



ROMAN VALENT

- Tennis:** 2003 Tournaments: 1 final F9, 1 final F10, 1 semi-final F16
- 2002 Future Tournaments: 1 victory, 2 finals, 1 quarter final and satellite Masters final
January 1383 WTA → December 311 WTA
- 2001 European Vice Champion, ITF Tournaments: 2 wins (under18) (Wimbledon and Roehampton)
- 2000 Swiss Champion under 18, ITF Tournaments: 1 victory, 1 final (under18)



Switzerland

Use of FitLine® since: February 2003
FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies, Protein-Ultra

"The most important aspect in playing tennis is concentration. The FitLine® products help me in that to improve my concentration and maintain it for over three and a half hours. But that is just one improvement of the products as I can breathe much better and my regeneration period had become significantly shorter. It's been a long time since I had a cold and I feel fine in general and am very fit. At home, in my family, the FitLine® products are also being used."

FitLine® Team: MWM Int. GmbH Martin Majhenic / Günther Steiner

ANNE KREMER

Tennis: WTA Tour (singles) 2 wins, 1 final, 2 semi-finals, 8 quarter finals
 WTA Tour (doubles) 1 semi-final, 1 quarter final
 WTA Ranking highest position: No 18 (May 2002)



Luxembourg

Use of FitLine® since: October 2002
FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Antioxy (Zellschutz), Emusol Q10, Shakes, Quickies

"It is exactly the nutritional supplementation, which I have spent so long looking for. The FitLine® products work excellently. I felt the effects in my muscles quickest of all: here I already noticed an improvement in regeneration after just a few days. My susceptibility to flu is also clearly lower and when I drink FitLine® Activate® OXYPLUS shortly before a game I find my way into the match much more quickly and my concentration is super..."

FitLine® Team: Claude Simon / Erw Barthel



EDOUARD SAMUEL

- Tennis:** since 2001 self-employed and DTB honorary trainer for under 14 juniors
- DTB A-Trainer**
- DTB Honorary Trainer** Trainer and consultant of following players i.a. Claudia Kohde-Kilsch WTA 4 and Wimbledon twice winner, Erik Jelen ATP Ranking highest position No. 18 and Patrick Kühnen ATP Ranking highest position No. 22
- 1997 DTB Trainer of the Year as an example for the young trainer generation
- 1961-62 Won against over 6 of the top 10 Tennis Players of the World, including John Newcombe (Number 1 world-wide)
- 1960-64 Davis-Cup for Lebanon



Germany

Use of FitLine® since: September 2001
FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate

"I now have been using the FitLine® products since September 2001 and I am really enthusiastic about them. Although I still take an active part in training for my age. And after just a short time of using the products, I noticed that my body regenerates much faster and that I can retain concentration and the level of play even under high physical strain. I did not know before that my body is still able to experience such an increase in performance."

FitLine® Team: Lutz M. Lorenz / Dr. Tobias Kühne

DR. ANDREAS GRÖGER

Physician of the German Ice Hockey Association

Clinic for Orthopedics & Sports Orthopedics TU Munich

Use of FitLine® since: September 1998

FitLine® products used: Basics® BIO PLUS, Antioxy (Zellschutz),
 Activize® OXYPLUS, Fitness-Drink,
 Restore, Deoral, Emusal Q10,
 Quickies, Protein-Ultra, Fitness-Crisp,
 Shakes



Germany



"As the physician of the German National Ice Hockey Team I keep tabs on the nourishment of the athletes along with their medical care. In the last few years, ice hockey has become faster, harder, technically more demanding and more spectacular. To meet these requirements, the composition of the nutrition relies on ergogenic substances in order to maintain the performance level and to accelerate the ability to regenerate. The use of the FitLine® products has proven its worth. The body gets all the nutrients that are highly important to stay healthy. Furthermore in FitLine® we found a partner who guarantees not only the quality of the products but also that they are free of any doping agents."



DEB NATIONAL TEAM

Top Row: Martin Reichelt, Eduard Lewandowski, Robert Leask, Michael Bakos, Lasse Kopitz, Jochen Molling, Stefan Schauer, Peter Abstreiter, Alexander Serikow

Center Row: Trainer Hans Zach, Tino Boos, Thomas Greilinger, Patrik Köppchen, Boris Blank, Stephan Retzer, Andreas Renz, Andreas Morczinietz, Tomas Martinec, Sebastian Furchner, Helmut de Raaf

Front Row: Wayne Hynes, Tobias Abstreiter, Oliver Jonas, Jan Benda, Robert Müller,

PHILIPP SCHOCH**Snow Boarding:** 2003

Switzerland

- World Championship 10th (Parallel GS + Parallel SL)
 World Cup Stoneham 1st (Parallel GS),
 Bad Gastein 2nd(Parallel SL),
 Sölden 4th (Parallel GS)
 Swiss Champion (Parallel GS)
 2002 Olympic Champion Salt Lake (GS)
 Swiss Champion
 2001/2002 Swiss Vice Champion
 2001 World Cup Stoneham 1st
 2000 World Cup Fieberbrunn 1st
 Spring 2002

**Use of FitLine® since:****FitLine® products used:**

Basics® Balance (Basics® BIO PLUS), Activate® OXY, Fitness-Drink, Restorate, Emusol Q10, Quickies

"Particularly Activate® OXY is sensationally important to me as I experienced a clear improvement in performance using it. But I also take the other products regularly and feel really good with them. And because we have been convinced by the FitLine® products, we have registered ourselves as licensed business partners. Everyone around us should have the pleasure of FitLine® products"

FitLine® Team: Nadja Schoch**SIMON SCHOCH****Snow** 2003**Boarding:**

Switzerland

- 2002 World Vice-Champion (Parallel SL)
 World Championship Bronze medal (Parallel SL)
 Swiss Champion (Parallel SL)
 2002 World Vice-Champion
 Swiss Vice-Champion
 Olympic participation Salt Lake
 2001/2002 Swiss Vice Champion
 World Cup Davos 3rd
 Spring 2002

Use of FitLine® since:**FitLine® products used:**

Basics® Balance (Basics® BIO PLUS), Activate® OXY, Fitness-Drink, Restorate, Emusol Q10, Quickies

"I also find Activate® OXY indispensable, as the increase in performance is clearly noticeable. However, we also take the other FitLine® products - particularly Fitness-Drink during competitions - and feel really good"

FitLine® Team: Nadja Schoch**BARBARA LUDWIG****Snow Boarding:** 2003

Germany

- 2002/2003 World Championship Sand board 9th PGS
 3rd women over 30, PGS
 National Ranking ISF: Champion
 PGS and duel
 World Ranking Alpine 17th
 2001/2002 National Ranking ISF Champion
 PGS and duel
 World Ranking Alpine 35th

**Use of FitLine® since:** May 2001**FitLine® products used:**

Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Antiox (Zellschutz), Emusol Q10, Shakes

"Since I have been taking FitLine® products, I feel much better and more able to perform in general. Because they are in liquid form, I automatically drink much more. My sleep is much deeper now, that means I need less sleep and, at the same time, I am much more able to cope with strain in the mornings. To prepare for the season, I have started to do a lot of endurance and power training, and now notice that I am achieving better results in the endurance area than without the FitLine® products. Even after tough training units I again feel like doing sports after only a short time."

FitLine® Team: Sabine Radlinger

MARKUS BAUR

- Handball:** 2003 Runner-up World Championship
2002 DHB cup Champion with TBV Lemgo,
European Championship Silver in Sweden
Germany 2001 Supercup Champion, DHB-vice cup champion with HSG D/M Wetzlar
2000 Handball Player of the Year, Olympic Games 5th

Use of FitLine® since: August 1999

FitLine® products used: Antioxy (Zellschutz), Fitness-Drink, Restorate, Activate® OXYPLUS

"I am able to concentrate much better and am much more resilient. My body regenerates faster, that means after intense physical exertion I am more quickly able to perform again. And furthermore, I have had no further muscular injuries, after starting to take the FitLine® products."

FitLine® Team: Peter Schneider / Klaus Christiani



CHRISTIAN SCHWARZER

- Handball:** 2003 Runner-up World Championship
2002 DHB cup Champion with TBV Lemgo,
European Championship Silver in Sweden
Germany 2001 Handball Player of the Year (Supercup Champion)
2000 Olympic Games 5th
Champions Cup Champion, Spanish Champion and
Cup Champion

Use of FitLine® since: October 1998

FitLine® products used: Basics® BIO PLUS, Fitness-Drink, Restorate, Activate® OXY, Deoral, Antioxy (Zellschutz)

"I have used the FitLine® products since October 1998, and I am really enthusiastic about them. Now I have it in black and white that the products are good for my body: after a blood and lactate test in the National Team (during preparations for the World Championship in Egypt 99), my values were better than ever before even though my training had not been intensified. I attribute this improvement to the use of the FitLine® products and can really recommend them."

FitLine® Team: Peter Schneider / Klaus Christiani



ANDREAS DITTERT

- Handball:** 2001 Swiss Cup Champion
2000 Swiss Champion and Cup Champion
1989-1992 Top goal scorer in Austria, Record scorer
in Austria with 1124 goals in 210 games for his
country

Use of FitLine® since: May 1997

FitLine® products used: Basics® Balance (Basics® BIO PLUS), Activate® OXY, Fitness-Drink, Restorate, Antioxy (Zellschutz)

"I am able to illustrate the significance of the FitLine® products to my body with a very interesting experience. When I switched from the German Federal league to St. Otmar/St. Gallen in 1999, I stopped taking the FitLine® products for 2 1/2 years as not all the products were available in Switzerland at that time. During this period I was plagued by regular infections and also realized that my ability to regenerate had significantly worsened. Since January 2002 I have been using the FitLine® products again and have discovered that my ability to regenerate has clearly improved. As I am quite old to still be competing in professional sports, this ability to regenerate is of great importance to my performance. FitLine® Activate OXY is of most particular importance for my ability to keep going. This product makes it possible for me to achieve a sensational increase in performance within a very short time (assuming I have kept up with the endurance training). Despite my age I am able to keep going for much longer than I used to with the same effort."

FitLine® Team: Peter Schneider / Wolfgang Schmidt

ANGELA KRYVAROT

Volleyball: 2003 4th place in the table (1st German team) with team Schweriner SC (as of Nov. 26th 2003)



2002 German Champion
2001 German Champion, Winner German Cup

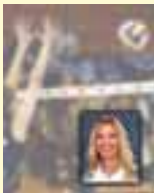
Use of FitLine® since: August 2003

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies, Protein-Ultra, Fitness-Crisp



"For me, volleyball always has a lot to do with jumping and attacking. Right from the beginning my experiences with FitLine® were very good. My complexion has improved, my fingernails are stronger and I feel that my immune system has also improved. I am particularly convinced about Restorate. I feel more rested, maintain a stable level of performance even towards the end of a competition and, in particular, have fewer muscle cramps and aches even after tough training sessions. By taking the FitLine® products I can concentrate better, sleep more deeply and can cope with stress far better."

FitLine® Team: Thomas Eichhoff



JANA MÜLLER

Volleyball: 2003 4th place in the table (1st German team), with team Schweriner SC (as of Nov. 26th 2003)



2002 German Champion
2001 German Champion, German Cup winner
2000 German Champion

Extended squad of the German national team

Use of FitLine® since: August 2003


FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies, Protein-Ultra, Fitness-Crisp

"Volleyball is characterized by a lot of power training, great endurance and a high amount of strain in jumping. Concentration is equally important, which has become a lot better through taking the FitLine® products. Thanks to Restorate in the evening I have far fewer muscle aches and tension. After practice I can regenerate much more quickly and am rested again after a short period."

FitLine® Team: Thomas Eichhoff



SVETLANA KONONOVA

Volleyball:	2002/2003	Harlekin Augsburg 1st League
	2002	German Champion in 2nd League/promoted
		
Germany	2000-2002	Harlekin Augsburg 2nd League
	1996	Cup Winner Ukraine

Use of FitLine® since:	April 2003
FitLine® products used:	Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate, Quickies, Protein-Ultra

"Particularly in volleyball the strain on the joints is very high. Power to jump, and endurance, are also decisive for a high performance level. Since I have been taking the FitLine® products, I no longer suffer from muscle cramps, regenerate much quicker after practice and am fitter and more rested. The products have a beneficial effect on my general well-being, I can concentrate much better and my immune system has been strengthened."

FitLine® Team: MWM Int. GmbH Martin Majhenic / Michael Heinisch

OKSANA ROPPEL

Volleyball /

Beach Volleyball:	2002/2003	Harlekin Augsburg 1st League
	2002	German Champion in 2nd League/promoted
		
Germany	1999-2002	Harlekin Augsburg 2nd League
	1999	Krasnojarsk (Russia) 1st League

Use of FitLine® since:	April 2003
FitLine® products used:	Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate, Quickies, Protein-Ultra



"At the end of August we started the intensive power and fitness training again (6 hours a day). Surprisingly I experienced no problems with my condition and also no muscle aches and pains. Since I have been using the FitLine® products I feel better overall, less tired and am fit from morning to night. I sleep better and immediately have power first thing in the morning. Thanks to the FitLine® products I was able to play at maximum level in the sun during the Beach Volleyball season, too."

FitLine® Team: MWM Int. GmbH Martin Majhenic / Michael Heinisch

CLAUDIA PAVLICEK

Volleyball /

Beach Volleyball: 2002 Harlekin Augsburg 1st League
 2001 German Ranking 4th,
 European Championship participation,
 World Championship qualifier,
 Masters Hamburg 2nd,
 Masters Kühlungsborn 3rd
 Since 1996 1st League



Germany



Use of FitLine® since: January 2003
FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS,
 Fitness-Drink, Restorate, Quickies, Protein-Ultra

"The particular characteristics of the strain in volleyball and beach volleyball are to be found in endurance for intervals of jumping and hitting. The FitLine® products taste better than other products and give me a better general feeling of well-being in comparison to normal vitamin tablets (mood, fitness, willingness to get up in the morning, digestion, etc.). Here, I can finally notice that something is happening.

Since I have been using the FitLine® products, I can concentrate far better and breath far more easily. I have experienced a clear improvement in the respiratory quotient. Overall, my performance potential has noticeably increased."

FitLine® Team: MWM Int. GmbH Martin Majhenic / Michael Heinisch

MARKUS HABERKORN

Wheelchair Basketball: 2003 European Championship 5th
 Olympic qualification Athens 2004
 2000 Paralympics 8th
 1999 European Vice-Champion
 over 40 national games for Germany



Germany




Use of FitLine® since: October 2003
FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS,
 Fitness-Drink, Restorate, Quickies,
 Protein-Ultra, Fitness-Crisp

"The most important things in wheelchair basketball are power, endurance and the ability to concentrate specifically. As the upper part of the body and, in particular, the arms are subjected to double the strain in wheelchair basketball (moving and throwing), it is all the more important to regenerate quickly. The FitLine® products help me in this. Since I have been taking them, my body regenerates much more quickly, I feel essentially more able to perform and my ability to concentrate has improved!"

FitLine® Team: MWM Int. GmbH Martin Majhenic / Günther Frank



MAURIZIO GAUDINO

Soccer: 1994 World Cup participant in USA
 German national player 5 A games / 1 goal
 1992 German Champion (VfB Stuttgart)
 Germany 1989 UEFA-Cup Finale (VfB Stuttgart)


1999-2002 Antalyaspor / Türkei
 1998/1999 VfL Bochum
 1996/1997 Club de Futbol America (Mexico) / Manchester City
 1993-1996 Eintracht Frankfurt
 1987-1993 VfB Stuttgart
 1984-1987 SV Waldhof Mannheim

Use of FitLine® since: April 2003
FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate, Protein-Ultra

"The results for me and my team can be summed up after a half a year: after around 7 months with the FitLine® products I feel much better and more healthy. And that remains so even towards Winter when we still train outside with wet hair and the susceptibility to coughs, a runny nose and fever is high. At the moment I have none of these problems...This conviction led me to introduce the products to my team. Training 4 to 5 times a week the players become prone to illness. Since they have been taking the products, they have stopped feeling tired and no longer have cramps in their calves."

FitLine® Team: Robert Pfeffer / Patrick Bacher

MĀRIS VERPAKOVSKIS

Soccer: 2003 Latvia's best soccer player
 scored the 5 decisive goals against Sweden, Hungary and Turkey during the European qualifiers Latvia's Soccer Champion
 2002 Latvia's best striker
 Latvia's Soccer Champion
 2001 Latvia's Soccer Champion




Use of FitLine® since: January 2002
FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate, Antioxy (Zellschutz), Deoral, Omega 3 + E, Shakes

"My day always begins with a glass of FitLine® Basics® BIO PLUS and Activize® OXYPLUS before the morning's practice. During practice, I always feel full of energy, can concentrate much better and no longer tire as quickly. After practice I drink Fitness-Drink and feel great. In the evening before going to bed, I drink a Restorate and feel fresh and rested in the morning. Since I have been using FitLine®, I feel better and full of energy."

FitLine® Team: Kaspars Kivriņš & TEAM

AXEL ROOS

Soccer:	1997/1998	German Champions
	1995/1996	German Cup Champions (DFB)
	1993/1994	German Vice-Champions
Germany	1990/1991	German Champions
	1989/1990	German Cup Champions (DFB)
	1984-2001	303 matches and 17 goals for team 1. FC Kaiserslautern

Use of FitLine® since: March 2003
FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate, Quickies, Protein-Ultra




"Soccer is defined by staying power, technique, swiftness, a fighting spirit, creativity and decisiveness. We are subjected to a very high strain on the whole body, such as muscles, tendons/ligaments and joints. Since I have been taking the FitLine® products, I have, for example, fewer stomach problems and my immune system is considerably better and more stable thanks to Basics® BIO PLUS. With Activize®, I feel awake more quickly and can concentrate better. After strain, I not only can go to sleep more quickly thanks to Restorate, but also regenerate noticeably better while asleep. Beyond that I also experience considerably fewer muscle complaints such as cramps and signs of fatigue. All in all, I feel mentally and physically more able to perform and more fresh using the FitLine® products."

FitLine® Team: Dirk Theobald / Christian Toussaint



BERND FRANKE

Soccer:	1984	Olympics Los Angeles 4th
	1982	World Vice-Champion in Spain
	1967-1985	with Saar 05, Fortuna Dusseldorf and Eintracht Braunschweig, with Eintracht Braunschweig 346 German national games and 15 European cup games
Germany		Goalkeeper German national team in 7A and 6B country games, on Olympic team 12 time

Use of FitLine® since: April 2003
FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate, Quickies, Protein-Ultra, Deoral, Emusol Q10

"Even after my active career, I am still very active in sports (soccer and tennis) and I must say that I noticed a positive change in my general well-being after taking the FitLine® products for just a short time, also faster regeneration thanks to Restorate, better digestion and a stronger immune system with Basics® BIO PLUS. I can also overcome stressful conditions at work more easily."

FitLine® Team: Steffen Knerr / Lutz Lorenz



MARTINA GLAGOW



Biathlon:	2003	World Champion
	2002/2003	World Cup Champion overall
	2002	Olympics Salt Lake City 7th (individual)
	2001/2002	World Cup 12th overall
	2001	World Vice Champion (Mass start in Pokljuka)
	2000/2001	World Cup 9th overall
	1999	Junior World Cup Champion 4 times

Use of FitLine® since: October 2002
FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies

"In biathlon we are under an enormous maximum strain right from the start. In addition to the high heart rates, the susceptibility to infections and colds is high as the air temperature is often very low. In contrast to skiing, the art at the shooting stand is to reduce the maximum heart rate to medium in a very short period of time, because full concentration is necessary. The FitLine® products support me in an excellent way in all areas - immune system, digestion, prevention of illness and injury generally and, of course, in competition as far as concentration and high performance levels in skiing and shooting are concerned, and for quick regeneration afterwards. At the last blood tests I had very good results and was pleased that even my haemoglobin levels, which had often left room for improvement, was also gratifyingly good."

FitLine® Team: Günter Beck

WOLFGANG ROTTMANN

Biathlon:	2003	World Championship relay, 8th, World Cup Oberhof 3rd 10 km sprint
	2002	Olympics Salt Lake 5th sprint, 6th pursuit, 6th relay
	2001	World Championship: 12th over 20 km
<small>Austria</small>	2000	World Championship: World Champion 20 km, World Cup 10th overall

In more than 50 World Cups placed among the top 25

Use of FitLine® since: August 2001

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate
"With FitLine® products I have discovered new limits. FitLine® Basics® BIO PLUS and Activate® give me an extremely good start to the day. My ability to concentrate is optimal and because of the good and rapid regeneration I can perform training units that are longer and more intensive. Especially after intensive training units, there no longer are salt rings on my clothes, which means for me, that vitamins and minerals are not unnecessarily excreted through sweat and are still at the disposal of my body. The international food is tolerated much better as my digestion has now been optimized with Basics® BIO PLUS, and with Activate® OXYPLUS my energy tanks last longer. And I have noticed that my lactate values are optimal during strain and that my VO₂max values have improved, too."

FitLine® Team: Fredy Stuber



OLIVER ANTHOFER

Nordic Ski with Handicap:

	2003	World Champion in 7.5 km Biathlon, 10 km and 15 km Nordic
	2002	Paralympics Salt Lake Silver medal 5 km Nordic and 5 km Biathlon, Bronze medal 15 km Nordic
<small>Austria</small>	2001	European Champion 5 km, 10 km, 15 km Nordic and 7.5 km Biathlon, European Cup Champion overall, World Cup Champion overall
	2000	World Champion in 5 km, 10 km, 15 km Nordic World Vice Champion 7.5 km Biathlon, World Cup Champion overall

Use of FitLine® since: December 2002

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Antioxy (Zellschutz) Light, Emusol Q10

"FitLine® has a highly beneficial effect on my overall well-being. I feel fitter and more full of energy; I can keep up under strain for longer and also notice that regeneration is quicker. FitLine® is part of my daily all-round supply."

FitLine® Team: Ulla Ringer-Blau



SYLKE OTTO

- Luge:** 2003/2004 Champion World Cup Calgary (by Dec. 03)
 2002/2003 World Cup Champion overall
 2002 Olympics Salt Lake City Gold medal
 2000/2001 World Champion and Vice-World Champion Team, World Cup Vice-Champion overall, LUK-Challenge-Cup winner
 1999/2000 World Champion and Vice-World Champion Team, World Cup Champion overall

Use of FitLine® since: October 1999

FitLine® products used: Basics® BIO PLUS, Activate® OXY, Fitness-Drink, Restorate, Antioxy (Zellschutz)

"I have now used the FitLine® products for a few years. Since then my greatest successes in sports have materialized. I am simply able to perform better, and my mental condition is much stronger. I use Basics® BIO PLUS, Antioxy (Zellschutz), Fitness-Drink, Restorate, and Activate® daily and I do not want to do without them. My favorite drink is Antioxy: it tastes great and I no longer burn in the sun."

FitLine® Team: Heike Brand / André Lagois

GERHARD PILZ

- Natural-track luge:** 2003 World Vice-Champion
 2nd overall World Cup
 2002 World Cup Champion overall,
 European Champion
 2001 World Championship Bronze medal
 2000 World Vice-Champion
 2nd overall World Cup
- 5 times World Champion (96, 94, 92, 90, 86)



Austria



Use of FitLine® since: October 2000

FitLine® products used: Basics® BIO PLUS, Activate® OXY, Restorate, Fitness-Drink, Antioxy (Zellschutz), Deoral, Emusol Q10, Quickies

"My heart rate under strain is clearly less and my susceptibility to infections has also been reduced. I experience a substantial shortening of the regeneration period and my deep sleep phase has become much more intensive. All in all, I can say my ability to perform and my general well-being have improved noticeably."

FitLine® Team: Gerhard Pircher



JOHANNES BREDL

- Cross-Country Skiing:** 2003 World Cup Oberhof 9th,
 FIS Race Innsbruck 4th
 2002 World Champion Juniors (sprint),
 Continental Cup 3 x Top 10
 2001 World Champion Juniors (sprint)



Germany

Use of FitLine® since: August 2002

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies, Antioxy (Zellschutz), Deoral

"One thing I particularly noticed about the FitLine® products right from the start - since taking them for the first time my intestines have been working better and more strongly. My regeneration between individual training session has improved equally clearly. During training sessions for over two hours, during which you sometimes really do get hunger pangs, the Quickies are a great help. I feel less hungry and can get through the session with ease."

FitLine® Team: Bernd Raupach / Martina Schmauß



MICHAL MARTIKAN

White Water

Slalom:	2003	World Champion
	2002	World Champion, single
	2000	Olympics Sydney silver medal
	1997-1999	World Champion and Champion World Cups
	1996	Olympics Atlanta gold medal



Slovakia

Use of FitLine® since: April 1999
FitLine® products used: Basics® BIO PLUS, Antioxo [Zellschutz], Activize® OXYPLUS, Fitness-Drink, Restorate, Deoral, Emusul Q10, Quickies, Shakes

"Faster regeneration after training or competition, better condition, more staying power. My performance level has clearly stabilized during contests, and muscle fatigue, muscle tension, or muscle acidification have considerably reduced."

FitLine® Team: Bea and Lazi Kollar

JERNEJ ZUPANCIC

Kayak/K1 and K2 1000m: 2002 World Championship A-Final
in K2 9th, WC-Race 7th
University World
Championship silver medal
2000 EM K1 5th (U23),
WC-Race 5th



Slovenia

Use of FitLine® since: November 2002
FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate, Quickies

"I have not been taking the FitLine® products for long, but my digestion has already hugely improved as I now digest more quickly and have no more trouble with flatulence. In canoeing perseverance and strength are of paramount importance and with the aid of the FitLine® products I can now recuperate more quickly."

FitLine® Team: MWM Int. GmbH M. Majhenic / Velmark d.o.o.- M. Vesleski / B. Zerjal



SIMON POZEK

Kayak Flat Water: 2002 European Championship 9th, 200 m
2001 World Cup Atlanta 5th
2000 World Cup Brazil 2nd 500 m and
2nd 200 m, Atlanta 6th 500 m,
Zagreb 5th 500 m and 6th 200 m



Slovenia

Use of FitLine® since: September 2002
FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate, Quickies, Protein-Ultra

"For canoeing you need great condition and endurance. At competitions you always have to be at the limit of your sporting ability. Since I have been using the FitLine® products, my maximum performance has improved and between training sessions and after competitions my regeneration phase is better than it had ever been before."

In comparison to the many other vitamins and minerals preparations I have used before, with the FitLine® products I feel for the first time that the products are working quickly and effectively. I am completely convinced of the effectiveness of the FitLine® products and therefore also recommend them to my friends and sporting colleagues."

FitLine® Team: Velmark d.o.o.- M. Vesleski / MWM Int. GmbH Martin Majhenic

TORSTEN MALLON

- Speed Surfing:** 2003 German Champion Speed Surfing,
Champion of Int. Speedweek DK - Hvide Sande
- 2002 German Vice-Champion Speed Surfing
- 2001 German Vice-Champion Speed Surfing
- 1998 Champion overall in the German Speed Surfing year's ranking
Champion of several Speed Surfing regattas



Germany



Use of FitLine® since: July 2003

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Restorate, Protein-Ultra

"The effect is convincing; during preparatory training, I took FitLine® Protein-Ultra bars and Restorate more often for endurance training and cross-country running. Within a short period of time I noticed that strength and energy were returning, the recovery period also became shorter. During competitions, I ate a Protein-Ultra bar during the breaks and, in addition, took Activate®, to enable me to concentrate optimally. After taking them I always felt full of energy, and experienced no loss in performance whatsoever during the course of a competition day, but my achievement levels remained consistently high, as the results show.

Conclusion: By supplementing my nutrition with FitLine®, my preparation period was excellent with clear increases in performance during training. During competition my achievement level remained at a constantly high level during the whole competition period, as the first place in all the races shows. The FitLine® products have helped me to successfully apply my training achievements to competition."

FitLine® Team: Henri Diederich

SUSANN BARKAWITZ

- Fin Swimming:** 2003 European Champion 100 m DTG (pressurized snorkel)
German record holder 100 m, 400 m, 800 m DTG
- 2002 World Championship 4th 100 m DTG
- 2001 European Championship 100 m DTG
- 2000 World Championship 4th 100 m DTG
- 1999 European Champion 100 DTG
European Championship 3rd 400 m DTG



Germany

Use of FitLine® since: June 2003

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies, Protein-Ultra, Deoral

"The most important thing about fin swimming is endurance. The FitLine® products help me with this as my performance remains constant even towards the end of an event. After an event or training I regenerate considerably more quickly thanks to Restorate, which also means that I suffer from fewer muscle aches and cramps. My immune system has improved a lot - there is no trace of colds any more."

FitLine® Team: Guido Rickenmann / Peter Wittwer

duathlon



KARIN THÜRIG

Duathlon: 2003 World Championship 4th (short distance Affoltern a.A.)



2002 World Champion (long distance Weyer, Austria)

European Championship Zeitz 4th

Swiss Master

2001 World Champion (long distance Venray, NL)

World Cup Champion overall

Triathlon: 2003 Ironman Hawaii 6th

2002 Won Ironman France, Hawaii 8th

2001 Swiss Championships bronze Medal

Cycling: 2003 Twice World Champion (track Aigle/Stuttgart 3000m)

World Championship 4th (against clock, Hamilton)

2002 World Championship Zoldern bronze Medal single

against the clock

Swiss Champion singles against the clock

2001 Swiss Vice-Champion singles against the clock

Use of FitLine® since: Summer 2001

FitLine® products used: Basics® Balance (Basics® BIO PLUS), Activize® OXY, Fitness-Drink, Restorate, Quickies, Emusol Q10

"In the last few years, I often had a bit of a cold and slight infections during the long season. Since I started taking the FitLine® products, these symptoms have completely disappeared. I feel good overall and no longer want to be without the FitLine® products."

FitLine® Team: Marcel Felder

triathlon



ARIANE SCHUMACHER

Duathlon: 2003 Swiss-Cup 1st once, 2nd once



2002 Swiss-Cup 2nd,

Powerman Belgium/Italy/Zofingen, always 2nd

2001 World Championship 11th (long distance)

Powerman Germany 2nd, Zofingen 3rd

Triathlon: 2003 Swiss Vice-Champion (team against the clock)

2 Triathlon victories

2002 World Champion (Team - Venray NL)

Ironman Roth 6th


Use of FitLine® since: September 2002

FitLine® products used: Basics® Balance (Basics® BIO PLUS), Activize® OXYPLUS, Fitness-Drink, Restorate, Antioxy (Zellschutz), Protein-Ultra, Fitness-Crisp

"Ever more frequent stomach complaints meant I had to completely do without vitamin tablets. My colleague, Karin Thürig, drew my attention to the FitLine® products. Taking vitamins in liquid form is very easy on the stomach and their absorption is increased. My stomach problems have disappeared and I feel well all-round. I am able to perform better and, in particular, am more resistant."

FitLine® Team: Marcel Felder / Daniel Hayoz

STEFAN PATERNOSTER

- Triathlon:** 2002 Austrian National Champion under 23
Austrian Champion 4th (Elite)
-  2001 National league, team SC Riederau 3rd and best starter in the league
German Championships 22nd
- 2000 National league, team SC Riederau 2nd
European Cup Schliersee 18th

Use of FitLine® since: October 2002

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies




"As triathlon demands a lot of endurance, the VO₂max values are just as vitally important as the maximum availability of power at a low body weight and the ability to regenerate quickly. The FitLine® products helped me to improve my ability to concentrate and I feel I can breathe more easily, although I have only been taking the products for a few months."

FitLine® Team: Michael Heinisch / Klaus Ruscher



ANJA HEIL

- Triathlon (olympic):** 2002 German Vice Champion
German Champion team
-  2001 European Cup, overall 2nd,
Ponte Delgada 2nd and
German Open in Hanover 3rd
- 2000 German Championship 3rd,
European Cup in Ploermerel and Kapelle 1st,
ITU Races in Zundert 2nd
- 1999 European Championship team
German Vice Champion
European Cup Top 4 Tour and
ITU Races in Zundert 2nd

Use of FitLine® since: May 2002

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies, Emusol Q10

"I find FitLine® Restorate and Activate® OXYPLUS have become indispensable as my legs are simply more prepared to work on the 'day after' due to the quick regeneration with FitLine® Restorate plus Iron, and I have fewer cramps. Activate® OXYPLUS gives me the feeling that I have increased performance and it is the Number One hit. With Activate® OXYPLUS I can concentrate better, even in the evenings and even before a third or fourth intensive training unit, my desire to become active increases noticeably. The Quickies are also really tasty. All-in-all the FitLine® products are all easy to digest, refreshing, tasty and quite simply part of optimal daily nutrition."

FitLine® Team: Jörg Wirth / Susanne Bendusch

triathlon

PETER STALLKNECHT

Triathlon: 2003 World Championship Winter Triathlon (cross-country/
MTB) 7th (AK55)



Germany

2002 German Vice-Champion Winter Triathlon (AK55)

2000 Ironman Austria 1st, Lanzarote 2nd,
Hawaii 7th (AK55)

Use of FitLine® since: May 2003

FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS,
Fitness-Drink, Restorate, Quickies, Protein-Ultra



"Triathlons as an Olympic discipline are characterized particularly by high physical and mental strain. On the Ironman distance, extreme demands are placed on stamina. During the preparation phase training lasting up to and over 20 hours/week is not unusual. Since I have been taking the FitLine® products I feel physically and mentally much more fit. I regenerate significantly better and quicker after training and competition units and my digestion and intestines work much better. The FitLine® products are very easy on the stomach in contrast to other preparations."

FitLine® Team: Ekkehard Happach / Michael Heinisch

ACHIM HEUKEMES

Ultra Marathon: 2002 Second fastest 1,000 mile (1,600 km)



Germany

runner in the World on the road in 11 days, 18 hours, 30 min
DUV honorary award

2001 German Champion 24 hour run
Crossing Germany
(lowest - highest point)
1,154 km (717 miles) in 6 days,
21 hours, 15 min (best time in the world)
DUV Sportsman of the Year

2000 German Champion 24 hour run
Crossing Europe Northern Cape - Sicily
5 735 km (3 564 miles) in 55 days, 6 hours, 45 min
(best time in the world)
DUV Sportsman of the Year



Five time German record holder in 48 hour (road and track) and 6 day runs, 1,000 km and 1,000 miles

Use of FitLine® since: February 2001

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Restorate

"FitLine® - an important building block for me to hold my own among the top extreme runners in the world. Before training on a morning, FitLine® Basics® BIO PLUS is a 'must' for me. As a result, my body is detoxified much better than it used to be. After tough training units I drink Restorate before going to bed at night. This helps me to recover more quickly and I am fit again in the morning. Activate® is simply for power. So, for me an important building block to sporting success. My life's motto, 'Never give up and push the limit, be first'."

FitLine® Team: Hildegard Bayerlein



SIMONE KAYSER

Marathon: 2003 Champion Grand Raid Ile de la Réunion

2002 Champion Marathon des Sables

Champion Trail du Verdon

2001 Grand Raid Ile de la Réunion 2nd

Use of FitLine® since: December 2001

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Antioxy (Zellschutz), Emusol Q10, Protein-Ultra

"I can concentrate much better and am far more resilient. My body regenerates more quickly, i.e. during great physical strain it does not take as long for me to be prepared to run again. Moreover, since I have been taking it, I have suffered no more muscular injuries."

FitLine® Team: Claude Simon / Erw Barthel

SKI ZWIĄZEK LEKKIEJ ATLETYKI
 Centralny Związek Lekkiej Atletyki
 ul. Młocznarska, 41, 01-005 Warszawa, tel. 22 629 10 00



Prezident: Marek Prorok
 Zarząd: Marek Prorok, Andrzej Krawiec, Andrzej Krawiec, Andrzej Krawiec



Tadeusz Osik
Head Coach
Men's National Team

Dr. Marek Prorok
Chief Medical
Consultant of PZLA

MW International GmbH
 c/o MW Team Dr. G. Schmitt, F. Weber
 Altheimstraße 14
 D-47127 Flensburg

Warszawa, dn. 27.01.2002

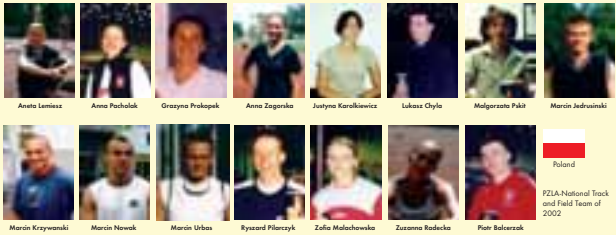
Test program preparing for the European indoor
 Championship in 2002 with FitLine® products

„I was able to convince myself that the FitLine® products are manufactured and checked according to the strict GMP and ISO guidelines. In my long experience as head physician responsible for the Polish Track and Field Association, I can assure you that this method of procedure is absolutely atypical for the nutritional supplement branch.

- a lot of the top athletes improved their personal best times
 - new national and European records were set
 - Poland secured third place in the medal table in the European track athlete championships for the first time in the history of the PZLA (best placement before now was 10th place in the medal table).
- The athletes, the medical advisors and I clearly attribute these results to using the FitLine® product line....

The FitLine® products completely fulfill the requirements set forth.
 I look forward to working with you and the FitLine® Team in the future

MW International GmbH
 Dr. Marek Prorok



Aneta Lemiesz Anna Pacholak Grazyna Prokoplek Anna Zagarska Justyna Karolkiewicz Lukasz Chyla Malgorzata Pakit Marcin Jedrusinski

Marcin Krzywanski Marcin Nowak Marcin Urbas Ryszard Pilarczyk Zofia Malachowska Zuzanna Radecka Piotr Balcerzak

Poland

PZLA-National Track and Field Team of 2002

FitLine® Team: Fam. Jankowski / MWM Int. GmbH Martin Majhenic





MICHAELA SCHEDLER

- Athletics (track and field):**
- 2003 German Junior Champion Track 10000 m, 6.2 miles (34:44)
 - German Junior Champion Cross-Country (5.7 km, 3.5 miles, 22:11)
 - German Half Marathon Championships 3rd (Juniors - 1:19:36)
 - European Championships under 23 9th place 10000 m, 6.2 miles, (Juniors - 34:22)
 - 2002 German Cross-Country Championships 2nd (Juniors)
 - German Half Marathon Championships 3rd (Juniors)
 - German Marathon Championships 8th (Women)
 - German Cross-Country Cup Champion (Women + Juniors)

Use of FitLine® since: February 2001

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restore

"Particularly in endurance sports many kilometers must be completed in all weather conditions. That increases the susceptibility to infections and colds. Since I started taking the FitLine® products, I have been ill less often. I recover more quickly and can train better."

FitLine® Team: Werner Dörrenbächer / Helmut Bechtel

STEFAN GROB

- Athletics (track and field):**
- 2002 German Vice-Champion half marathon team and singles, 9th (1 h 06 min 03 s)
 - German Championship Marathon, 5th (2 h 21 min)
 - German Championship 10,000 m, 7th (29 min 37 s)
 - 2001 German Championship Marathon 8th (2 h 22 min 23 s)
 - South German Champion over 5,000 m (14 min 22 s)
 - Champion Half Marathon Hanover (1h 06 min 32 s)

Use of FitLine® since: April 2001

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Restore, Quickies Emusol Q10

"After a five month pause due to an injury in the 2001 season, I was later able to improve my performance (my former marathon best time was at 2 h 37 min) and I attribute this to taking the FitLine® products. My ability to regenerate between hard training units and competitions has noticeably improved. And the constant colds and infections are now a thing of the past. Over the distance of 10,000 m (6.2 miles), for example, I was able to increase my personal best time from 30 min 43 s to 29 min 48 s. As long as I have been taking FitLine® products, I have felt much better all around and much more able to perform. In the 2002 season I was able to further improve my best times, for example over 5,000 m (3.1 miles) from 14:22 min. to 13:55 min. and over 300 m (328 yards) from 8:17 mins to 8:05 min."

FitLine® Team: Kurt Metzler / Hans-Jürgen Thomas / Helmut Bechtel



JAN SCHNEIDER

- Athletics/ 400 m Hurdles:**
- 2003 German Championship Bronze medal
 - 2002 German Championship 5th
 - 2001 German Champion
 - University World Cup reached semi-final in PB 49.63 sec
 - 2000 German Vice-Champion (50.11 sec)
 - 1999 German Championships 3rd
 - University World Cup reached semi-final (49.89 sec)

Use of FitLine® since: December 2001

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restore, Quickies

"The FitLine® products have really struck a chord. I have a top endurance result (VKB4-Test 5x800 v. 3.5-4.5 m/s.) of 5.96 m/s. In the 13-Test (6x400 at P:10') I achieved the result 54.95 seconds. The 12 mmol lactate and 12 tests (3 x 400 P:20') resulted in the figure of 49.72 seconds. I had never achieved these results in the last 4 years. My hidden reserves have been clearly activated by the FitLine® products. There is an awful lot of training, especially for 400 m hurdles and this demands a lot from the body, but it is no longer a problem to complete a training block of 14 units without injury. I have achieved the best results with the FitLine® product line as far as strengthening and stabilizing my immune system and preventing illness and injury are concerned."

FitLine® Team: Dieter Langenbach / Carsten Ledulé



THOMAS HÖLLBACHER

- Judo:** 2003 Austrian Championship Bronze medal,
New York Open Championships 5th
-  2002 Austrian Vice-Champion,
German Federal League JC-Leipzig
- 2001 Austrian Vice-Champion
- 2000 Austrian Champion,
Students World Cup 9th


- Use of FitLine® since:** March 2003
- FitLine® products used:** Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Emusol Q10, Shakes



"I had been looking for an optimal food supplement for a long while. The market is very big and everyone promises that their products are the best. When I decided on the FitLine® products, all my doubts were dispelled immediately. I was informed very precisely and personally about the details of the products. Especially in Judo high-quality nutrition is very important because of the weight categories. As I always have to loose weight for a competition, without detrimentally affecting my energy resources, I need very high-quality products to prevent my performance levels from declining. Since I have started taking the FitLine® products I have been able to notice a quicker regeneration period. This allows me to increase the intensity of training. I was particularly surprised by Activate® OXYPLUS and Restorate. Especially Restorate makes it possible for me to regenerate in the best possible way after tough training units by sleeping calmly and deeply. Knowledge of the absolute purity of the FitLine® products is another very important reason for me as a athlete to trust these products."

FitLine® Team: Otto Rottmann

VOLKER HEYER

- Judo (+ 100 kg):** 1999 Participation in World and European Championships
-  1998 European Championship Bronze medal
- 1997 European Vice-Champion
- European Cup Winner three times (94/96/97)
- German Champion five times (1993-1997)

- Use of FitLine® since:** September 2003
- FitLine® products used:** Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Omega 3 + E

"The sport of Judo places complex requirements on its athletes. Along with coordination and technical ability, endurance strength, quick strength and aerobic and anaerobic endurance ability have to be trained. After numerous injuries I felt so drained that I no longer felt up to the huge range of training and ended my career. No vitamin and mineral preparations or protein shakes helped me at that time. Last year I was introduced to the FitLine® products. Shortly after starting to taken Activate® OXYPLUS, Basics® BIO PLUS and Restorate I noticed the changes in my body. My ability to concentrate and recover increased noticeably and I have more energy for the next tasks. Alongside my usual professional job I was able to pick up a training program with one to two training units a day again. Through the improved ability to regenerate, I can cope with tougher units again, also because the susceptibility to infection is massively reduced by the improved immune defenses. Thanks to the FitLine® products I have again set myself sporting objectives."

FitLine® Team: Udo Schmidt / Dirk Theobald



JURIJ KOHL

Wrestling
(Greek-roman,
63 kg, 139 lb):



Germany

- 2003 German Champion
- 2002 German Vice-Champion 60 kg member of German national team
- 2001 European Championship 63 kg 5th, German Champion 63 kg, competed in World Championship 63 kg
- 2000 German Championship 63 kg and European Police Champion 63 kg
- 1995 Vice Junior World Champion
- 1993 European Championship bronze medal (youth)

Use of FitLine® since: February 2002

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies, Shakes

"The FitLine® products have helped me the most as far as the aspect of regeneration during training phases is concerned, so that my recovery periods have become shorter. In addition, I can cope much better with longer endurance units and feel, in general, more awake and less tired. I have achieved particularly good results with the FitLine® Gourmet Shakes to lose weight, which is very important in my sport."

FitLine® Team: Werner Dörrenbächer / Kurt Metzler

ISMAIL BAYGUS

Wrestling 2003 German Champion
(Greco-Roman, 2002 German Champion
66kg, 146 lb): 2001 German Champion (Juniors + Seniors)
 World Championship 9th (Juniors)



Germany

Use of FitLine® since: February 2003

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies, Protein-Ultra

"Since starting to take the FitLine® products, I have not been ill. I feel stable and fit, am no longer as tired and am more motivated to train. Above all, I enter a fight with a lot more self confidence. And after a competition, I regenerate more quickly, also still feel fit after a fight."

FitLine® Team: Jürgen Stein / Peter Schneider



KONSTANTIN SCHNEIDER

Wrestling 2003 German Champion
(Greco-Roman 2002 World Championship 7th
74 kg, 163 lb): European Championship 6th
 German Champion
 1995 World Vice-Champion (Juniors)



Germany

Use of FitLine® since: February 2003

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies, Protein-Ultra

"In our sport, power, endurance strength, quick strength, condition and concentration are the decisive criteria for achieving success. The FitLine® products provide me with the right support - my muscles cope better with heavy strain, during a contest I can maintain my performance level better and regeneration is quicker afterwards. One thing is clear - the FitLine® products taste better, work better and work more quickly than the products I knew before."

FitLine® Team: Jürgen Stein / Peter Schneider

Wrestling



TOMAZ BARADA

Kick Boxing:	2000-2002	World Champion Slight Contact (WAKO PRO)
	1998	World Cup Champion overall, European Champion, American Champion
	1995+1997	World Champion (WAKO / IAKSA)
	1994+1996	European Champion (IAKSA / WAKO)



Tae Kwon Do:	2003	World Champion
	2001	World Champion, King of Tae Kwon Do
	1999	World Champion, King of Tae Kwon Do
	1996-1999	European Champion
	1994	World Vice-Champion, European Champion
	1993	European Champion

Use of FitLine® since: February 2003
FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restore, Quickies, Protein-Ultra

"Of decisive importance for me in both Kick Boxing and Tae Kwon Do are speed, reaction times, concentration and condition. Since I have been taking the FitLine® products I have had neither muscle cramps or aches, I am noticeably more able to cope with strain during training and at competitions and my recovery periods have become really short.

My RQ value (respiratory quotient, i.e. the ratio of oxygen breathed in to carbon dioxide breathed out) has already improved.

I have experienced a lot in the past, but have never had results like these even with much more highly dosed products. The FitLine® products are a super professional support for me and therefore there are a lot of customers and athletes in my club, who regularly buy the FitLine® products."

FitLine® Team: Velmark d.o.o.- M. Veleski / MWM Int. GmbH Martin Majhenic

XHAVIT BAJRAMI

Karate / Kick Boxing:	2003	K1 "Andy Hug" Memorial Basel 2nd
	2002	K1 Europe, Croatia 2nd
	2000	K1 Europe, Croatia 2nd
	1999	Winner K1 Fukuoka, Japan
	1996+1997	Swiss Champion Karate twice and Kick-Boxing once



Use of FitLine® since: August 2003
FitLine® products used: Basics® Balance (Basics® BIO PLUS), Activize® OXY, Fitness-Drink, Restore, Antioxy (Zellschutz), Protein-Ultra, Fitness-Crisp


"Very shortly after starting to take the products a shorter recovery period and therefore quicker regeneration became noticeable. I feel fitter since I started taking FitLine® and I notice my stamina has increased. I can no longer imagine day-to-day life without FitLine® products."

FitLine® Team: Monika Chaalia / Daniel Hayoz

HANSI HINZ

(German National Trainer VWS e.V.)

Tae Kwon Do / Kick Boxing:

 World Champion 4 times, World Vice-Champion Break Test
European Champion 3 times, European Cup Winner 5 times,
Germany German Champion 20 times
1979-1990 National Team WAKO/WKO
3rd Dan Tae Kwon Do and 6th Dan Kick Boxing
Successes of pupils trained: 5 World Vice-Champion
46 European Champions, 180 German Champions



Use of FitLine® since: July 2002

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Antioxy (Zellschutz), Emusol Q10

"Since I have been using the FitLine® products, many of the so-called secondary injuries (often caused by deficiencies) are a thing of the past. The speed of my, and the team's, regeneration has increased noticeably through regularly drinking FitLine® Restorate. My susceptibility to colds has become considerably less and through Activate® OXYPLUS not just my concentration has improved but I also have a feeling of mega power."

FitLine® Team: Dr. Rosel Jäger



KOK YENG CHOW

Martial Arts: Founder of the world-wide unique system which combines different styles of martial art in an ideal way
Grand Master of Chinese martial arts
Representative of Chin Woo Athletic Association
World Chairman of Swiss Chin Woo Union and trainer of Chin Woo school directors



Switzerland

Use of FitLine® since: August 2003

FitLine® products used: Basics® Balance (Basics® BIO PLUS), Activate® OXYPLUS, Restorate, Antioxy (Zellschutz), Emusol Q10, Protein-Ultra

"I always assumed my healthy (predominantly Chinese) diet, daily physical and mental training with Kung-Fu, Tai Ji and Qi Gong would be completely sufficient. I have been taught otherwise. My first key experience was with FitLine® Activate® OXYPLUS. Despite my initial, great skepticism, my well-being, my concentration, my performance and vitality have become essentially better within a really short period through the FitLine® micronutrition products. I can regenerate much more quickly, in addition I sleep more deeply and restfully. I also always take them with me on my regular trips home to Malaysia/China. After a strenuous 13-hour flight I feel fit and balanced again quickly. The FitLine® products support our philosophy of holistic soul/spirit/thoughts in the Asian world in an ideal way and are optimally suited to the traditional Chinese art of remaining healthy. As a healthy spirit can only live in a healthy body."

FitLine® Team: Walter Borter



CHRISTIAN UNTERNÄHRER

Badminton: 2003 Swiss Champion (singles),
Bronze medal (doubles)
2002 World Championship 25th (team)
European Championship 6th (B team)
Swiss Championship 5th (singles)
Since 2000 National player



Switzerland

Use of FitLine® since: January 2003
FitLine® products used: Basics® Balance (Basics® BIO PLUS),
Activize® OXYPLUS, Fitness-Drink,
Restorate, Quickies

"Due to a stay in China for training I had to take food supplements. Pure luck initiated the contact to Anij Bürgler. Particularly FitLine® Restorate has convinced me. Thanks to this my legs are no longer tired a day later, even when training has been particularly hard. And I have also had exclusively good experiences with the Quickies; after one snack bar you quickly get out of a temporary low and it even tastes good!"

FitLine® Team: Anij Bürgler

NORBERT STRAUB

Squash: 2000/2001 Rosenheim 1st League
1996-2000 Neugablonz 1st League
1998 European Vice-Champion and
Austrian Champion
(team with Red Bull Reutte)



Germany

Use of FitLine® since: September 2003
FitLine® products used: Basics® BIO PLUS,
Activize® OXYPLUS,
Fitness-Drink, Restorate,
Quickies, Protein-Ultra



"In squash the tendons, ligaments and joints are subjected to particular strain. We experience a high heart rate over a long period, but the most important factor is the extreme concentration. The FitLine® products support me in these requirements as my regeneration period after competition or training has reduced considerably, my muscles do not tire as quickly and fewer muscle cramps and tension occur. My achievement level remains stable for the whole time. My digestion has improved. Taking other supplements, as, for example, Wobenzym, did not yield a result nearly as good!"

FitLine® Team: MWM Int. GmbH Martin Majhenic

roller skating

FRANK ALBIEZ

Artistic

Roller Skating



Germany

- 2003 World Vice-Champion figure, World Championship bronze medal combination, 8th place free; European Champion figure and combination, European Vice-Champion free
- 2002 World Champion combination, World Championship 5th figure, 7th place free; European Champion figure, European Vice-Champion combination, 5th free; German Champion figure, free and combination
- 2001 World Vice-Champion figure and bronze medal combination, European Champion figure and combination 4th free, German Champion figure, free and combination



Use of FitLine® since: July 2003

FitLine® products used: Basics® BIO PLUS, Actimize® OXYPLUS, Fitness-Drink, Restore, Quickies, Protein-Ultra, Fitness-Crisp

"In artistic roller skating, endurance, quick strength and leg power are particularly important. By taking the FitLine® products, my immune system has become stronger and my endurance has improved. My performance level also remains extraordinarily constant at contests and during longer training periods."

FitLine® Team: Susanne Raber



DANIEL MÜLLER

Artistic

Roller Skating



Germany

- 2003 World Championship 5th place figure, 7th combination, 11th free; European Championship 4th figure and combination, 6th free
- 2002 World Championship bronze medal figure, 4th combination, 15th free; European Championship 4th figure, 5th combination and 8th free
- 2001 World Champion figure, 5th combination, 20th free; European Championship bronze medal figure and combination, 7th free
- 2000 World Champion 6th figure and combination, 15th free; European Vice-Champion figure, 7th combination, 10th free

Use of FitLine® since: July 2003

FitLine® products used: Basics® BIO PLUS, Actimize® OXYPLUS, Fitness-Drink, Restore, Quickies, Protein-Ultra, Fitness-Crisp

"Artistic roller skating can be compared to a sprint for 4 minutes. The FitLine® products help me when skating to maintain my performance level during the whole training session without tiring. My heart rate is also noticeable lower during the same strain. Thanks to Restore I regenerate again very quickly after training and muscle tension or cramps fail to materialize."

FitLine® Team: Susanne Raber

ESTHER WEBER-KRANZ

Fencing with Handicap

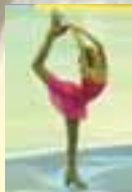
- (épée and foil):**
- 2003 European Vice-Champion épée (individual), EM Bronze medal épée (team), EM Bronze medal foil (individual)
 - 2002 World Vice-Champion épée (individual), World Vice-Champion foil (team), World Champ. Bronze medal foil (individual)
 - 2001 European Vice Champion foil (individual), European Championship Bronze medal twice (team)
 - 2000 Silver medal twice and Bronze medal twice, Paralympics in Sydney (individual and team)
 - 1990-1998 17 medals at World and European Championships

Use of FitLine® since: May 2000

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restore, Antioxy (Zellschutz), Deoral, Shakes

"Since I have been taking the FitLine® products, my general well-being in regard to physical and mental condition has improved tremendously. In general, I am much more able to perform, and I feel well prepared for the tasks of everyday life like family, etc. Thanks to Deoral I can breathe much better, and the factors determining performance, like susceptibility to infections and injuries, regeneration, maintaining performance during contests, have all shifted into the positive. Also the ability to concentrate, especially during contests, has hugely increased. I no longer want to do without FitLine® products."

FitLine® Team: Monika Resch / Hans Reh



FABIENCE BOSSHARDT

Ice Skating: 2002/2003 Winterthur Pirouettes-Contest 1st, Zuri-Leu-Cup 4th, Swiss Championship 5th (SEV youth)



Switzerland

Use of FitLine® since: October 1999

FitLine® products used: Activate® OXY, Fitness-Drink, Antioxy (Zellschutz), Protein-Ultra

"I usually go straight from school to training and do my homework on an evening when I get home. I still find a bit of time for my friends. I take FitLine® Fitness-Drink for my agility, which is very important in ice-skating. Every day I eat a Protein-Ultra snack bar (tastes really good), which has had a highly beneficial effect on my musculature. My body has to deal with a lot of impact when landing after double jumps. For at least 4 years I have not been ill. As ice-skating is a passion of mine, the time pressure doesn't bother me and taking FitLine® products certainly supports my ability to persevere."

FitLine® Team: Myriam Bosshardt

JEFF HENCKELS

- Archery:**
- 2002/2003 World Championship Nimes 11th (indoor), World Championship New York 14th (outdoor), Olympic participation
 - 2002 Vice Champion Cup Clès Italy (juniors), European record and achieved same result as world record Grand Prix Porec 11th, Croatia (senior youth), Achieved level of European record, 671 points, and national record, 337 points University World Champion
 - 2001 Vice Champion Indoor International, World and European record (juniors)

Use of FitLine® since: January 2002

FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restore, Antioxy (Zellschutz)

"I can concentrate much better and start to perform more quickly again after strenuous activities. And what's more, since I have been taking FitLine® products I have had no more muscular injuries."

FitLine® Team: Tom Henckels / Claude Simon



ALBERT LEICHTFRIED**Ice Climbing:** 2003

Austria

2001/2002 World Championship Ice Speed 5th,
Eiskönig (Ice King) Austria 4th

Use of FitLine® since: April 2003

FitLine® products used: Basics® BIO PLUS,
Activize® OXYPLUS,
Fitness-Drink, Restorate,
Antioxy (Zellschutz) light



"Through the FitLine® products I have the opportunity to train harder and more intensively, as my ability to regenerate is clearly higher. This inevitably results in an improvement in performance. A side-effect is that I simply feel good and fit with the products which I definitely recommend."

FitLine® Team: Vroni Gulfer / Susanne Raber**THOMAS HAFNER**

Dog Sled: 2002
(Pulka 1-2 Huskies) 2001



Germany

2000
1996-1999
1995-1999

Won 5 World Cup races, or was runner-up
German Vice Champion
4 times Champion in different races
WM 4th, German Vice Champion
European Champion 4 times
German Champion 5 times

Use of FitLine® since: January 2001

FitLine® products used: Basics® BIO PLUS, Activize® OXY,
Fitness-Drink, Restorate, Quickies



"Immediately after starting to use FitLine® products, I was able to overcome a bad cold much faster and without any noticeable drop in performance during the competition. Since I have been taking the FitLine® products, I do not feel as tired and exhausted after training or contests. In two consecutive months I was able to win four races and I became German Vice Champion. All told, my performance during training or contests has stabilized at a level that I had never experienced before."

FitLine® Team: Udo Schmidt



DANIEL WEBER / GABRIELE CÉCILE WIDMER

- Ski-diving:** 2003 World Championship France 8th
 Swiss Champion
 German Champion
 Austrian Vice-Champion
 2002 Swiss Vice-Champion
 European Championship Spain 6th



Switzerland

Use of FitLine® since:
FitLine® products used:

August 2003
 Basics® Balance (Basics® BIO PLUS), Activize® OXY, Restorate,
 Antioxy (Zellschutz), Shakes, Emusol Q10, Activizer



Daniel Weber

"At the beginning of the training week for the World Championship 2003, Gabi introduced me to the FitLine® products. At first, I reacted with skepticism to the "drinking plans." The whole story gave me the same impression as all other sport and vitamin supplement drinks. But I changed my opinion soon afterwards. Shortly before the World Championship started I noticed beneficial effects, felt really fit. Mentally and physically I was very strong."



Gabriele Cécile Widmer

"My two teammates drew my attention to the FitLine® products. After receiving sufficient information, I decided to test the products immediately at the World Championships 2003 with Daniel one on one. The result: I was able to show my full ability physically and mentally. As we had massive problems at the European Championship last year with our mental and physical state we think that the FitLine® products played an important role."

FitLine® Team: Annemarie Caballero

ROSI BRAMS

- Hang-g-liding:** 2002 World Champion Team
 2001 German league, 3rd
 2000 World Champion Team and German League, 3rd
 1998 World Champion Team and German Champion
 1996 World Champion Team and Vice World Champion (alone)



Germany



from left to right: Monika Schönsteiner, Rosi Brams, Corinna Schwiegershausen, Regina Glass, Gudrun Maier, Sibylle Baeumer-Fischer (lying at the front)

World Record over 150 km FAI (Federation Aeronautic International) at speed

- Use of FitLine® since:** June 2002
FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate, Quickies

"My general ability to perform has increased with the FitLine® products but I have also experienced a clear increase in my ability to concentrate, which is especially important for hang-gliders. Particularly during long flights, I am much better able to concentrate."

FitLine® Team: Wolfgang Weise

**MONIKA SCHÖNSTEINER**

- Hang-g-liding:** 2002 World Champion Team
 2001 Ladies and Junior Challenge 3rd
 2000 World Champion Team
 1999 German Open 3rd
 1998 Ladies- and Junior Challenge 1st



from left to right: Corinna Schwiegershausen, Sibylle Baeumer-Fischer, Regina Glass, Rosi Brams, Monika Schönsteiner, Gudrun Maier



Germany

- Use of FitLine® since:** June 2002
FitLine® products used: Basics® BIO PLUS, Activize® OXYPLUS, Fitness-Drink, Restorate, Quickies

"During competitions I felt really good thanks to the FitLine® products and had a feeling of being fully cared for. My concentration remained strong during the flights and I had no tension in my neck and shoulders, as I did so often when hang-gliding. A pleasant side-effect of taking the FitLine® products is that my fingernails have become harder and my hair stronger."

FitLine® Team: Wolfgang Weise

ALFONS BRANDL

Sport Bowling: 2003 German Champion, seniors A (single)
 2002 German Champion, seniors A (single)
 2000 German Champion (team)
 since 1983 First German League and team captain,
 over 400 competitions in German national league and 10 in
 country team.



Germany

Use of FitLine® since: August 2003
FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS,
 Fitness-Drink, Restorate, Quickies, Protein-Ultra



"Competitive bowling depends particularly on condition, concentration and an even rhythm. The FitLine® products have created a good, enduring ability to concentrate in stressful situations and stamina in me and this despite longer competitions. Furthermore, my metabolism has become very good in the meantime, I sleep in a more relaxed way and my ability to regenerate has also improved considerably. Up to now I occasionally suffered from over-acidity in the stomach - with the FitLine® products these problems have disappeared in general. In conclusion, it can only be said that I have again learned to develop a more sensitive consciousness to my body thanks to the FitLine® products and have been able to further improve my performance levels."

FitLine® Team: Lothar Simbrüger / Karl Prieschl / Christine Walter



KARL GEIER

Sport Bowling: 2003 Champions League Italy, winner
 2002/2003 German Vice-Champion (team)
 2002 World Cup Rumania 2nd
 2001/2002 German Champion (team)
 2001 World Cup Germany 1st
 2000 World Championship 3rd (single)



Germany


Use of FitLine® since: August 2003
FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS,
 Fitness-Drink, Restorate, Quickies, Protein-Ultra

"Competitive bowling is mainly a question of concentration and fitness. When bowling the ball, five times the body-weight rests on the right leg. The FitLine® products help me to regenerate more quickly and the muscles to recover more swiftly. My digestion is now optimally adjusted. I sleep much better and am more balanced throughout the day. And there is no longer a trace of the muscle inflammation in my shoulder."

FitLine® Team: Lothar Simbrüger / Karl Prieschl / Christine Walter



FABIEN SIMON


	2002/2003	National Champ. Lux. under 21, Cup winner: team
	2002	National Champion Lux. (under 21 and team) and 3rd (senior youth), Cup Champion, Top12 5th (senior youth)
	2001	National Champion Luxembourg (under 21 and team), Cup Champion

Use of FitLine® since:	September 2001
FitLine® products used:	Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Antioxy (Zellschutz), Deoral, Shakes, Quickies

"I am completely convinced of the effectiveness of FitLine®. As I play table tennis for up to 6 hours a day and also complete endurance training, I use Antioxy/Restorate for regeneration and have had super successes with that. The taste, effect and digestibility cannot be beaten."

FitLine® Team: Sonja und Claude Simon

JENNIFER NICLAS

Golf:	2002	Int. Luxemburg Championship, 5th
	2001	German ranking 2nd inclusion in the German national team

Germany

Use of FitLine® since:	July 2001
FitLine® products used:	Basics® BIO PLUS, Activate® OXYPLUS, Fitness-Drink, Restorate, Quickies

"Professional golf championships are particularly taxing on the back, leg and arm muscles. Specifically, a good ability to concentrate is equally decisive in golf.

I feel mentally and physically fitter and more active since I started taking the FitLine® products. I have fewer occasional aches and pains than I used to. The FitLine® products noticeably supported my recovery and the build-up phase after the end of the tough season to fully motivated me again to prepare for the next season with fresh verve. Especially in fitness and power training I have coped much better with the intensive strain than I often used to. Simply great!"



GERHARD HASPEL



Ski rolling/
Cross-Country Skiing:



Germany

2003	German Cup Ski Rolling SC Wiesloch Winner
2002	German Cup Ski Rolling 2nd overall
2001	German Champion Cross-country flat and long- distance
2000	German Champion
1997-1999	German Grand-Prix Champion
1996	Vice European Champion, World Cup 4th overall

Use of FitLine® since: August 2002
FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS,
 Fitness-Drink, Restorate, Quickies, Deoral,
 Emusul Q10

"In my sport the emphasis is mainly on endurance and, in this, Fitline® Restorate, among others, helps me to recover more quickly. I have also been able to achieve better training results by taking Activate® OXYPLUS as it improves my concentration and performance ability. All told, I feel great with the FitLine® products. My immune system has also strengthened considerably."

FitLine® Team: Sabine Fleschutz

STEPHANIE PIPKE

Inline skating:

2002	German Champion in half marathon and double marathon (AK 30)
2001	European Champion marathon (AK 30) German Champion 3 times (half marathon, marathon, double marathon AK 30)



Germany

Use of FitLine® since: August 2002
FitLine® products used: Basics® BIO PLUS, Activate® OXYPLUS,
 Fitness-Drink, Restorate, Quickies



"Inline skating, due to many changes in pace, depends above all, on power, endurance and on the ability to cope with stress during a race and with the help of the FitLine® products, I have become a lot more efficient and can recover more quickly. I simply feel great with the FitLine® products."

FitLine® Team: Roger Matt

Medals at the Olympic Games Sydney 2000 - and we were there with FitLine®!

Gold



Robert Bartko	Cycling Individual Pursuit	Germany, BDR
Guido Fulst / Robert Bartko / Daniel Becke / Jens Lehmann	Cycling Team Pursuit	Germany, BDR
Jan Ullrich	Cycling Individual Road Race	Germany, BDR
Hochschorner/Hochschorner	White Water Kayak Team	Slovakia
Igors Vihrovs	Gymnastics Individual Floor	Latvia
Andrei Lavrov	Goalkeeper of the Handball National Team	Russia

Silver



Stefan Nimke	Cycling Time Trial	Germany, BDR
Jens Lehmann	Cycling Individual Pursuit	Germany, BDR
Jan Ullrich	Cycling Time Trial	Germany, BDR
Hanka Kupfernagel	Cycling Road Race	Germany, BDR
Michal Martikán	Canoeing Slalom Individual	Slalom, men

Bronze



Vsevolodos Zelonijs	Judo 73 kg	Latvia
Alina Kabaeva	Artistic Gymnastics	Russia
Juraj Mincik	White Water Kayak Individual	Slovakia
Jens Fiedler	Cycling 1x Track Race and 1x Keirin	Germany, BDR
Andreas Kloeden	Cycling Individual Road Race	Germany, BDR

FitLine®, official supplier of the German Cycling Association (BDR), congratulates its medal winners and all other athletes in Sydney.

THE NEED

Professional athletes and those involved in leisure sports simply need more

It is clear that professional athletes require more nutrients than the general population: on the one hand their consumption is higher due to the intensive physical strain they are subjected to during training and in competitions and to the psychological stress; on the other hand, they often do not have a regular supply of all the important nutrients – due to irregular eating habits with insufficient vegetables, fruit and wholewheat products, to insufficient recovery periods, travel to competition events far off or strange food in ever changing hotels. The consequence can be insufficient supply with vital substances and disrupted intestinal flora, which reduces performance levels and damages the immune system and, often enough, increases the oxidative stress on the cells.

However, if anyone thinks that it is mainly professional athletes who have a higher need, then they are wrong. Top athletes who professionally work on their success are usually familiar with the problem and use the same intensity to deal with optimizing their nutrition as on their training plans and the highlights of the season.

It is usually those involved in leisure sports who have the most problems with nutrient supply. Many sports enthusiasts are in a state of potential deficiency and slip into

the risk area as far as getting sufficient liquids or consuming vital substances and anti-oxidants are concerned – at least if they do not play sports regularly and suddenly train too intensively according to the adage, “the harder the better,” then their body is often less well adapted to these strains.

In their perspiration, these athletes lose a disproportionate amount of minerals and water-soluble vital substances



such as the B-vitamins without which the nervous system cannot perform.

The consequence is that they are nervous, lack concentration, drained – which quickly has consequences in other areas of life. In

addition, more Free Radicals, which damage the cells' structure, are set free in the body at unusually high heart rates. All of this makes a higher intake of nutrients necessary.

To be able to realize their full potential professional and leisure athletes need the following for their mental and physical performance:

- sufficient provision with nutrients,
- a digestive system that works well and absorbs nutrients in the best possible way,
- a strong immune system and
- safe protection against oxidative stress, triggered by Free Radicals.

Healthy intestines and the best possible absorption of nutrients are the key to greater performance and energy, less time lost due to illness, swifter recovery and a better mental state – and this goes for all athletes!

Results of the first scientific FitLine® Basics® BIO PLUS Study

THE PRODUCT

New FitLine® Basics® BIO PLUS, Naturally better health.

The previous product FitLine® Basics BIO PLUS, tried-and-tested for years, effectively provided the intestines and the immune system with the following important substances:

- 9 soluble and insoluble fibers
- probiotic lactic acid bacteria
- valuable fructooligosaccharides (FOS)
- 32 different vegetable enzymes
- diverse secondary vegetable matter made up of fruit, vegetable and cereal extracts
- the cell-protection vitamin team, vitamin C, beta-carotene, vitamin E plus the trace element selenium

In this new and world-wide unique FitLine® Basics® BIO PLUS, PM-International's Scientific Advisory Board, chaired by Dr. Gerhard Schmitt, has combined modern scientific findings with innovative technologies using knowledge from the Mother of Medicine, Ayurveda which is thousands of years old. In India this holistic

health teaching has stood for life (ayus) and the extensive knowledge about it (veda) for more than 3 000 years.



A patent is pending for FitLine® Basics® BIO PLUS (no. 102 14 297.1) and it is therefore exclusively available only from PM-International world-wide.

naturally developed
acc. to NTC and
NGP and produced
acc. to GMP
guidelines

A long and healthy life and the prevention of disease is the focal point of Ayurvedic medicine. It is certain medicinal Ayurvedic herbs and spices that provide the essential substances needed for a healthy and long life. These are traditionally used in Indian Ayurveda herbal medicine in a wide range of medicinal areas.

FitLine® Basics® BIO PLUS includes, along with other ingredients, a natural vegetable extract, BET (Bioavailability Enhancing Thermonutrient), that enhances the absorption of nutrients and thus promotes health even better and produces surprising effects as has now been proven by two scientific studies.

New FitLine® Basics® BIO PLUS

- revitalizes the intestines
- increases absorption of nutrients
- strengthens the immune system

and is the ideal basic product for all health-conscious and physically active people.

THE STUDY

FitLine® Basics® BIO PLUS – scientifically tested

Laboratory study: high bio-availability

The bioavailability, i.e. the body's potential absorption rate is under 10% for most nutrients. In a study on BET, the absorption of different nutrients was compared more precisely –using one group *with* and a control group *without* BET.

The results were extremely impressive: BET significantly increased the absorption of the individual nutrients.

Selenium (used for comparison) was present at a rate of 58.2 mcg/ml (with BET) as opposed to 40 mcg/ml (without BET). Vitamin B6 content was 670 mcg/ml (with BET) and 255 mcg/ml (without BET). The increases for Q10, beta-carotene and Vitamin C were equally staggering. Overall, the absorption of all nutrients improved at a rate of between 30% and 250%.

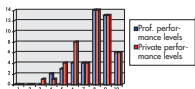
This shows that the ingredient BET in FitLine® Basics® BIO PLUS enhances the absorption of all nutrients, which are taken in conjunction with it.

After testing the individual ingredients, the subsequent goal was to test the overall effects.

Study in Practice: Better values, improved well-being

50 patients from a doctor's practice were chosen at random and their blood and stool values tested. During

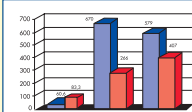
the 3 month study, participants took one glass of water with (2 measuring spoons) of FitLine® Basics® BIO PLUS each morning. Analysis of the questionnaires indicates a general improvement in participants' subjective feeling of well-being. 64% of participants judged their pri-



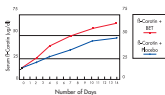
The questionnaire asked about subjective experiences with FitLine® Basics® BIO PLUS. Judging on a scale of 1 (poor) to 10 (very good) 70% of participants stated their professional achievement levels as being good to very good.

vate performance levels as good to very good; 70%

judged their professional achievements in the same way and 84% described their digestion and overall well-being as good to very good. Scientifically more significant, however, were the laboratory analyses. These clearly demonstrate that FitLine® Basics® BIO PLUS has a beneficial effect on health at the cellular level.

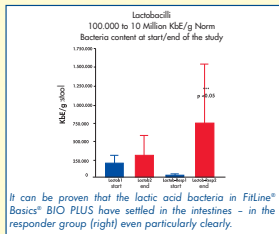


Clearly recognizable. Absorption of vitamin B6 is improved by far with the active ingredient BET.



Proven by the blood samples – the active ingredient BET raised the absorption of beta carotene particularly when taken for several days.

THE SYNOPSIS



The number of health-promoting lactobacilli and bifidobacteria have clearly increased. Lipid peroxide concentration, an indicator of cellular protection against Free Radicals, had significantly decreased. In the middle band the elevated 115.8 umol/L was lowered to 101.5 umol/L. The IgA concentrations, which indicate the immune status of the mucous membrane, were affected in a similar way - elevated levels at the beginning of the study were clearly reduced in 31% of participants. The alpha-1-antitrypsin value - an indicator of regulated absorption or of damaged intestinal mucous membrane - was elevated in 84% of participants at the beginning of the study. Of these, 75% later showed a clearly lower and healthier level. The daily requirement for vital substances - according to the test results - is also better covered for people actively involved in sports and for professional athletes.

Proven by scientists:

The effectiveness of Basics® BIO PLUS

Better absorption of nutrients

- Beta carotene + 60%
- Selenium + 30%
- Coenzyme Q10 + 30%
- Vitamin C + 39%
- Vitamin B6 + 250%

Result: improved utilization of nutrients

Safer provision of nutrients

Alpha-1-antitrypsin levels as an indirect leading indicator for nutrient absorption have been significantly improved by taking FitLine® Basics® BIO PLUS.

Revitalization of intestinal flora

It has also been proven that the bifido bacilli and lactobacilli included in FitLine® Basics® BIO PLUS settle in the intestines and help to keep the intestinal flora healthy.

Strengthened immune system

Reduced s-IgA concentrations were shown in 31% of all participants, showing a clear strengthening of the immune system.

Protection of the body's cells

Buzz word, "oxidative stress." Lowering the lipid peroxide concentration in the blood clearly confirmed the effective cell protection against so-called "Free Radicals."

Subjective Experiences of Study Participants

- fewer allergies (hay fever or dietary)
- even better and more regular digestion
- clearly reduced feeling of hunger, loss of weight of about 2-3 kg (4-6 pounds),
- no flatulence at all (a sufficient supply of liquids of over 2 liters, half a gallon, is important)
- food is more easy to digest
- outstanding psychological condition, better mood, even tempered
- fewer colds and infections
- more energy, more power and vitality
- clearly better appearance of skin
- even better detoxification

Recommendations for the Use of FitLine® Products in Performance Sports

Mornings (basic supply)

Basics® BIO PLUS	2 heaped teaspoons (start in first week with only one teaspoon, then increase slowly)
Activize® OXYPLUS	1 slightly heaped teaspoon (or normal Activize® OXY, it has no flush effect)
Emusol Q10	2 pipettes full
<u>Preparation</u>	all products: stir in 400 ml (13.53 fl.oz) cold, non-carbonated water or, according to taste, in juice diluted with water.
<u>Directions</u>	before or with breakfast; should training units or contests with 80% or more maximum heart rate take place within 2 hours of breakfast, it might be better to take only 1 teaspoon of Basics® BIO PLUS or to wait until after the phase of intensive physical strain (e.g. in the afternoon) especially in the beginning phase of taking the product.
<u>Note</u>	<p>Basics® BIO PLUS: during the first phase of use, a stronger activity of the intestines and/or an increased bowel movement might occur.</p> <p>Activize® OXYPLUS: contains niacin among other things that expands blood vessels and promotes circulation. After about 5 to 10 minutes, a reddening of skin and a feeling of warmth can occur, which results from the expansion of the capillaries. This is completely harmless and abates after a short time.</p> <p>The FitLine® products were developed according to the concept that nutrients will be absorbed optimally and quickly in the intestines.</p>

Noon (basic supply)

Basics® BIO PLUS	2 heaped teaspoons (start in first week with only one teaspoon, then increase slowly)
Activize® OXYPLUS	1 slightly heaped teaspoon (or normal Activize® OXY, without flush effect)
Emusol Q10	2 pipettes full
	<u>See above at "Mornings" for preparation and how to take.</u>

These are recommendations that have been tried and tested in practice by many elite athletes. In general, you should try these recommendations for yourself in training and adapt them to your personal demand.

Evenings (protection and regeneration supply)

Restorate with vit. D/plus Iron 1 heaped tablespoon (start with 1 teaspoon in the beginning phase/in the first week, then increase)

Preparation stir in 200 to 400 ml (6.76 to 13.53 fl.oz) of non-carbonated water until fizzing stops. Depending on taste and how it agrees with you, the proportion of water can be increased.

Directions drink over a period of 10 minutes in short sips half an hour to an hour before going to bed. Persons with a sensitive stomach or digestive system should reduce the serving of Restorate to one heaped teaspoon at the beginning and drink slowly in short sips.

Note **Restorate** should not be taken immediately after strain, but at least 1 hour afterwards. Do not mix **Restorate** with Basics® BIO PLUS, as fiber hinders the absorption of minerals.

Training and Competitions before, during, and after strain (protection and regeneration supply)

Fitness-Drink 2 to 4 teaspoons (depending on taste and digestibility)

Preparation stir in 750 ml (1 pint, 9.36 fl.oz) non-carbonated water and fill into a drinking bottle.

Directions drink 1 to 2 liters (2 pints 1.6 fl.oz to 4 pints 3.2 fl.oz) of Fitness-Drink (depending on type of sport and fluid requirements) prepared according to above recommendations spread over the day, before and after training or contest.

Note cover the additional demand for liquid by juice diluted with water (e.g. 1 part apple juice and 3 parts non-sparkling mineral water) or with fruit teas.

Restorate with vit. D/plus Iron For quick regeneration after particular strain. 1 teaspoon full to 1 tablespoon full (during the initial period/first week start with one teaspoon and then increase as required).

Prepare **Restorate** as described above and drink around 1 hour after strain in small sips over around 10 minutes for maximum regeneration and to buffer acid. People with very sensitive stomachs/digestion should reduce their portion of **Restorate** to one heaped teaspoon and drink slowly in small sips.

These are recommendations that have been tried and tested in practice by many elite athletes. In general, you should try these recommendations for yourself in training and adapt them to your personal demand.

Additional Products

Restorate® Additive	Was specially developed as an additive for FitLine® Restorate® to support the body's ratio of acids to alkalines with additional alkaline minerals and trace elements during periods of particular strain.
Preparation	Mix one teaspoonful into every serving of Restorate® (after training and/or in the evening depending on the intensity of training)
Antioxy	1 to 2 teaspoons (depending on taste and requirements)
Preparation	stir in 200 to 250 ml (6.76 to 8.54 fl.oz) cool and non-sparkling water.
Directions	Antioxy can be added any time to the morning/noon/evening drink. A combination of Antioxy and Fitness-Drink is equally possible.
Note	when taking Antioxy together with other FitLine® products, increase the liquid volume accordingly. In case of a beginning cold, drink two or three times a day.
Deoral	Take 1 to 2 capsules approx. 30 minutes before (endurance) strain with plenty of liquids (about 200 to 300 ml (6.76 to 10.14 fl.oz) of Fitness-Drink or tea or juice diluted with water). Deoral has expanding effects on the bronchial system, gives "more breath," and is also very suitable for colds.
Omega 3 + E	Effective through essential polyunsaturated fatty acids to strengthen heart and circulation. For increased requirements (1.5 teaspoons (servings) a day diluted or undiluted.
Protein-Ultra	To build-up muscles for the recovery phase or reconvalescence and when additional protein is required, use 1-3 bars a day with sufficient liquids.
Fitness-Crisp	Sport bar with a balanced combination of carbohydrates for short, mid-term and enduring strain, tastes good. Enjoy 1-2 bars daily before, during or after strain.
Gourmet Shakes/ SOYA	Depending on demand, Shakes can be taken either as a snack between meals or as a proper meal at any time of day. Tastes best with milk (0.3% fat), however, it also provides a delicious meal in combination with water.

These are recommendations that have been tried and tested in practice by many elite athletes. In general, you should try these recommendations for yourself in training and adapt them to your personal demand.

In case of further questions, please do not hesitate to ask your FitLine® Partner or country's subsidiary or contact Torsten Weber, Head of Sports Marketing at e-mail sm@pm-international.de. We shall also be pleased to consider your suggestions.

**All the best and a lot of success in testing the FitLine® products!
Your FitLine® Performance Sports Team**

Quick facts about the most important FitLine® Products

Product	Active Ingredient	Use / effect
FitLine® Basics® BIO PLUS (Basics® Balance)	Bio-active nutrients BET (Bioavailability Enhancing Theronutrient) Soluble and insoluble fibers Enzyme complex Probiotic cultures Prebiotics Anti-oxidants	<ul style="list-style-type: none"> • optimizes the body's supply with nutrients and vital substances • revitalization of the digestive system • detoxification • against oxidative stress • effective intestines are better able to absorb nutrients • strengthens the immune system (approx. 80% of the immune system is in the intestines)
FitLine® Activate® OXYPLUS FitLine® Activate® OXY	Complex of B-vitamins PTC (Phase Transfer Catalysator) Vitamin C Folic Acid Natural Guarana	<ul style="list-style-type: none"> • higher supply with oxygen at the cellular level • promotes concentration and performance ability • Supports energy metabolism and burning of carbohydrates and fats • important for the production of nerve transmitters
FitLine® Restorate® with vitamin D	Complex of minerals and trace elements with Vitamin D High bioavailability	<ul style="list-style-type: none"> • as an alkaline power, combats acidity • fast regeneration after training or contest • strengthens the immune system
FitLine® Restorate® plus Iron	See Restorate with vit. D, Iron additionally High bioavailability	
FitLine® Fitness-Drink	Highly effective isotonic sports drink with vitamin- + mineral complex	<ul style="list-style-type: none"> • enhances gain of energy and concentration • delivers important minerals (electrolytes) • helps to ward off Free Radicals that emerge due to physical activities (especially in performance sports) • provides additional liquids so preventing a deficiency in liquids that impairs performance

Product	Active Ingredient	Use / effect
FitLine® Emusol Q10	Micromicellized Q10 + Vitamin E High bioavailability through liquid form with micellized ingredients	<ul style="list-style-type: none"> protects the cells and cell membranes during oxidative stress (large number of Free Radicals) intensifies the cellular energy improves the provision of energy in muscle cells
FitLine® Restorate® Additive	Magnesium Calcium Potassium Iron	<ul style="list-style-type: none"> supports even faster regeneration during and after sports best possible reduction in acidity as an additive in conjunction with FitLine® Restorate particularly well absorbed through NTC® and NGP® beneficial for stable bones recommendable for best possible reduction in acidity where weight problems or cellulite exist
FitLine® Antioxy (Zellschutz)	Anti-oxidants: Vitamin C, E, selenium, beta carotin	<ul style="list-style-type: none"> strengthens immune system fights Free Radicals in the body. Free Radicals emerge, for example during, <ul style="list-style-type: none"> physical activity and strain environmental influences stress intense sun radiation in high altitudes, e.g. also during flights, especially long-distance, during glacier training
FitLine® Antioxy light (Zellschutz)	Same as Antioxy, but with sweeteners	
FitLine® Deoral	Secondary vegetable compounds Essential oils	<ul style="list-style-type: none"> opens up the bronchial system, optimizes oxygen supply wards off Free Radicals
FitLine® Omega 3 + E	Essential polyunsaturated micellized omega-3 fatty acids Micellized vitamin E High bioavailability as first micellized omega-3 product world-wide. Optimum proportion of DHA:EPA	<ul style="list-style-type: none"> lowers high blood fat levels for energy gain for high physical activity strengthens heart and circulation expands blood vessels and lower blood pressure supports brain functions and performance
FitLine® Protein-Ultra	High-quality protein Natural calcium Oligofructose Rich in unsaturated fatty acids 10 vitamins	<p>ideal during build-up and reconvalence</p> <ul style="list-style-type: none"> protein with its complete amino acid profile. prebiotic fibers support intestinal flora and digestion wide-ranging spectrum of vitamins that protect and build up.

Product	Active Ingredient	Use / effect
FitLine® Fitness-Crisp	Balanced combination of carbohydrates Oligofructose Unsaturated and polyunsaturated fatty acids 10 vitamins 5 minerals Fibers Complete vitamin- B complex	<ul style="list-style-type: none"> during short- medium and long-term strain (energy) ensures good digestion and promoted "good intestinal bacteria" positive impact on cholesterol levels provides 50% of the 10 most important vitamins and 25% of the most important minerals (acc. to RDA) wide-ranging spectrum of vitamins that protect and build up
FitLine® Quicky	Short and long chains of carbohydrates Fibers Oligofructose	<ul style="list-style-type: none"> ideal when out and about promotes intestinal flora and digestion nips ravenous hunger in the bud satisfies with just 146 calories
FitLine® Gourmet Shakes	Essential amino acids (lactoprotein) Fatty acids Vitamins and minerals Fibers	<p>Effective and safe weight reduction</p> <ul style="list-style-type: none"> maintain performance ability regulate appetite, detoxify and promote digestion conform to strict European legislation promote fat break-down without undesirable muscle loss meal replacement
FitLine® Gourmet Shakes SOYA	High quality vegetable SOYA proteins with a very high biological value Essential fatty acids Vitamins and minerals Fibers with Isoflavones	<p>Effective and safe weight reduction</p> <ul style="list-style-type: none"> maintain performance ability regulate appetite, detoxify and promote digestion conform to strict European legislation promote fat break-down without undesirable muscle loss meal replacement optimized weight control through NT
FitLine® Activate® POWER DRINK	Complete vitamin B complex Vitamin C Folic Acid Natural Guarana	<ul style="list-style-type: none"> mobile answer to Activate® (with flush) for optimum energy gain acts as a stimulant and promotes the release of fat

Doping Safety ?

Regarding the product and doping safety of the FitLine® products listed on the back of the product insert (to this Catalog FitLine® Sport 2004), we can assure you of the following:

- The FitLine® products, as listed on the product insert, are manufactured exclusively for us by companies in Germany and in Switzerland, which take the GMP regulations and the ISO 9001 criteria for granted. The FitLine® product line is completely in compliance with the German laws and with the laws of the countries where these products are marketed. Most of our products are sold in over 20 countries.
- As our suppliers assure us, both the raw materials (that means every single batch) and also the final products are subjected to strictest micro-biological, chemical, sensory, and physical controls in order to guarantee the consumer the highest possible purity and safety. Perishability tests and the retention of samples are a matter of course. Product tracking is ensured, according to the manufacturers, for at least three months beyond the best-before date.
- You can convince yourself of our suppliers' quality management by a visit to the plant. The suppliers guarantee transparent quality assurance.
- In 2003 far more than 1 000 doping tests were carried out on elite athletes who use the FitLine® products regularly. Not one of the athletes tested positive.
- As a company we have voluntarily subjected ourselves to having the FitLine® products tested once a year by the accredited Laboratory for Doping Analysis in Cologne (Germany) for residues and impurities of anabolic-androgenic steroids. The test reports to date clearly show that residues and impurities of anabolic-androgenic steroids were discovered in none of the FitLine® products analyzed. More information on this can be found on the Home Page of the Olympia Center in Cologne under www.osp-koeln.de. By specific request, you can receive a copy of the analysis results from the study we requested.

We assume that the content of this letter and the product results of the top athletes will confirm your opinion that product quality and doping safety are a matter of serious concern to us which we deal with responsibly.

In case you have further questions, do not hesitate to contact us.



Dr. Gerhard Schmitt
Nutritional and Sport Scientist
Chairman of the Scientific Advisory Board
of PM-International



i.A. Torsten Weber
Business School Graduate
Head of Sport Marketing

Caffeine = Doping => NO!

Having many contacts to people, who are active in top performance sports, we have noticed a need for detailed information, often due to a prevailing lack of clarity and a lot of uncertainty, regarding the actual doping-relevance of the substance caffeine.

The WADA (World Anti-Doping Agency) decided in a resolution dated September 2003 that caffeine will no longer be listed as a forbidden substance as of January 1st 2004. The WADA's decision has already been recognized as legally binding in 81 countries and by 62 international sporting organizations by signing the "Copenhagen Declaration."

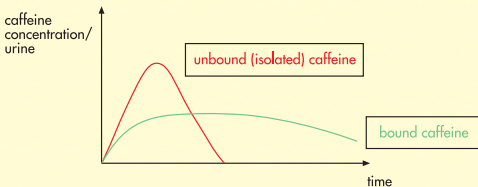
Caffeine concentration in drinks (for your information):

Coffee	60 - 150 mg / cup	(0.002 - 0.005 oz)
Tea	40 - 75 mg / cup	(0.001 - 0.002 oz)
Cola-Lemonade	150 mg / Liter	(0.005 oz /33.81 fl. oz.)
Chocolate	20 - 30 mg / 100 gr	(0.0007 - 0.001 oz /3.5 oz)
Red Bull A	133 mg / can	(0.005 oz)
Red Bull D	80 mg / can	(0.002 oz)
Activize® OXY / Activize® OXYPLUS	30 mg / daily ration	(0.001 oz)
Fitness-Drink	160 mg / Liter	(0.006 oz /33.81 fl. oz.)
Activize® POWER DRINK	62,5 mg / can	(0.002 oz)

Why do the FitLine® products Activize® OXY, Activize® OXYPLUS, Fitness-Drink, and Activize® POWER DRINK contain Caffeine?

The products mentioned above contain, for physiological reasons, exclusively caffeine in Guarana, which is naturally bound to tannin, and is easily digestible, because it stimulates fat metabolism and keeps the glycogen reserves, which are decisive for performance, at endurance level.

Through its bound form, the maximal rise in caffeine concentration is reduced in comparison to unbound caffeine that is found in coffee, tea, and soft drinks.



FitLine® creates Champions

Further information about the FitLine® products is available from our distributors or from your country's subsidiary. Here you can hear also how to achieve not only sportive but also other personal goals with PM-International and the FitLine® products.

Distributed by:

Nearest Subsidiary:



PM-International GmbH

Postfach 15 53
D-67325 Speyer



PM-International AG

17, rue des Gaulois
L-1618 Luxembourg



PM-Finland Oy

Mekaanikonkatu 3 A
FIN-00880 Helsinki