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ENDURANCE NEWS

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By Hammer Nutrition
#143 Jan / Feb / Mar / Apr 2026
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BEING FRANK

A WORD FROM BRIAN

Welcome to the 143rd issue of Endurance News and the kick-off of our 39th year in business. That's real endurance! Just like every prior issue, this one is full to the brim of good stuff to help you perform better, feel better, as well as encourage you and help you take it to the next level.

Be sure to check out my favorite section of every issue – the athlete submissions and results pages. So many impressive accomplishments, feedback, and wins! This is the crowd-sourcing and client-driven content that makes this magazine so special. Thank you to everyone for being part of the Hammer family.

FDA/USDA and the New Food Pyramid

Even though we are only a few days into 2026 as I write, the newly released FDA/USDA guidance on diet and nutrition is an unprecedented, historical paradigm shift that I never thought I would see in my lifetime. The government is now advocating that we eat real food instead of processed junk food! I've pinched myself a thousand times to make sure I didn't imagine the whole thing.

In case you've not read my creation story or are new to Hammer, courtesy of my groovy, granola upbringing, I've spent the past four decades telling clients to ignore the food pyramid and everything that goes with it in favor of a protein rich, whole food-based diet that restricts refined sugar as much as is possible. Finally, refined sugar is receiving the criticism and culpability it deserves for wrecking our health and causing trillions of dollars in medical costs. (If you are a competitor selling refined sugar based products, you've got some explaining to do.) Instead of serving the interests of big food and big medicine, the government is now actually advocating for our health and well-being. Damn, I just had to pinch myself again!

It feels weird to say it or write it, but now I can honestly say that we should make every effort to follow the new food pyramid and the accompanying dietary guidance!! Food is the source of health and illness, always has been, always will be. The more whole foods you eat and the less processed, refined foods you eat, the happier and healthier you will be. Wow, that is so much easier!!! You can see the new pyramid, in all of its glory, on page 36.

CBD Full-Spectrum Going Away

While we celebrate the biggest win in dietary guidance history, we mourn the coming loss of the safest, most effective natural product to come along in my lifetime – Full-spectrum CBD. It was too effective, too inexpensive, and threatened not one, but three multi-billion dollar industries (big pharma, big alcohol, and big recreational marijuana). So, massive lobbying occurred, and a little modification of the new farm bill was added that effectively outlaws the legal sale of full-spectrum CBD at the federal level, effective 1/1/26, with full enforcement effective 1/1/27.

Unfortunately, due to the “limbo” period this year and unknown responses from state and local governments and various other grey areas, we are taking the conservative approach and discontinuing sales of our highly popular and amazingly effective product when our current inventory is exhausted. However, we will continue to sell our almost-as-effective broad-spectrum CBD soft gels and tinctures at the lowest prices in the country.

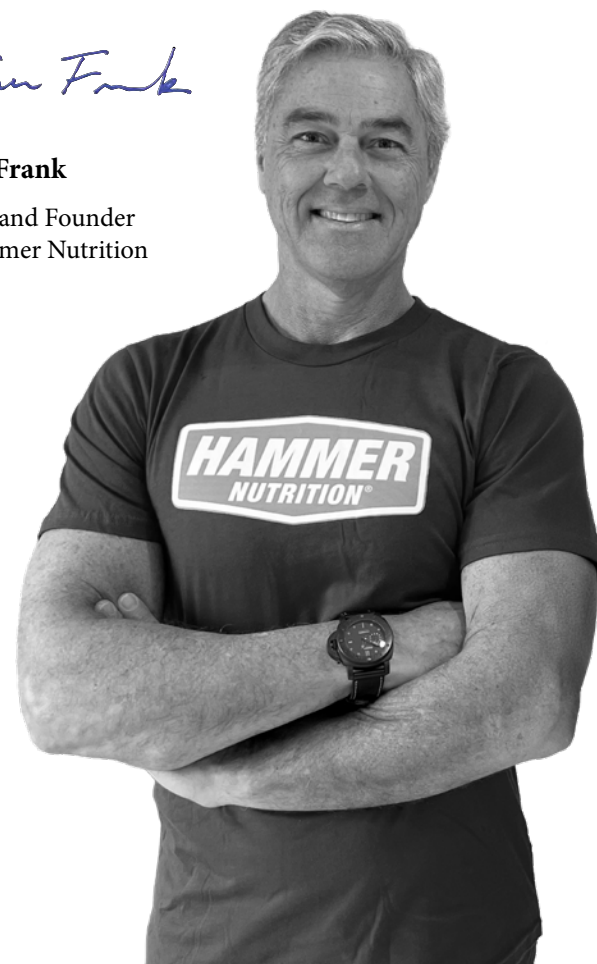
Personally, 2026 is the continuation of my trials obsession. After spending most of my life going as fast as I could on two or four wheels, I am now consumed with slow, technical riding and the pursuit of perfection on a motorcycle. To scratch that itch, I'll be competing in national and regional competitions, along with 12 other riders on the Hammer Nutrition/Mossy Rock Trials team.

Enjoy the read, pass it on, have an awesome 2026!

Brian Frank

Brian Frank

Owner and Founder
of Hammer Nutrition



HEED[®]

HIGH ENERGY ELECTROLYTE DRINK



THE ORIGINAL
SPORTS DRINK
SKIP THE SUGAR AND CITRIC ACID



Above: Reed Sandstrom enjoying some HEED while out for a run in Bozeman, MT

📷 : JULIANNE HUTLEY

Cover: Nicole Lemanski running at West Point Military Academy, Highland Falls, NY.

📷: ZANDY MANGOLD

Below: Jacob Hora during the Tour Divide Race 2025

📷: QUANDOUR STUDIO



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The informed athlete's advantage since 1993

ISSUE 143

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MISSION

Endurance News provides informative and inspirational content to help endurance athletes like you achieve peak performance and health. The views expressed favor a healthy diet, hard training that emphasizes quality over quantity, and prudent supplementation to improve health and performance. Back issues are available at hammernutrition.com.

OUR GUIDING PRINCIPLES

Service: From day one, we've strived to treat each client fairly, honestly, and individually. Your trust is our top priority.

Education: We educate and empower athletes with free, easily accessed information on health and performance.

Principles Before Profits: Profits never take priority over our values. If it says "Hammer Nutrition," it's good for you.

OUR CORE VALUES

Innovation: Our development of new, cutting-edge products and categories has led the field since 1987.

Product Integrity: Our consumables are researched, tested, and USA-made to the strictest standards.

Read our complete mission statement online at hammernutrition.com/company/mission-statement

Legal Disclaimer: The contents of Endurance News are not intended to provide medical advice to individuals. For medical advice, please consult a licensed health care specialist.

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Jan / Feb / Mar / Apr 2026



FUELING **CHAMPIONS** FOR 39 YEARS



FINISHED SEASON WITH 4 WINS IN A ROW!

JAMES RISPOLI

🏆 2025 AMA National Super Hooligan Champion

📍 Mid-Ohio Racing Track 📅 Aug 17, 2025

Races: 10 Race Series

Results: 1st Place

Fueled By: Hammer Gel



Deborah set a world record for being the oldest woman to swim the Catalina Channel

WORLD RECORD!

DEBORAH GARDNER

🏆 Catalina Channel Open Water Swim

📍 Catalina Island–California Mainland 📅 Oct 8, 2025

Distance: 21mi

Time: 13:05:12

Record: Oldest Woman to swim Catalina Channel

“Between a few sea creatures, a pitch-black ocean, a full super moon that caused 2-3 foot rough swells all night long, I didn’t really have time to think about fear. I had to focus on every stroke, every breath, every technique. **It was all about staying in motion, one pull at a time**”

Fueled By:

- Melon HEED
- Cranberry Hammer Bar
- Orange Perpetuem
- Vanilla & Raspberry Gel
- Recoverite
- Anti-Fatigue Caps
- Energy Surge
- Fully Charged
- Race Day Boost

“I have Hammer to thank for powering me through it all. The supplies, fuel, and that awesome shirt made me feel strong, confident, and unstoppable every single mile.”



NATIONAL CHAMPIONS

CHICAGO LIONS RUGBY

🏆 USA Club Rugby National Championships

📍 Madison, WI 📅 August 9-10

Results:

- Women’s National Team: 1st
- Men’s National Team: 2nd

Fueled By:

- Hammer Gel
- Endurolytes
- Anti-Fatigue Caps

“Hammer products have been a part of our success for 15+ years”

HAMMER CHAMPIONS



SUPERMASTERS RACING

📍 2025 Master Track Nationals & Worlds

📍 Colorado Springs, CO 📅 Aug 6th-10th, 2025
 📍 Roubaix France 📅 Oct 4th-10th, 2025

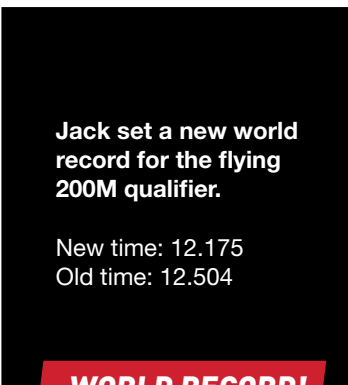
Events: 3km Team Pursuit 2km Individual Pursuit
 Scratch Race 200M Time Trial
 Points Race 500M Time Trial

LARRY WOLFF

National Champion: x2
 World Champion: x3

DAVID BURNETT

National Champion: x4



WORLD RECORD!

JACK HINES

National Champion: x1
 World Champion: x2
 + Silver Medal



STATE CHAMPION

CALE REEDER

📍 Green Mountain Stage Race

📍 Warren, VT 📅 Aug 28–Sep 1, 2025

Distance: 200mi
Results: 1st in M60+ | 3rd overall | 6:48:15

The Green Mountain Stage race in its 24th year is one of the toughest and most iconic races in the US held in northern Vermont each year covering about 200 miles, 4 stages and over 10,000 feet of climbing.

On the Queen stage (6000 feet of climbing), Cale dropped his chain and had to chase back on for 33 miles only to catch the field at the start of the 5k final Appalachian gap Vermont with 22% grades.

First time in 24 years a rider got on the podium in the 50+ "young" field.

JACOB GATH CLEVELAND CYCLING ACADEMY

📍 Ohio State Road Race Championship

📍 Blue Ash, OH 📅 August 2nd, 2025

Results: 1st Place
Division: Boys Juniors 17-18



STATE CHAMPION



STATE CHAMPION

JERROD PAULSON

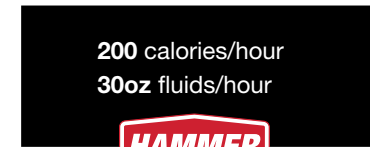
📍 Team Big Bear Vail Temecula 8hr Endurance Race

📍 Vail Lake, Temecula, CA 📅 Nov 8, 2025

Distance: 124mi (31 Each)
Results: 1st Overall | 4 man Open Race
Time: 7:59.27 | 16 laps completed

Fueled By:

Heed Cherry Bomb
 Fully Charged
 Anti-Fatigue Caps
 Endurance BCAA+
 Energy Surge
 Hammer Bars



HAMMER CHAMPIONS

CHRIS CURTIS

REGIONAL CHAMPION

📍 5150 Fight Night 15 Middleweight Title

📍 Livingston, CA 📅 October 11, 2025

Fueled By: HEED 2.0 Energy Surge
Endurolytes Fizz Endurolytes Extreme

Finished the fight via submission at 1 min 50 secs.



TAYCE MORGAN

📍 2025 Loretta Lynn's Amateur National Championship

📍 Hurricane Mills, TN 📅 July 28 - Aug 2

Mini Sr. 1: 1st Overall **Mini Sr. 2:** 1st Overall

Moto 1: 2nd Moto 1: 3rd
Moto 2: 2nd Moto 2: 1st
Moto 3: 1st Moto 3: 1st

Tayce was also awarded the Yamaha youth rider of the year & the Airforce Aegis Award.

NATIONAL CHAMPION



DAVID PYLE

📍 2025 AMA/NATC National Championship

📍 East & West Coast 📅 July 19, 2025

Results: 1st Place
Division: Senior Sportsman

Back-to-Back
NATC Champ

NATIONAL CHAMPION



WAYNE GORRY

📍 USA Cycling MTB Marathon National Championship

📍 Roanoke, Virginia 📅 July 14, 2025

Distance: 39.6 mi
Time: 4:12:07
Results: 1st in Age Group

📍 USA Cycling MTB XC National Championship

📍 Roanoke, Virginia 📅 July 20, 2025

Distance: 6.9 mi
Time: 48:39
Results: 1st in Age Group

This year has been my best ever. I won Mountain Bike Marathon Nationals and Mountain Bike Cross Country Nationals in July and then wrapped up the year matching my best ever finish at Cyclocross Nationals with fourth.

Of course, I used Hammer products to fuel all of my races. My preferred fuel for endurance events is a mix of Heed and Perpetuem and an occasional Hammer Bar. But the most critical supplement for me is Endurolytes Extreme powder. It allows me to dial in my fueling to prevent cramping, enhance performance and even maintain the clarity of my vision especially during long events. The inclusion of a variety of critical electrolytes makes Endurolytes so much more effective than the sodium dominant products available from other companies.

I've used Hammer products since the 1990s because they always meet my nutritional needs while racing and training.



CHAMPION
X2 NATIONAL
HAMMER NUTRITION

VICTOR SHELDON

📍 USA Cycling Gravel Nationals

📍 La Crescent, MN 📅 Sep 20th, 2025

Results: 1st in Age Group
Distance: 74 mi
Time: 3:36:00



📍 Leadville Trail 100 MTB

📍 Leadville, CO 📅 August 9th, 2025

Results: 1st in Age Group
Distance: 105 mi
Time: 7:29:45
Vertical Gain: 12,086ft

Leadville 100 Fueling Strategy:

I started out Saturday morning with my favorite race breakfast @3:45am, a bowl of red cliff oatmeal with butter and salt, with bananas and blueberries, with a side of toast and avocado, and of course coffee. Mixed up a total of 8, 26-oz Hammer bottles, 4 water and 4 Perpetuem with Heed, using 2.5 scoops Perpetuem and one scoop of Heed, both in Strawberry flavor. Used four gel flasks, each containing six gels, with three espresso gels on board, just in case caffeine was needed. One cranberry bar at mile 60, but my fuel plan was mainly Gels, Perpetuem, and I had zero stomach issues. I used a full coin flask with Endurolytes Extreme I used 1 capsule per 45 minutes, but at mile 85 I felt a cramp coming on. I took 3 capsules and no issues all the way to the finish line! Another coin flask had Fully Charged and Anti-Fatigue Caps.

For my first time ever doing Leadville, I'm very happy with my result and don't think I could ever have as much fun as I did.

The vibe at Leadville is like no other; the stoke and hype are real! Big takeaway, it doesn't seem like a race, it's more like everyone has their personal goals, and riders want to help each other reach them.



HAMMER CHAMPIONS

5 WINS IN A ROW

RYDER SIGETY

📍 2025 GNCC AMA National Champion

📍 East Coast, USA 📅 Feb-Oct 2025

Results: 1st in 150 A Class

Fueled By: Perpetuem Hammer Bars
Endurolytes Tissue Rejuvenator
Recoverite



NATIONAL CHAMPION

★★★★★

DUSTY DUSTIN

📍 6-12-24 Hour World Championship

📍 Borrego Springs, CA 📅 Nov 1-2, 2025

Event:	6 Hour:	12 Hour:
Results:	1 st in AG	1 st in AG
Distance:	94 mi	164 mi
Time:	5:59:45	11:57:00

Fueled By: Sustained Energy Espresso Gel
Anti-Fatigue Caps Endurance BCAA+
Recoverite Endurolytes



LARRY SERNA

📍 Score International Baja 1000 & 500

📍 Ensenada, BC 📅 Nov 14, 2025

Results: 1st I Pro Moto Ironman Class
Distance: 842 mi
Time: 25:41:00

📍 Score International San Felipe 250

📍 San Felipe, MX 📅 April 5th, 2025

Results: 1st I Pro Moto Ironman Class
Distance: 265 mi
Time: 6:18:00

Fueled By: Liquid Endurance Anti-Fatigue Caps
HEED Energy Surge
Perpetuem 2.0 Endurolytes Extreme Powder



I was clear headed throughout both races **ALL DAY!** No heavy fatigue, no headache, no stomach distress! I felt better in this comeback race than I did four years ago when I last raced it. All day, both days, my effort felt capable and at ease. And a surprise PR in the last lap on the second day, I raced faster than in any of my previous seven years! My body was ready and my fueling was perfect!

Thanks, Hammer. This **DOUBLE WIN** was the most fun I've ever had out there in the seven years I've raced there.



ATHLETE SPOTLIGHT

More stories from your favorite athletes:
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HOW TO FUEL LIKE A CHAMPION

IN ANY SPORT



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For over 38 years, Hammer Nutrition has led the way with not only the finest fuels and supplements for athletes, active people, and health-conscious individuals, but we're also the clear leader when it comes to support and service. As I am fond of saying—and this most definitely echoes Brian's sentiments from Day One—a company can produce the best products around, but without superior-quality customer service, and without top-level guidance on how best to use the products to enjoy maximal benefits, the person using those products will never get the full value out of them.

Specifically, when it comes to informational support, our knowledge resources are without peer in the supplement/fuel business. And if it were only our *5 Secrets of Success* that we offered, we'd still be light years ahead of everyone else when it comes to proper fueling.

But there's So. Much. More...

FUELING RESOURCES



Product Usage Manual



Endurance News Magazine



Endurance News Weekly



FAQ



Lots of archived articles



Brian's informative videos

Our most recent addition to our extensive knowledge base is our *How to Fuel Guides*, which are detailed fueling plans for your sport or event. Inside each article, you'll find specific, actionable advice so you can fuel right and feel great, no matter the sport or distance. We currently have 25 different sports/events that have their own fueling guide—more to come!—with our most popular one being the semi-all-encompassing *How to Fuel Guide: 3-6-8+ Hours Protocol for All Types of Sports and Activities*.

At the beginning of each of the specific fueling guides, we've included the following basic information that, in and of itself, will help you perform better at your chosen sport.

5 SIMPLE WAYS TO IMPROVE ATHLETIC PERFORMANCE

- 1. Stay properly hydrated all day long.** With approximately 60% of your body being comprised of water, it's vital to maintain optimal hydration all day. Unfortunately, a lot of people—perhaps you?—live in a state of perpetual dehydration that negatively affects athletic performance and overall health. Starting now, gradually increase your fluid intake—primarily from pure, clean water—so that the total number of ounces you're drinking daily is equal to 0.5 to 0.6 of your body weight in pounds (e.g., a 180-lb athlete should consume 90 – 108 ounces of fluids daily, in addition to what is being consumed during exercise). During exercise, drink 16-26 ounces per hour.
- 2. Fuel lean.** It's interesting to know how many calories you're burning every hour during exercise; however, that amount isn't really a factor in terms of how many calories your body can accept in return from your fuel donation. The goal of caloric intake is to consume the least amount necessary to maintain energy levels where you want and need them to be hour after hour. For the majority of athletes, this represents an intake of 1 calorie per pound of body weight hourly, with most average-sized athletes finding that 120-180 calories per hour is very much the ideal "sweet spot." Larger athletes (200+ lbs.) can consume 200-or-slightly-more calories. And if you find that's not quite enough calories, that's an easy fix—you simply consume a few more. Remember, it is ALWAYS easier to fix a "not enough" problem than an "uh oh, I overdid it and now my stomach is rebelling" problem.

While there are numerous steps that you can (and should) take to optimize athletic performance, here are a couple of super easy ones. Start with these right away, and you'll experience noticeably rapid improvement in your endurance and overall exercise performance.

- 3. Ditch the sugar.** Most fuels are comprised of short-chain carbohydrates, also known as simple sugars (glucose, sucrose, fructose, etc.) Hammer Nutrition fuels do not contain any simple sugars; instead, we use maltodextrin, a complex carbohydrate. Both maltodextrin and some simple sugars will boost energy levels quickly, which is a desirable benefit. However, simple sugars—because they are comprised of only one or two saccharide molecules—will drop your energy levels just about as quickly. Constantly feeling great for a few minutes, then fighting your way out of an energy rut for several minutes—commonly referred to as "flash and crash"—is no way to enjoy your workout or race.

Conversely, because maltodextrin is MANY saccharide molecules weakly linked together, you enjoy quick-acting and much longer-lasting energy without any wild fluctuations in energy levels. Another great thing with maltodextrin is that your body can digest greater amounts of calories—with no delay from entry to exit of the digestive tract—and make them available for energy production. You can efficiently digest up to 3x more calories with maltodextrin than any simple sugar, which basically eliminates stomach distress issues.

Below: Billy Pointer cruising through his MTB race in SoCal

Left: Hammer Athlete Kia Mittelsteadt



4. Don't eat for 3 hours before your workouts, races, and competitions. By refraining from consuming any calories in the 3-hour period prior to your workouts and races, you put your body in the ideal physiological state to use its finite stores of muscle glycogen most efficiently, while also utilizing the vast amounts of calories from body fat stores sooner and more effectively. Adopt this practice in all your workouts and races—even the early morning ones—and you'll start seeing massive improvements in your endurance in a relatively short time. Note: If you must have some calories prior to the start of exercise, consuming something that's easy to digest (e.g., a serving of Hammer Gel) 5-10 minutes prior to the start—but no further out—is acceptable.

5. "Refill the tank" ASAP after all your workouts. Your body wants to reward you for your efforts in training, strengthening the immune system, rebuilding muscle tissue, and storing more minutes of readily available fuel (glycogen) in the muscles. All you have to do to enjoy all of these endurance-enhancing benefits is supply your body with the materials it needs right away—ideally within the first 30 minutes after exercise (the sooner, the better)—meaning complex carbohydrates and high-quality protein such as found in Recoverite and Vegan Recoverite.

Numerous athletes and active people have already benefited greatly from the information and easy-to-follow guidelines in these *How to Fuel Guides*. Now it's your turn! And remember, we're available via Live Chat, email, and phone if/when you have any questions.

We're Hammer Nutrition, which means we've got you covered:

- Superior-quality fuels and supplements? Check!
- 5-Star customer support? Check!
- Unsurpassed knowledge resources? Check!

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Phone — 1.800.336.1977
Email — support@hammernutrition.com

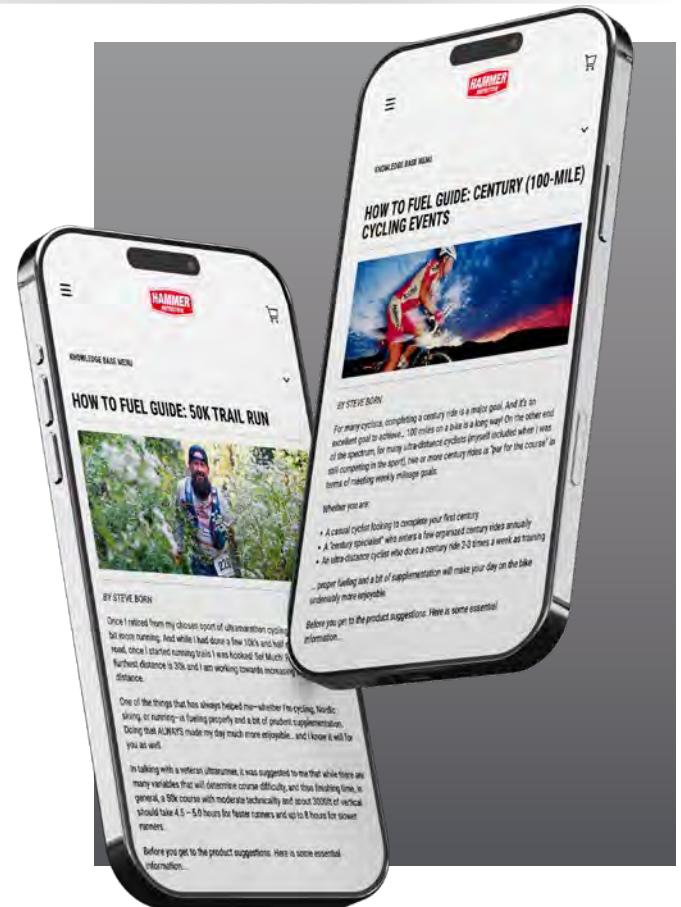


HOW TO FUEL GUIDES

You've come to the right place for detailed fueling plans for your sport or event. Inside each article you'll find specific, actionable advice so you can fuel right and feel great - **no matter the sport or distance.**

TOP GUIDES

1. 3-6-8+ Hours Protocol
2. 50k Trail Run
3. Century (100-Mile) Cycling
4. Marathon (26.2 miles)
5. Half Marathon (13.1 miles)



Check out more guides online!
<https://hammernutrition.com/blogs/how-to-fuel-guides>



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NO CRASH



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- Rock-solid sustained energy
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- Easy to digest, no GI distress

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Receive a **FREE** sample of **BROAD-SPECTRUM CBD**
**Must make a purchase to qualify. While supplies last. Expires 4.31.26*



By: Marshall Opel

HELP FROM HAMMER

A LOOK BACK

We were racing across a ten-kilometer-long bridge in the Netherlands. It was a big Nations Cup race called the ZLM Tour, and I was dangling in the last ten riders of the peloton. I was in the most physical pain I can ever remember being in.

The road was dead flat; the real problem was the wind. It was blowing from the side, and I was in “the gutter,” which meant I had no draft. My father could have kissed my bike’s handlebars. I was doing everything my scrawny 6’1”, 140-pound frame could do to get low and keep from losing the wheel in front of me. I had no idea what was going on up front, I was just trying to survive.

The eventual winner that day was a guy from the UK named Luke Rowe, who

would go on to shepherd the likes of Chris Froome and Geraint Thomas to more than five Tour de France victories at Team Sky. That blustery day in Holland was the highest level I ended up competing at, but to be fair, it was a journey from riding around my block as a kid wearing a yellow T-shirt pretending to be Lance Armstrong.

Growing up in the early 2000s in Western Montana, I was one of the only kids under 18 who was into the sport of road bike racing. But I wasn’t just a fan, I was obsessed. Reading about the heroes of the sport, watching racing, and drooling about the gear, I was inspired and dreamed about being in the peloton. A handful of people noticed my passion and took me under their wing. One of them was Brian Frank.

I had joined the newly formed Montana Junior Cycling Foundation, and Hammer Nutrition became the title sponsor. I still remember getting my first red and white Hammer kit and proudly wearing it on my training rides. I was a real bike racer and had a newfound sense of confidence in chasing my dream.

After several years of racing, I made it onto the podium at Junior Nationals two years in a row. I got noticed by larger regional teams and the National Team. Between the training, travel, and racing, bike racing was a big investment. I needed support. Brian knew his brand and products could help turn my dream into a reality.

When I was 19, I dropped out of college and moved to a mobile home in a campground in northwestern France. I wanted to see if I could swim in the deep waters of the sport. Hammer supported me in every way they could; the only message I got from Brian and his staff was, “Go Marshall!”

That year was a huge opportunity and challenge. I got to race over the same bone-rattling cobbles as the big Spring Classics in Belgium and up alpine climbs in Italy and France. It was sink or swim, and I was thrashing to stay afloat. Many of my teammates went on to compete in the biggest races in the world. While I didn’t end up with a career as a professional racer, I kept my love for the sport and stayed in the bike industry. These days, I get to support and encourage people in their cycling journey. I ride my bike almost every day, and none of it would have been possible without the support and generosity from Hammer’s founder and owner, Brian Frank.

Hammer makes quality products that help people have more success and enjoyment in sport, that’s something everyone can be proud to support. Thank you, Brian and Hammer Nutrition!

Marshall Opel
December 2025



A third way to ride. URBAN CRUISE:

No Wrong Turns. Awareness is expanded by unlocking new zones. If you don’t go, you won’t know.

Be Here Now. Starting from where you are, paying attention to what’s already happening.

Seek The Sweet Spot. Balance is found somewhere near the edges.

Low-Angle Lifestyle. Ride so you can ride tomorrow.

Catch Transitions. By letting go of the brakes.

Find The Others. Heyo! Another human, just like me.

Scuttle. Watch your wake.

Marshall's riding philosophy today.



SO LONG TO FULL-SPECTRUM CBD

By: Steve Born

STOCK UP NOW BEFORE IT GOES AWAY!

A federal law that passed in mid-November 2025 effectively bans full-spectrum CBD products that contain more than trace amounts of THC, amounts that are significantly lower than the original legally allowable 0.3% THC content.

The key change is a new limit of no more than 0.4mg (milligrams) of total THC per container for all consumable hemp products. This is a drastic lowering from the previous legally allowable limit of 0.3% delta-9 THC by dry weight and effectively bans most current full-spectrum CBD products—soft-gels, tinctures, gummies, and drinks.

As an example, our 25mg Full-Spectrum CBD soft gels would have up to 0.75mg per capsule of THC per cap. While this is nowhere near the amount needed to get the “high” associated with THC, it is still well above the new 0.4mg regulation.

Additionally, this new law on THC content now includes not just THC (Delta-9 THC), which was the only one that was in the original 2018 Farm Bill, but other THC components as well, including Delta-8, THCA, and other isomers.

NOTE: The ban will take full effect on December 31, 2026, following a one-year grace period that begins on January 1, 2026.

Although our full-spectrum CBD products have proven to be incredibly popular and highly effective, by necessity we must discontinue the sale of them.

You will be able to buy a full-spectrum CBD product until the end of 2026.

Although, we will most likely be out of stock of them well before that date.



HAMMER CBD



FULL-SPECTRUM IS GOING AWAY...

BROAD-SPECTRUM
IS HERE TO STAY.



Shop Hammer CBD!

- Improves sleep quality
- Reduces aches and soreness
- Helps lessen recovery time

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Expires 4.31.26*

HOW TO HAMMER



HOW TO USE

For best results, read this booklet.

This product usage manual for Hammer Nutrition contains product and usage suggestions to optimize your fueling and supplement program.

Inside, you'll find actionable advice on how and when to use every Hammer product.

FREE COPY!



LETTERS FROM CLIENTS

RICHARD GROTJAHN

Dear Hammer,

On my 60th birthday I decided to run a “bucket list” marathon – in three months! Aching joints ended my first training run after 30 feet! I'd not run since high school. After a month of training, aches diminished and I finally jogged a 10k without having to stop. Barely ready, my California International Marathon went as you'd expect. I hit the “wall” at mile 18, walked a mile before steeling myself to restart jogging and finished just under 5 hours. The training had health benefits: much improved cholesterol, tightened joints, 28 lb weight loss, and more. My doctor said whatever I'm doing, keep doing it! Soon I did well in my age group at small races, providing additional motivation. I plateaued. To improve further, I needed better equipment, training, and fueling. A world class athlete friend, in a different endurance sport, recommended Hammer products.

Running literature advises: include uphill running and short sprints. Doing both helped me change my running form from heel strike to forefoot landing; the change lessened joint pain. Stronger, longer workouts were fueled by a Hammer Gel flask poured from a 26-serving bottle. Sweating longer led to taking Endurolytes. Because my diet has little caffeine, caffeine boosted my race time energy. I tried Hammer products designed to boost racing performance. Antifatigue capsules and Fully Charged for shorter races. Those two products plus Race Day Boost for full marathons. At my current age (mid 70's) recovery is notably slower than it was in my 60's. Recoverite has always been part of my post-race recovery.

I'm no world class runner. I won my age group in some regional races at 5k, 5 miles, 10k, 10 miles, 30k, and 20 miles. I placed third at a PAUSATF half marathon championship. I was surprised to win my age division at some marathons: Top of Utah, Rogue, Eugene, and in 2025: Utah Valley. That last one was 19 months after breaking my leg. I qualified for Boston on my third marathon. Most of my marathons have been BQs, including the 2018 Boston windy deluge. My best major result was 17th in the Chicago Marathon 70-74 division. Hammer products helped me maximize my potential in these races.



When the SARS-cov-19 pandemic closed racing, I sought other challenges, such as the R2R2R which crosses the Grand Canyon, from rim to rim, twice, in a day. The R2R2R is not a race; I stopped often to enjoy scenery (like detouring to beautiful Ribbon Falls); the hike/run is described here <https://grotjahn.ucdavis.edu/personal/R2R2R/index.html>

Best wishes to other endurance athletes!

Richard



DAVE DILLON

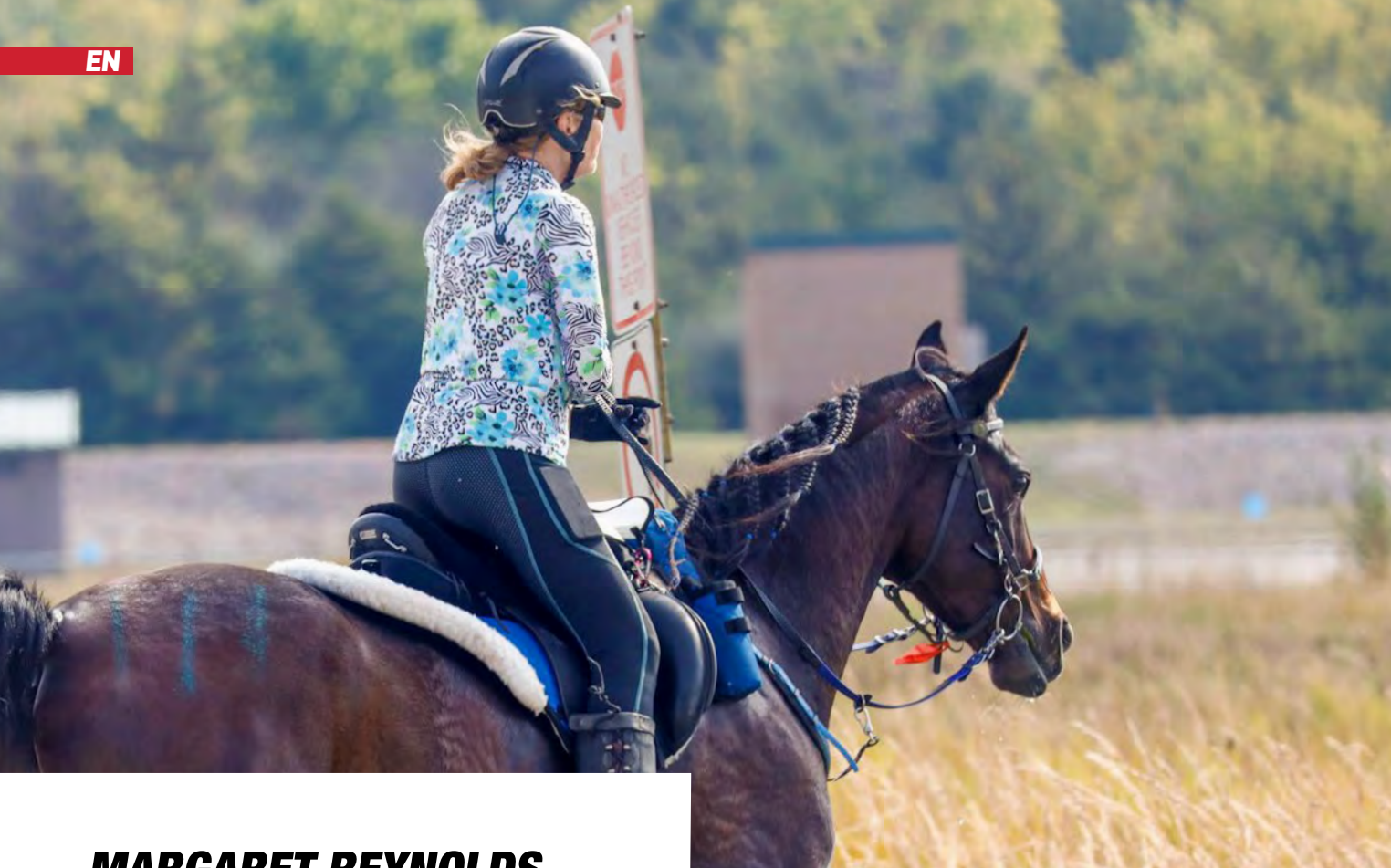
Dear Hammer,

Yesterday concluded 131 consecutive days of cycling, accumulating 7369 miles, averaging 55.5 per day. The low was 17 (rain) and the high 80, (a rare sum this season). There was never a plan or goal, I just rode each day “cuz I could”. I experienced absolutely no physical issues, resulting in confidence and mental well being. I believe those are essential/critical for safety, via alertness and situational awareness.

I find that Hammer premium fuels and supplements lead to elevated or superior performance, consequently I am profoundly grateful for the products you produce that make my cycling so enjoyable.

As always, thank you!

D. Dillon



MARGARET REYNOLDS

Dear Hammer,

Just wanted to let you know that your products are just as useful in Endurance Riding as cycling and running!

I started the sport after my kids finished college as I needed a hobby! I have been riding the 50-mile distance for a few years now but just completed my first 75-mile race in approximately 10 hours and I was amazed at how good I felt. We finished 5th and with over 5 hours to spare from the mandated completion time. While I never doubted my horse, VA Caradelle, could do it, I wasn't sure if I was up to it! Endurance riding is a very active pursuit, requiring effective use of core muscles and constant motion of the legs as the typical gait is a fast trot mixed with canter.

I have experimented with Hammer products in the past, particularly in the heat, and found them helpful. This time I studied the magazine and how others used the products and put together a Hammer regimen that I thought would work well for me. It consisted of a Hammer bar in the morning 30 minutes before the ride, along with BCAA and Anti-fatigue capsules. At first vet stop 30 miles in, another Hammer bar, Hammer gel and more BCAA and Anti-fatigue capsules. At one of our three mandated vet stops, I drank Hammer Phood, a meal replacement, and continued with Hammer gels and supplements. I also carried Perpetuem with me in case I needed a pick me up.



At the end, I was energized, with no fatigue and no leg soreness or weakness. We didn't just finish, we both felt strong and "fit to continue" as our sport likes to say. Thank you for focusing on making great products that work! Fuel right, Feel great!. I

Thank you so much!

Margaret Reynolds

DAVE CONOVER

Dear Hammer,

Bottom line is could not have done all my training and racing over the years without Hammer. It must be 20+ years now I have been a customer.

Race Day, 2 Fully Charged capsules, and a single Gel while in the swim start que — about 25 minutes from swim start, 2 bottles of HEED with Endurolyte Extreme Powder and two Gels, water and one Gel on the run. Recoverite after. First after the swim by 3+ minutes, second after T2 (biking on a rented road bike), finished with a bronze and 1:51 out of gold.

I had a great race (although on a rented road bike) and placed third for bronze in my AG in the standard distance triathlon.

The HEED and Gel singles worked great during the race, Fully Charged and a Gel before, and Recoverite after.

All good - just 1:51 out of first.



KENNETH GORDON

Dear Hammer,

Marshalling the Reston Bike Club's Century ride outside Washington, DC—more than 800 cyclists facing our hottest century on record at 95°F, with the club's infrastructure in place to help riders in need. At mile 75, I found a rider who'd bonked hard on a long, brutal climb; completely out of water. While giving him some of mine, a SAG car rolled right past us (hadn't gotten the radio call yet), so I did what seemed logical at the time: sprinted uphill for a quarter mile in blazing heat to chase him down.

Did I mention this was at mile 75? In 95-degree weather?

Thanks to my Hammer lineup: Perpetuem for fuel, Endurolytes for ignition, with Anti-Fatigue, BCAA+, plus Recoverite to, well, recover right; I caught up with the car. Without Hammer's help, that "sprint" would've been more like a death crawl, and we'd have needed TWO rescues instead of one.

Mission accomplished: bonked rider got an air-conditioned ride to the finish, and Hammer proved their stuff works even when you push your limits in the heat.

Kenneth Gordon





LIFE IS AN
ENDURANCE SPORT®

ADRIEN WEINDLING

Hi Hammer Team,

Here's a pic for ya from my recent deployment to Jamaica. This is from a roof-tarpping project for the New Works Primary School, in the mountains of southern Westmoreland Parish. Heed was a game-changer for working long days in full sun, repairing roofs!

Thanks for great products that keep me going in austere conditions.

Adrien

SCOTT BAXTER

Hi Hammer Team,

The products have greatly enhanced my cycling experience, and I've found other times when I can use them (playing golf on a 100-degree day, working in the yard on equally hot days).

Thanks for great, no-sugar solutions! I enjoy the simplicity of your order site & rapid standard delivery.

Scott

Right: Al Gonzales & Aaron Coffman after competing in a Spartan Race.

REFERRAL PROGRAM

TELL A FRIEND. GET STORE CREDIT.

THEY GET

15%

off as a discount!

YOU GET

25%

of their order subtotal as store credit!

HOW IT WORKS

After your first purchase, you'll get a unique referral link via email. We'll also display it on your order confirmation page every time you place an order.

Request a link - if you've ordered before, and want a link sent to you, please contact us and we will be happy to provide it for you.

LEARN MORE!



HAMMER

EVENTS

**OSCR****Nordic Ski Race | Jan 31** SEELEY LAKE, MT

The 44th OSCAR will be held the traditional last Saturday in January, 2026 at the Seeley Creek trailhead. Again this year we'll be offering 44K, 20K, 10K and 5K Youth races.

The OSCAR (pronounced Oscar) originally stood for "Ovando to Seeley Citizens Race", because those two towns were the starting and ending points. The OSCAR evolved into an annual race starting at the Seeley Creek Trails and looping up across Rice Ridge for the 50k event. In the early 1990s there was a contest to come up with a name that fit the traditional acronym but better reflected the new race course. Today the OSCAR acronym stands for "Over Seeley's Creeks and Ridges."

The OSCAR tradition is that of a point to point skate or classic marathon. Today it is a 50k skate race using either a single or double loop format incorporating the adjacent snowmobile trails along with our Nordic trails to create a challenging endurance event.

seeleylakenordic.org/oscr

DIRTY 30 GRAVEL**Gravel Cycling | Apr 11** SARANAC, MI

For nearly a decade, we've been proud to support one of Michigan's most beloved gravel events: the Dirty 30 Gravel in Saranac, MI. This annual spring gravel grinder brings riders and runners together in the heart of rural Ionia County for a full day of adventure, challenge, and community.

Set against the serene backdrop of open farmland, rolling hills, and miles of classic Michigan gravel roads, the Dirty 30 offers a variety of distances to suit all levels—from the shorter scenic routes to the full-on gravel challenge. Courses typically include options like 16-mile, 30-mile, 50-mile, and even ultra distances in the Michigan Gravel Race Series, making it a must-ride for both seasoned gravel racers and those looking to push themselves to new limits.

Whether you're tackling the signature 30-mile course, stretching out on longer gravel routes, or enjoying the camaraderie at the start and finish in downtown Saranac, the Dirty 30 captures the spirit of gravel riding in pure Michigan style. It's a celebration of grit, scenery, and the gravel community—one we're honored to support year after year.

ohiogravelgrinders.com

**LOCAL EVENTS****Based in Whitefish, MT**

- 44th OSCAR**
- 01/31 | Nordic Trail Race
- Seeley Lake, MT

- The Whitefish Marathon**
- 05/16 | Road Run
- Whitefish, MT

- Bozeman Triathlon**
- 06/21 | Triathlon
- Bozeman, MT

We are proud to partner with many local events here in beautiful Montana! You will find us onsite or well represented at the following events this spring:

CROOMFEST**Cycling & Paddling | Feb 7** BROOKSVILLE, FLORIDA

We're thrilled to partner with this exciting new event—just bring yourself and your enthusiasm for camping, riding, hiking, paddling, and all-around fun!

Taking place Wednesday, February 4 through Monday, February 9, the event features multiple cycling experiences, including 35- and 50-mile off-road rides and a 35- or 50-mile epic road ride on Saturday. Sunday adds even more adventure with a kayak paddle event and a 50-mile gravel ride.

Get ready to explore the legendary trail systems of the Withlacoochee State Forest in ways you've never imagined.

**UPCOMING EVENTS**

- Triple D Winter Endurance Race**
- 01/17 | Fat Bike & Run
- Asbury, IA

- Old Tucson 10er**
- 01/18 | MTB
- Tucson, AZ

- Noquemanon Ski Maraton**
- 01/24 | XC Ski
- Marquette, MI

- La Cuesta Ranch Trail Run**
- 01/24 | Trail Run
- Santa Maria, CA

- White Stampede**
- 02/17 | XC Ski
- Mancelona, MI

- Florida ANVIL**
- 02/20 | Triathlon
- Clermont, FL

- Grand Master Ultra**
- 02/27 | Trail Run
- Mesquite, NV

- Black Jack Enduro Circuit**
- 03/22 | XC Ski
- Claremore, OK

- Gran Fondo Florida**
- 03/23 | Triathlon
- Dade City, FL

A Race Director Spotlight

ISLAND VIEW

ENDURANCE RUN

By: Erik Koeing

I am a combat veteran who served as an Infantryman in the Army from 2011-2014. I was deployed to Afghanistan in 2011-2012, where I was injured during my last combat mission before going back to the United States.

I broke my foot, tore my Achilles, and have an irritated hip problem, but with chiropractic help, I have been able to constantly take care of it.

After getting back from combat, I started to notice I was not the same. I got very depressed, over the years, after getting out of the army, it got worse.

I gained over 100lbs after being separated from the military. I actually never wanted to run again. I could hardly pass the run portion of the PT test. It was my least favorite exercise.

As the years went by, I met my wife, and we hit it off really well with the food we like to eat and cook. I was a chef, I received my culinary arts degree after high school, and before entering the army, so I went back to my passion for food.

My wife stirred me back into fitness. So I started lifting weights again and swimming a lot, since I grew up swimming and playing water polo. I felt more natural in the pool than on land.



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We had our two children in the couple years after we got married in 2015. I took up a job in the Federal Bureau of Prisons in 2016, and I didn't really notice how much more drinking I was actually doing.

Every day became an occasion; my fitness wasn't as important to me as silencing my thoughts and feelings. This went on for a few years until Christmas Day 2019.

I was actually sober for a few days, my feelings all came back and hit me all at once. I wasn't thinking straight, and that night, I attempted to take my life.

I was unsuccessful, but my life shifted. I had another chance to make things right.

I started to go to therapy at the VA and take care of my mental health in the beginning of 2020, before everything closed down. I worked hard on myself and trying to change, especially the way I think and feel.

In March 2020, I officially started my journey in sobriety and in fitness. I did the 75 Hard program. Where you have to basically go through a routine for 75 days straight, if you fail one task, you reset back to day 1.

“ So I started living my life like every day was day 1. ”

Eventually, by September 2020, I completed the program and signed up for an Ironman. After losing 120lbs. From swimming, lifting, biking, climbing, and running of all things.

I found Hammer in the process by training and listening to podcasts, when I stumbled upon the Road Dog podcast. That's when I learned of Luis Escobar's races, and I was able to link him to the book *Born to Run*, which I read during my transformation period.

When I ran the race, and used the hammer products, that's when I decided I would hammer every day.

In fact the next year after completing my first Ironman, and two Ultramarathons, I signed up to be on the sponsored athlete team. Since Dean Karnazes was on it, I related a lot to him and wanted to be on the team too.

My love for the trail and ultramarathon community grew and outweighed the desire to do triathlons anymore.

Everyone is so welcoming and accepting of you, people from all walks of life. After volunteering at many races that Luis put on, I had this desire in me to become a race director and put on something in my own community.

By bringing awareness to some local trails that required attention for people to enjoy and recreate on. So I teamed up with Island View trail runs and Santa Barbara County Trails Council to crest the Island View Endurance Run, 100mile, 100km, 50km, 25km, 12km.

I knew from day one, it would be a success. I carefully worked on the logistics of the race for the last 4 years, and after I ran the HURT 100 in Hawaii for my second time in January of 2025.

I decided right then and there, the IV100 was going to be the new 100 mile hard race.

These event absolutely can not happen without volunteers, and trail labor. I did everything I could with a few others and my executive director to have everything done on time by race day.

The race happened just as it was supposed to, everything worked out how it was supposed to.

It sure was a lot of work communication is key when dealing with multiple agencies, but we did it.

Now I am the race director for a non-profit organization and we want to put on more events across the California Central Coast to get people outside and hammer on the trails.

Weak is only a state of mind, if you become consistent and believe in yourself. Things will happen as they are supposed to, we as human beings are capable of so much. Never limit yourself.

Erik Koenig

Race Director/ Sponsored Athlete



NUTRITIONAL FUNDAMENTALS

By: Brian Frank & Steve Born

We've been helping people achieve peak performance and maximum health for 39 years and counting. While countless diets have come and gone, our recommendations for staying healthy and consuming a good diet have remained constant. The basis of everything we do is diet because what you eat affects everything in your life. Eating a healthy diet with plenty of locally grown, organic whole goods, very little sugar, low salt, avoiding processed seed oils/processed foods, and a robust supplement regimen will help you achieve optimum diet and nutrition. Here are our five ways to stay healthy:

1. Avoid Sugar

Brian Frank often appropriately calls out sugar as the heinous, evil substance that it truly is. "Sugar," he adds, "is the devil!" For as long as there has been a Hammer Nutrition, our position has always been to limit—and we mean e-x-t-r-e-m-e-l-y limit—the amount of sugar you consume. The adverse health issues associated with sugar are far too many to list here—see "146 Reasons to Avoid Sugar"—but some of the most serious are heart disease, type 2 diabetes, and several cancers.

2. Limit Sodium

Excess sodium—via processed foods, salting your food, etc.—may not be the devil, but it's darn close. Sodium is, of course, vital for health. However, far too many of us (9 out of 10 Americans, according to the American Heart Association) are consuming too much. The Daily Value for sodium for adults is 2,300 mg, with the AHA recommending an even lower, 1,500 mg/day amount. Unfortunately, the average intake is 3,400 mg daily, an amount that's more than double the AHA's recommendation.

Younger people are also consuming too much:

The average intake for 6–10 years old is 2,900 mg per day

The average intake for 14–18 years old is 3,700 mg per day

Clearly, we are all consuming too much sodium, and it not only negatively affects our athletic performance but also has serious health consequences. "Sodium—The Real Villain". One eye-opening finding from the research in that should make you take action:

The researchers found that nearly 58,000 cardiovascular deaths

each year in the United States is due to more than 2 grams daily sodium consumption.

Too much sodium is a killer, and reducing your risk of life-threatening health consequences can only happen by lowering the amount of sodium in your diet.

3. Avoid Processed Foods & Processed Seed Oils

These two go hand-in-hand, as processed foods—in addition to oftentimes containing copious amounts high-fructose corn syrup, added sugar and sodium—also contain processed seed oils, such as canola oil, corn oil, cottonseed oil, safflower oil, and more.

In the article "Processed Seed Oils - Undeniably Damaging to Your Health" (<https://hammernutrition.com/blogs/endurance-news-weekly/processed-seed-oils>), we write:

While sugar remains the #1 enemy of your health, salt—with processed seed oils now included—are in a virtual tie (or very close to being tied) as the 2nd enemy of your health. Dr. Chris Knobbe's eye-opening video lecture, "Diseases of Civilization: Are Seed Oil Excesses the Unifying Mechanism?" [1] provides more-than-ample evidence that processed seed oils are indeed a primary key to a vast number of chronic diseases that can affect every one of us. Dr. Knobbe boldly states:

"While processed foods are driving virtually all of this chronic disease, of the processed food components... it is the seed oils that are the primary drivers because they are the biological poisons. They are poisons, plain and simple."

These seed oils "now make up 63% of the American diet, form the basis of USDA food recommendations, and are found in 600,000 processed foods sold in the U.S. today," according to Dr. Knobbe. "In 1909, Americans ate 2 grams a day of vegetable oil, says Knobbe, and by 2010 they were eating an astounding 80 grams of vegetable oil a day." [1]

Dr. Knobbe states that these industrially processed seed oils "drive the oxidation. They're pro-oxidative, proinflammatory, and toxic, but of all of these, it is oxidation. That is by far the worst."

4. Eat Locally Grown Whole Foods

No one can fulfill nutritional needs from diet alone, but:

- Consistent consumption of the best diet possible must be the top priority, ahead of supplementation.
- Choosing and consuming locally grown, organic foods as much as possible is vital.

The primary reason to eat a variety of fresh fruits and vegetables is not really for their vitamin and mineral content, as that is minimal at best, but for the nearly countless health-benefiting phytochemicals that only fresh fruits and vegetables can provide. One example is a naturally occurring flavonoid found in various fruits (mainly strawberries) called

fisetin. Research has shown that fisetin has strong antioxidant properties (which helps neutralize the negative effects of free radicals) and appears to have numerous other health-boosting properties. Your best opportunity to give your body adequate amounts of fisetin is to eat whole strawberries and other fisetin-containing foods. Ditto for every other fruit and vegetable; you can only obtain the many health-benefiting nutrients they contain by eating them.

Additionally, locally grown, organic foods are picked at their peak ripeness and have a shorter time from harvest to your consumption of them. That means higher amounts of that food's beneficial content for your body. Conventionally grown food, often harvested early to allow for shipment and distribution to stores, is almost always significantly lower in nutrients. Additionally, most (if not all) local growers adopt organic growing practices, which produce clean pure, clean food free of pesticides, herbicides, or other chemicals.

5. Supplement

If you want to look, feel, and perform your best, the first step is always a diet dominated by nutrient-dense whole foods. However, diet alone simply does not suffice. As mentioned earlier, the main reason to eat whole foods is for their health-benefiting phytonutrients, but to obtain ideal amounts of vitamins and minerals, you must supplement.

An ever-growing body of research shows that food alone does not supply all the micronutrients we need to prevent deficiency, let alone achieve optimal health. Nutritional scientist Bruce Ames bluntly states: "Inadequate dietary intakes of vitamins and minerals are widespread, most likely due to excessive consumption of energy-rich, micronutrient-poor, refined food. Inadequate intakes may result in chronic metabolic disruption, including mitochondrial decay." [1] One research study concluded:

“ Nearly the entire U.S. population consumes a diet that is not on par with recommendations. [2] ”

If you want to achieve your best performances in exercise sessions and events—and, even more importantly, enjoy optimal health—then daily supplementation is a necessity, not an option. So, consume an optimal diet as consistently as possible and augment that with sufficient amounts of vitamins, minerals, antioxidants, and complementary nutrients. This is the best way to more completely cover all your nutritional bases, allowing you to achieve higher-quality workouts, better results in your events, and, most importantly, superior health.

*References available upon request

DAILY KIT ESSENTIALS



HIGHLY RECOMMEND

I have been using daily essentials now for almost a year! All the nutrition works together resulting in top performance! I would highly recommend to everyone. If you are looking for personal gains or to place better in competitors!

Michael G



SHOP THE DAILY ESSENTIALS KIT:

- Improved immunity
- More energy all day, everyday
- Massively improved endurance
- Faster recovery
- Complete dietary support



HAMMER

NEW PRODUCTS

WE RELEASED IN

2025



Above: Randy Flores getting some hang time while racing at 12 Hours of Mesa Verde



Montagne Arnica

For Bumps, Lumps & Unbroken Skin

- Antibacterial
- Accelerates recuperation
- Soothing, cooling sensation
- Seasonal, wild harvested product



Vegan Recoverite

Recover Right Today!

- New formula!
- Rebuilds muscle strength
- Reduces soreness & fatigue



Amino Age

3rd Gen, Orange Flavor

- Steady, all-day energy
- Massively enhanced recovery
- Promotes overall wellness



Hammer Collagen

Dual Source, USA Ingredients

- Supports healthy skin, hair, and nails
- Supports optimal strength and structural integrity
- Outstanding for the heart and arteries



EnduroOmega Liquid

Best Omega-3 Fish Oil

- Concentrated, no-capsule formula
- Supports overall health
- Reduces aches and soreness
- Pure essential fatty acids



Pelle Primo

Soothe and Improve Skin!

- Antibacterial
- Great for sensitive skin



Pelle Eccellente

Heavy-Duty Skin Cream for chapped, cracked, and rough skin!

- Permeates cracked skin
- Long-lasting
- Rich in nutrients and antioxidants
- Hydrating



Creatine Boost

The Boost Is Back!

- Reduces post-exercise soreness
- Powerful antioxidant support
- Multiple brain health benefits
- Protects against muscle and bone mass loss
- Patented German Creatine



EnduroD Liquid

High-Potency Vitamin D3 with K2 Formula

- Superior structural health combination
- Offers powerful defense system support
- Ensures proper utilization of calcium



Hammer Lips

Soothing Lip Care

- Hydrating and moisturizing
- Soothes irritation
- Protects skin
- Anti-bacterial
- Full of antioxidants
- Natural ingredients
- Non-Toxic



Hammer Salve

All-Purpose Herbal Salve

- Antiseptic
- Antibacterial
- Contains antioxidants
- Soothing



Plant Protein

Looking for Vegan Protein? You're in the Right Place

- Six nutrient-rich, plant-based proteins
- Enhances exercise recovery
- 100% organic, gluten-free and GMO-free



Hammer Greens

Ultimate Superfood Blend for Superior Health

- 16 different fruits, vegetables, herbs, and other "super foods"
- Easy way to get the "green" nutrition you need
- Vitamin- and mineral-rich

RETURNING TO THE BASICS

By: Steve Born

EAT **REAL** FOOD.

New guidelines mark the most significant reset of federal nutrition policy in American history

It took far longer than it ever should have, but as of January 7, 2026, new dietary guidelines have been implemented that will positively affect the food available/served to us, marking a real change to tilt the scales back to a healthier state for everyone. Given the fact that:

- More than 70% of American adults are overweight or obese [1]
- That nearly one in three Americans between the ages of 12 and 17 has prediabetes [2]
- That an estimated 90% of health care spending goes to treating people who have chronic diseases [3], many of which are the result of the combination of a poor diet consisting of highly processed foods and a sedentary lifestyle

... these new guidelines are, without question, an absolute necessity and a most welcome change. As we at Hammer Nutrition have been tirelessly advocating and promoting the consumption of the healthiest diet possible for nearly 40 years—for enhancing athletic performance and, even more so, for optimizing overall health and potentially increasing longevity—it goes without saying that we give these new guidelines a major **THUMBS UP!**

The message is simple and straightforward:

American households must prioritize diets built on whole nutrient-dense foods—protein, dairy, vegetables, fruits, healthy fats, and whole grains. Paired with a dramatic reduction in highly processed foods laden with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives, this approach can change the health trajectory for so many Americans.

We are putting real food back at the center of the American diet. Real food that nourishes the body. Real food that restores health. Real food that fuels energy and encourages movement and exercise. Real food that builds strength. [4]

Some Key Recommendations of The Dietary Guidelines for Americans

1) Prioritize protein foods at every meal

- Consume a variety of protein foods from both animal and plant sources
- Consume meat with no or limited added sugars, refined carbohydrates or starches, or chemical additives
- Daily protein intake goal of 1.2 – 1.6 grams of protein per kilogram of body weight

2) Eat vegetables and fruits throughout the day

- 3 servings per day of whole vegetables in their original form; 2 servings per day of fruits in their original form
- 100% fruit or vegetable juice should be consumed in limited portions or diluted with water

3) Incorporate health fats

- When cooking with or adding fats to meals, prioritize oils with essential fatty acids, such as olive oil
- Consume healthy fats found in meats, poultry, omega-3-rich seafood, nuts, seeds, olives, and avocados

4) Limit highly processed foods, added sugars, and refined carbohydrates

- Avoid highly processed packaged, prepared, ready-to-eat foods that are salty or sweet (e.g., chips, cookies, and candy), instead prioritizing nutrient-dense foods and home-prepared meals.
- Limit foods and beverages that include artificial flavors, petroleum-based dyes, artificial preservatives and sweeteners.
- Avoid sugar-sweetened beverages, especially those that contain “ose” sugars (e.g., fructose)
- One meal should contain 10grams or less of added sugars.

As you can see, these are the things we at Hammer Nutrition have been advocating for decades, and you can find several diet-specific articles in *Endurance News Magazine* and *Endurance News Weekly*. Take some time to peruse through these great knowledge resources to help you improve your diet, which will undoubtedly benefit your health and athletic performance. Additionally, be sure to download your **FREE** copy of *In the Kitchen with Hammer Nutrition* where you'll find over 150 delicious and super-nutritious meal recipes.

There is more information and additional guidelines than provided in this article, including recommendations for pregnant/lactating women, older (“senior”) adults, and those who follow a vegetarian or vegan diet.

You'll find all this information in the **Dietary Guidelines for Americans, 2025-2030** at <https://cdn.realfood.gov/DGA.pdf>

*References available upon request

ASK HAMMER

What is Hammer's response to the new food pyramid and nutrition guidelines issued by FDA/USDA?

We suggest making every effort to follow the new guidelines. Food is the source of health and illness, so the more whole foods you eat and the less processed foods you eat, the happier and healthier you will be.

PROTEINS	1.2g – 1.6g protein per kg of body weight From both animal and plant sources
VEGETABLES & FRUIT	3 serv. / 2 serv. Per day of vegetables & fruit Fruits and vegetables should be eaten in their original form
HEALTHY FAT	< 10% of total daily calories. Saturated fat consumption should not exceed 10% of total daily calories
WHOLE GRAINS	2 – 4 serv. Per day of whole grains Limit refined carbohydrates and added sugars

HAMMER
EAT **REAL** FOOD.

SERVICE IS KING

39 Years of 5-Star Customer Service!

By Steve Born



Left to Right: Camryn, Jodi, Margie, Kenzie, Nathan, Jeremy, Max, Brian

PHONE - Call 800.336.1977 - speak with a friendly staff member eager to help you

LIVE CHAT - Chat with a real, friendly client advisor at hammernutrition.com during business hours

EMAIL - Email us anytime for prompt and courteous service at support@hammernutrition.com

VISIT HQ - we love to give tours of our campus. If you get to the Flathead Valley, please stop by!

4952 Whitefish Stage Road
Whitefish Montana, 59937

We actually like hearing from you!

CONTACT US

Happy 2026 to all our valued Hammer Family members! This year marks the beginning of Hammer Nutrition's 39th year in business, a remarkable accomplishment because most businesses in this industry don't survive anywhere near that long. But here we are, heading into our 39th year, and we're not surviving, we're thriving!

From the beginning, our goal of providing you with superior-quality products and exemplary customer service has never faded and never will. Brian's mission statement makes that very clear:

Superlative products and the expertise to put them to their best effect are certainly key, but how a company interacts with its customers is even more important.

From day one, we've strived to treat every client exactly how we want to be treated when we are on the other side of the counter—fairly, honestly, and individually. We do everything possible to ensure that is what you experience when you do business with us. Our reputation for 5-star customer service has been earned by living this principle every day for the past 30+ years. I still read every feedback submission we receive and work directly with my staff to ensure that every issue is handled to my satisfaction.

It takes a lot of work and resources to maintain my standards, but it's the only way I'm willing to run my company. We treat you like you are important to us because you are... **Guaranteed!**

Every day our office is open— 9am - 5pm MST, Monday through Friday—you can expect that everyone who works for Hammer Nutrition will strive to genuinely treat you like you are important to us. And that's because you are. Whether you've got questions, concerns, suggestions, or a success story, give us a call, shoot us an email, or Live Chat with us. You'll connect with a live person—a trained advisor—and be treated like a real person and experience the best customer support and service in the industry!

We've been here and thriving for coming up on four decades, we're at 800-336-1977, and we'll continue to enthusiastically be at your service!

hammernutrition.com | 1.800.336.1977

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- Full-spectrum formula

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**Must make a purchase to qualify. While supplies last. Expires 4.31.26*

TOP 5 TIPS WEIGHT LOSS TO AID IN

By: Steve Born

While there are obviously more than five ways to help you safely and effectively lose weight, here are five of the easiest and most effective ones. Along with the use of **Phytolean** (carb/starch blocker) and **ChitoLean** (fat blocker), adopt and follow these tips to experience maximal weight-loss success:

TIP #1

Include healthy fats in your diet

When you deprive your body of fat, it holds on to its fat stores more voraciously. Eating healthy fats (fish, avocados, seeds, and nuts) - and using EndurOmega on a daily basis - is good for your heart, satisfies your hunger, and helps your body release and burn its fat stores more liberally and efficiently.

Import note: If using ChitoLean, be sure to take it at least 4 hours before or after consuming healthy fats (e.g., healthy oils, such as olive oil, and the essential fatty acids in EndurOmega) or fat-soluble nutrients (Coenzyme Q10 and vitamins A, D, E, and K) to ensure proper absorption of these vital nutrients.

TIP #2 Drink a glass of water prior to each meal

The water will take up space in your stomach, increasing the feeling of fullness, helping you to consume fewer calories when you begin eating.

TIP #3 Eat slower and chew more

Research suggests that eating slower and chewing more frequently during a meal allows the brain time to register fullness. This leads to fewer consumed calories, as well as improved digestion.

TIP #4 Limit your intake of starchy carbs

Many starchy carbs—especially refined/processed foods such as bread, bagels, muffins, pastries, crackers, pasta, rice, cereal, and more—are calorie-dense but poor sources of protein and nutrients. According to Dr. Kristin Kirkpatrick, starchy carbs are “digested so quickly that they spike your glucose levels just like sugar—and leave you hungry soon afterward, which can lead to over-eating and weight gain.” Spiking glucose/insulin during meals can lead frequent to insulin resistance, type 2 diabetes, and chronic inflammation, amongst other health issues. That’s because, if carbohydrates are not used for energy (primarily during exercise) or for glycogen restoration after exercise, they can easily converted to fat. Therefore, if the menu of the meal you’re eating contains high amounts of starchy carbs, it’s time to reach for Phytolean. A 2-capsule dose contains 1,000 mg of Fabenol® Max white kidney bean extract, which—due to its high alpha-amylase inhibitory activity—can inhibit the digestion of approximately 300 grams (1200 calories!) or starchy carbs.

TIP #5 Have a glass of Whey Protein as a mid-day snack

Containing only 70 calories per scoop, this is an easy way to bolster your daily protein intake without a lot of calories. Plus, the whey protein isolate in Whey Protein is the richest source of BCAAs (l-leucine, l-isoleucine, and l-valine). Findings from a 2010 study reported in the online version of the Journal of Nutrition suggest that there is an association between an increased intake of BCAAs and a reduced risk of obesity and becoming overweight.

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WHEY
PROTEIN
YOUR MUSCLE'S BEST FRIEND



NO
ADDED
SUGARS

Shop Whey Protein!

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- Accelerates recovery

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REDUCED LIFE EXPECTANCY WITH ASSOCIATED VITAMIN D DEFICIENCY

A recent study [1] affirmed the association between insufficient or **deficient vitamin D levels and decreased life expectancy** compared with healthy levels of vitamin D.

By: Steve Born

Background

“Vitamin D deficiency is prevailing worldwide and is linked to multiple diseases; however, its association with premature mortality remains unknown in the US.” According to head researcher, Quong Wang of Beijing University of Chinese Medicine: “Thus far, no study has quantified potential linkage of vitamin D to life expectancy, an absolute quantitative metric for population health. To fill in gaps in knowledge, we aimed to investigate how serum 25-hydroxyvitamin D concentrations could correlate with premature mortality and life expectancy in a nationally representative cohort of US adults.”

Methods

Data from 62,704 men and women, average age 46, who participated in the National Health and Nutrition Examination Survey (NHANES) from 1988 – 1994 and 2001 – 2018 was examined. Information regarding mortality through 2019 was provided by the National Death Index (NDI).

Results

In comparison with individuals who had sufficient serum vitamin D levels of 30 nanograms per milliliter (ng/mL) or higher:

- Men and women who had insufficient levels between 20 ng/mL and 30 ng/mL had an 18% greater risk of premature mortality
- Deficient levels between 10 ng/mL and 20 ng/mL were associated with a 60% greater risk
- Severely deficient levels of less than 10 ng/mL more than doubled the risk of premature mortality compared with vitamin D-sufficient individuals.
- At 50 years, men and women who had insufficient, moderately deficient or severely deficient vitamin D levels lived respective averages of 0.7, 2.1 and 4.4 fewer years compared with those who were sufficient.

Conclusions

The researchers stated, “In this national cohort, our findings indicated that compared to sufficiency, deficiency, even moderate, in serum 25(OH)D concentrations could correlate with a significantly increased risk of premature mortality and shortened life expectancy. This underscores the importance of monitoring vitamin D in circulation for primary prevention of chronic diseases and premature mortality in the US. This is a call for action that renewed focus on vitamin D and life expectancy is warranted.”

Steve's Comments

While “optimal level” varies by expert, many suggest that it's above what they believe are deficiency levels (below 20 ng/mL), with some organizations, including the National Institute of Health, suggesting that a level between 20-50 ng/mL is sufficient for general health. Vitamin D expert, Dr. Michael Hollick, suggests a level of at least 30 ng/mL for bone health, but ideally closer to 40-60 ng/mL for broader health benefits. As do the researchers in this study, Dr. Hollick believes that a level below 30 ng/mL is deficient for optimal benefits, and advocates for higher daily intake of 2000 IU or more of vitamin D3 to reach and maintain these levels. Lastly, for many people, especially those who live in areas where the sun is not present most of the winter, daily intake in the range of 5000IU to 8000IU (and sometimes more) of vitamin D may be necessary to reach optimal levels.

A simple and inexpensive 25-hydroxyvitamin D blood test will determine what your levels are, and how much supplemental vitamin D is needed. Given that only about 35% of the US population has vitamin D levels of at least 30 ng/ml, there's a very good chance that you're deficient, and even more so if you follow Dr. Hollick's recommendation of 40ng/mL or more.

Each EnDuro D softgel contains 2000IU of vitamin D3, 1500mcg of vitamin K2 (MK-4), and 300mcg of vitamin K2 (MK-7). If you want/need a higher dose of vitamin D3 AND the most complete “coverage” of both subtypes of vitamin K2 (MK-4, MK-7), follow one of these protocols:

¼ dropper of Liquid EnDuro D 1 EnDuro D softgel	==	3,250IU of vitamin D3 1500mcg of vitamin K2 (MK-4) 210 mcg of vitamin K2 (MK-7)
½ dropper of Liquid EnDuro D 1 EnDuro D softgel	==	4,500IU of vitamin D3 1500mcg of vitamin K2 (MK-4) 240mcg of vitamin K2 (MK-7)
¾ dropper of Liquid EnDuro D 1 EnDuro D softgel	==	5,570IU of vitamin D3 1500mcg of vitamin K2 (MK-4) 270mcg of vitamin K2 (MK-7)
1 dropper of Liquid EnDuro D 1 EnDuro D softgel	==	7,000IU of vitamin D3 1500mcg of vitamin K2 (MK-4) 300mcg of vitamin K2 (MK-7)

*References available upon request

HIGH-POTENCY VITAMIN D3 WITH K2 FORMULA




Above: Brian Merewitz skinning in the mountains



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- Offers powerful defense system support
- Ensures proper utilization of calcium

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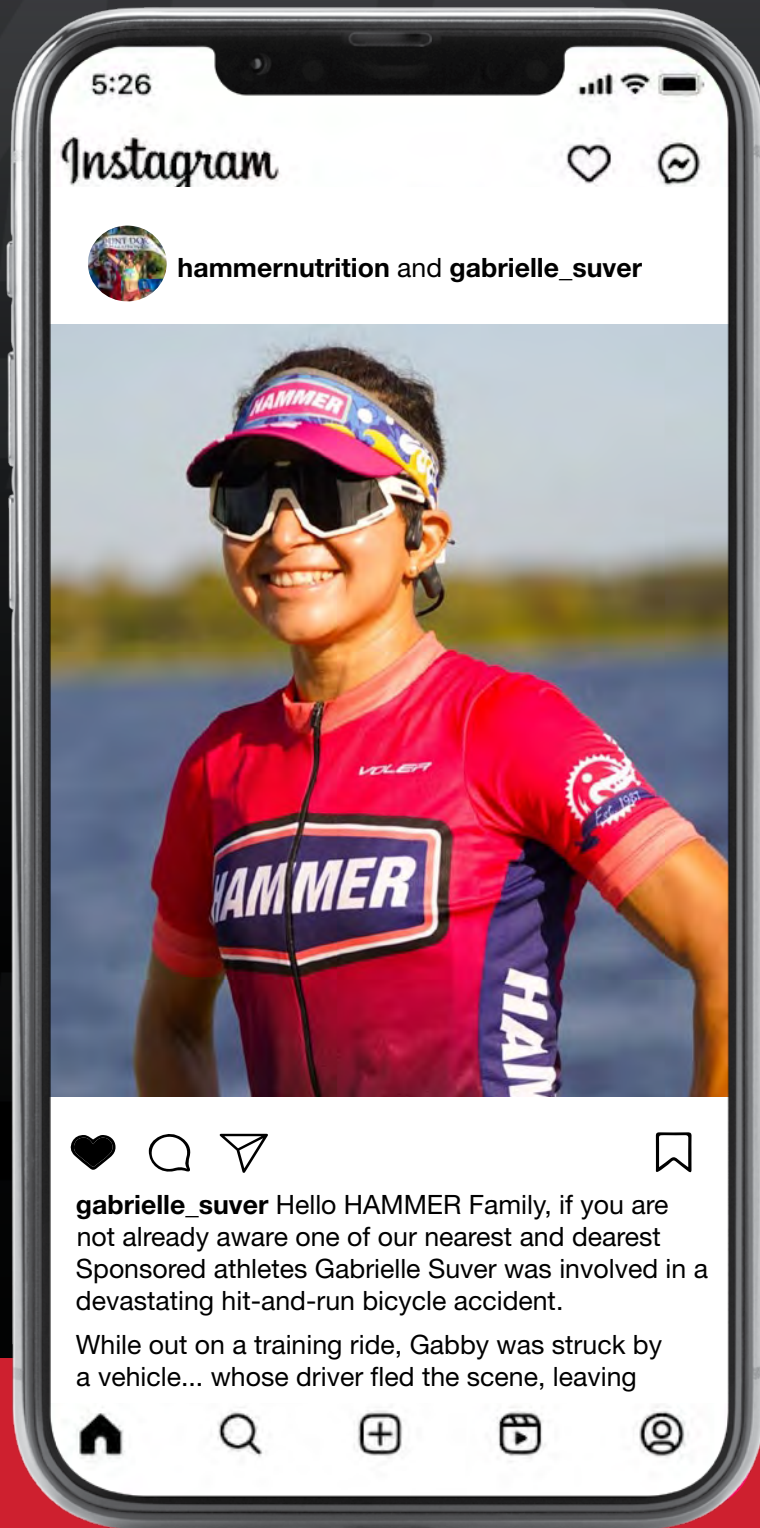


TOP POST OF 2025

Our top post this year was a call to action for our community to help fund beloved Hammer athlete Gabrielle Suver's recovery after a devastating accident...

With your help, she reached her goal of \$50,000 for medical expenses.

Thank you!



#HOWIHAMMER
Where social is social, not sales.

TOP COLLABORATIONS OF 2025

mariontvz and hammernutritionmx



17,000+ Views

jorgecasalesc and us.montesahonda



14,000+ Views

slasher200 and hammernutrition



15,000+ Views

418

In 2025, we shared 418 posts across platforms highlighting our community and athletes!

POSTS

SOCIAL MEDIA BY THE NUMBERS

IEWS

Instagram

1.4 Million



Facebook

600,000



ENGAGEMENTS

Facebook

40,000



Instagram

24,000



SUGAR LEAKY GUT & LIVER DISEASE

By: Dr. Bayne French

Tell me something I care about:

- This article will detail how sugar disrupts intestinal flora, damages the gut lining, and leads to liver disease.
- There are many things that make your gut flora unhappy. Sugar is at the top of the list.
- Consuming sugar in extremely low amounts, eating a healthy diet and supplementing with probiotics is a solid game plan for happy flora. And happy flora contributes to a healthy metabolism.

A Mr. Burt Macklin provided some feedback about my writing recently:

“Dear Bayne, Your claims suck and you should stop blogging forever... Maybe you should spend more time researching modern science instead of pretending to be a lumberjack in your backyard... Maybe start trying to find a job in another field. Not journalism, though.”

There was much more I omitted, to spare you. The sheer quantity of explanation points rivaled only by a note I received from Blair Polywog in the 9th grade when she learned I was actually not ill, but went camping instead of to the prom with her.

Mr. Macklin also claimed to be a previous patient of mine. Something I had no recollection of, although the troll-type don't stay long with me. Later I realized that Burt Macklin is the alter-ego of character Andy Dwyer in the hilarious sitcom Parks and Recreation. If triggered by my writing, why drag in my avocation of choice...lumberjacking? Yes, I do that, and many other things, in my backyard.

How about we fire up our chainsaws together and put in a solid day's work learning about the biochemical damage sugar causes to our intestinal environment? I promise to dumb it down, so Burt can follow along.

LETS DO SOME LUMBER JACKING!

Definitions:

Sugar. A molecule containing one part glucose and one part fructose. **Gut-liver axis.** The bidirectional communication and interaction between the gastrointestinal tract (gut) and the liver. This involves many direct chemical messengers, both from our diet and those derived from our gut flora. Some researchers consider immune system, hormonal, and neurological messengers a part of this axis. **GI.** Gastrointestinal, our stomach and intestine.

Intestinal lumen. The hollow space inside the intestine where digestion takes place. **Enterocyte.** A single cell of the intestinal lining that is the interface between the intestinal lumen and the blood stream that heads directly to the liver.

Microbiota. Refers to our entire microbial community. Flora is a similarly used term. There are four main phyla of bacteria: Firmicutes (64%), Bacteroidetes (23%),

Proteobacteria (8%), and Actinobacteria (8%). Within each phylum are numerous families, genera, and species of bacteria.

Gut Microbiome. Refers to a group of microorganisms living in a symbiotic way in our gastrointestinal tract. More precisely the genome of these bacteria. Our microbiome is so complex some researchers consider it a distinct organ in our body.

Dysbiosis. This is an imbalance in our different types of intestinal bacteria. **SCFAs.** Short chain fatty acids acetate, propionate and butyrate are made by our gut flora. A healthy gut flora produces them in appropriate ratios and they provide numerous benefits to gut health and metabolism in general. A dysbiotic gut flora produces SCFAs abnormally, directly damaging the intestinal barrier.

NAFLD. Non-alcoholic fatty liver disease. This represents a spectrum of diseases not caused by alcohol. It includes steatosis (fatty liver) and non-alcoholic steatohepatitis (NASH).

NASH. Non-alcoholic steatohepatitis. This is the more serious form of NAFLD, with liver inflammation, injury and scar formation which can lead to cirrhosis.

Endotoxin. Toxins produced by our gut flora primarily via dysbiosis.

Probiotic. Live bacteria that confer health benefits.



Above: Author Dr. Bayne French doing what he does best — lumberjacking in his yard.



Our Intestinal Lining:

Our intestinal lining is an individual immunological site. The direct interaction of bacteria with the host (us) takes place here. And this is where “cross talk” occurs between our gut flora via chemical messengers with our immune system and blood stream.

The details of this “conversation” have tremendous importance in our health. If the talk is a bit sassy then weight gain, insulin resistance, and a leaky barrier ensue leading to a sick liver and metabolism. If the talk is civil, collegial, and caring, the risk of these disease processes is much lower (Mazzotti et al. Dig. Dis. 2016).

Koh et al. (Cell. 2016) showed that if proper gut flora interaction with the host is disturbed, even cancer risk is heightened. I'm hoping my flora talks sweetly to my intestinal wall. I think my bacteria are kind and sweet, like the rest of me.

Sugar's Journey:

After consuming sugar, the enzyme sucrase breaks it apart into glucose and fructose.

Glucose is absorbed into the intestinal wall, specifically into the enterocyte, by the transporters SGLT1 and GLUT2. Fructose is absorbed by a different transporter, GLUT5.

The number of GLUT5 transporter molecules is influenced by dietary fructose...eat and drink more sugary crap, get more GLUT5 transport ability. This is the primary goal of gut training that metabolically clueless researchers and lecturers advocate under the guise of enhanced athletic performance. And to sell more sugary crap.

Once fructose is within the enterocyte, the enzyme ketohexokinase (KHK) alters it so it cannot leak back into the intes-

tine. If I was an enzyme, I'd want to be KHK. I think the other enzymes would fear me. I'd probably go rogue, exploring other parts of the body with my axe.

Anyway, once fructose is chemically altered by KHK, it can then move from the enterocyte into the blood stream and head directly to the liver. This is what is supposed to happen. With high sugar/fructose consumption, KHK is not able to act on all the fructose that enters the enterocyte, and some fructose enters the blood stream unaltered.

Once reaching the liver, most of the fructose enters the liver cells. This is in contrast to glucose. Most glucose bypasses the liver and reaches the systemic circulation where all cells can use it as fuel. Elevated blood glucose is not at all metabolically favorable however, and drives disease over time via numerous pathways.

Back to fructose. When it enters liver cells it is acted on by numerous other wimpy enzymes that fear me. Eventually fatty acid synthase (FASN) converts it to fat. Which is exactly what most of America wants to avoid.

More on Fructose's Story:

This simple sugar molecule naturally occurs in fruit, honey, and in smaller amounts in vegetables. We partook of hand-to-hand combat with baboons, and each other, to get fructose. We risked life and limb for it because it drives fat formation and those who could make fat the best had a higher chance of survival. Survival of the fittest. An example of what was good for our fore-people when old age was 31, isn't favorable for us now.

Scan the QR code to read the full article at hammernutrition.com:





HAMMER BARS ARE BACK!

As all Hammer Bar fans know, the last couple of years have been a little rough. One or more flavors always seemed to be out of stock, and our former manufacturer eventually went out of business.

The great news is that we now have a solid new manufacturing partner, and seven of our eight Hammer Bars are back in stock to stay! They're just as delicious and reliable as ever.

Why Hammer Bars?

- Real, delicious, raw ingredients
- Reliable, long-lasting energy
- Packable and easy to eat anywhere
- Suitable for all diet types

During activity or at rest, Hammer Bars make healthy eating easy.

And don't worry, we're working hard to bring back our most popular Whey Bars in the near future. Stay tuned!



SCAN TO SHOP
HAMMER BARS!



HAMMER BARS ARE A HEALTHY SNACK — WHILE EXERCISING, ON THE GO, OR ANYTIME!

REAL, DELICIOUS RAW ENERGY!

AMINO AGE | GEN 3

By: Steve Born



Third time's a charm

Saying farewell to an awesome, multi-beneficial nutrient like NAC (n-acetyl cysteine) wasn't easy, and someday it may very well be a stand-alone supplement in the Hammer Nutrition line. For Amino Age, however, NAC proved to be problematic, no matter how much we wanted to keep it in the blend. The first incarnation (Gen 1) contained no natural flavors, so the sulfur-y smell was quite pronounced. And even though that smell dissipated quite a bit when the powder was mixed in water, it was still an issue with many of our clients. We then added natural orange flavor to Amino Age (Gen 2), but even though that helped significantly, the off-putting smell was still there... greatly diminished, but still there. Add to that the issue of NAC being hygroscopic and thus clumping after a while in the container, and we knew we had to remove it from the formula.

Announcing Amino Age – Gen 3!

The good news is that we came up with an outstanding replacement, one that has virtually no smell or taste, one that does not appear to clump at all, and one that supplies incredibly wide range of benefits.

Please welcome l-citrulline to the Amino Age formula!

L-Citrulline is an amino acid that plays a crucial role in the urea cycle and is a precursor to L-arginine, which is essential for nitric oxide (NO) production. According to research [<https://www.mdpi.com/2072-6643/10/7/921>], “Unlike l-arginine, l-citrulline is not quantitatively extracted from the gastrointestinal tract (i.e., enterocytes) or liver and its supplementation is therefore more effective at increasing l-arginine levels and NO synthesis.”

As it is an extremely effective nitric oxide (NO) booster, l-citrulline offers many health benefits, especially regarding cardiometabolic health, defined as “the overall well-being of

your cardiovascular system (your heart and blood vessels) and metabolic system (how your body breaks down food to create energy).” [1]

As to the importance of NO, research [2, 3, 4, 5] states, “**Diminished bioavailability of nitric oxide (NO)**, the gaseous signaling molecule involved in the regulation of numerous vital biological functions, **contributes to the development of multiple age- and lifestyle-related risk factors and diseases including:**

- Hypertension
- Atherosclerosis
- Insulin resistance and type 2 diabetes
- Cardiovascular disease”

L-citrulline has also been shown to have the ability to reduce markers of inflammation; research states that “ingestion of l-citrulline has been shown to reduce serum inflammatory cytokine concentrations, such as IL-6, tumor necrosis factor (TNF)-alpha, and C-reactive protein in both aged animals [6] and humans [7].”

L-citrulline also possesses antioxidant properties: “The mechanisms of l-citrulline to improve endothelial dysfunction, in conditions such as atherosclerosis, are most likely mediated via direct reduction of hydroxyl radical formation, direct action on vascular smooth muscle, and indirect action of NO synthesis. The antioxidant effects of l-citrulline can be viewed in two different ways: NO-dependent and NO-independent pathways. L-citrulline is capable of increasing eNOS (endothelial-nitric oxide synthase) in endothelial cells, which in turn reduces ROS (reactive oxygen species) formation [8].”

Improved exercise performance? You bet! There are numerous studies on the beneficial effects of l-citrulline supplementation and exercise performance. Here is but one: “In conclusion, this study has shown that short-term Cit [l-citrulline] supplementation can reduce blood pressure, speed Vo_2 kinetics, and enhance endurance exercise performance. Supplementation with Arg [l-arginine], on the other hand, did not significantly affect these parameters [9].”

Summary

It's clear that l-citrulline is an amino acid that provides such a plethora of benefits—see <https://www.mdpi.com/2072-6643/10/7/921> for more—that it's a natural for inclusion in Amino Age. Gone is the not-so-pleasant smell and taste,

replaced by an amino acid that has minimal-to-no smell or taste and provides even more benefits than NAC. It took three tries to get it exactly right, but that's how we roll... until a product is precisely how we want it, we will make any/all necessary upgrades.

The 3rd Generation of Amino Age is here, it's a product that arguably provides more health benefits than any other, and it's ready to go to work for you!

**References available upon request*



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IN THE KITCHEN

New recipes from our updated cookbook!

Hammer's Orange Julius Dreamsicle

1-2 Servings

INGREDIENTS

1 scoop of Vanilla Collagen

1 scoop Amino Age

½ cup of milk of choice

We love whole cream on top milk!

3 oz of from concentrate orange juice
or frozen orange juice cubes

4 ice cubes

INSTRUCTIONS

1. **Blend until smooth and enjoy!**

Notes:

Collagen is most similar to the egg whites used in the original O.J. recipe. However one scoop of any of our Vanilla Whey, Plant Protein, Recoverite, Soy or Vegan Recoverite can be substituted.

For a reduced sugar version, freeze orange juice. Start with 6 cubes and add more milk as needed.

Use more ice cubes to make it thicker.



6 servings

Brian's Meat and/or Veggie Soup

INGREDIENTS

MIREPOIX ½ yellow onion

¼ lb of carrot

1 bunches of celery

¼ –½ stick of butter

MEAT 1lbs ground meat

Garlic salt or preferred seasoning

i.e salt and pepper, or salt and rosemary, or herbs de provence,

SOUP 6 oz's of mushrooms

2 medium zucchini and/or yellow squash

24-48 ozs beef bone broth

(chicken if using ground turkey or chicken, vegetable broth for vegetarian)

Dash of veget

Mushroom seasoning

Simply Organic, Trader Joes or Orgfun all have an umami mushroom seasoning

INSTRUCTIONS

1. **Sauté Mirepoix:** Chop the onion. Melt butter in a pot over low heat, then add the onion.

Chop the carrot and celery into small pieces and add them to the pot. If the mixture looks dry, add more butter.

Cook on low-medium heat for 10 minutes, stirring frequently and occasionally covering to retain moisture. Reduce the heat and add more butter if the vegetables start to caramelize.

2. **Add Mushrooms:** While the mirepoix is cooking, clean and chop the mushrooms. After 10 minutes, add the mushrooms to the pot and cook for about 5 minutes.

3. **Add Squash:** While the mushrooms are cooking, wash and chop the zucchini/yellow squash, then add them to the pot.

4. **Simmer Vegetables:** After the squash has cooked for 5 minutes, add a splash of broth to help the vegetables cook down. Continue to cook for 10 minutes with the lid on, stirring occasionally.

5. **Add Broth and Seasoning:** Pour in the remaining broth and bring the soup to a boil, then reduce to a bubbling simmer. Season the soup lightly with Veget and/or Umami mushroom seasoning.

6. **Brown the Meat:** In a separate pan, start browning your meat (chicken, turkey, lean beef, buffalo, or elk are all delicious options). Lightly season the meat with garlic salt or your desired seasoning. If using a lean meat (chicken, turkey, or lean beef), add a dash of oil to the pan to prevent sticking. Once the meat is browned, remove it from the heat.

7. **Blend the Soup:** Blend the vegetable soup mixture until smooth using a hand blender or a standard blender.

8. **Combine and Finish:** Add the browned meat to the blended soup. Cook for an additional 5-10 minutes before serving.

Notes: Other types of meat also taste delicious! Try Bison, emu, elk, chicken, or turkey for a slightly different spin. Switch to chicken broth if using poultry.



Below: John Short flying over a triple as the sunsets in Calicut, India

📷 BIGROCK MOTOR SPORTS



FROM OUR ATHLETES

PAIGE LEPARD

📍 Ironman 70.3
 📍 Boise, Idaho 📅 July 26, 2025

Results: 13th in Age Group
Distance: 70.3 mi
Time: 6:13:43
Splits: Swim: 38:05
 Bike: 3:05:10
 Run: 2:22:13



MICHAEL COOKSON

📍 US National Pickleball Championship
 📍 San Diego, CA 📅 Nov 16, 2025

Results: 2nd Place
Rounds: 9 matches | 14 games | ~7 hrs of play
Time: ~7 hrs of play
Fueled By: HEED Endurolytes Extreme
 Espresso Gel Creatine Boost
 Perpetuem Hammer Greens
 Recoverite



JOHN SHORT **BIG ROCK MOTORSPORTS**

📍 2025 Indian Supercross Racing League
 📍 Calicut, India 📅 Dec 18, 2025

Results:
Main Event **Weekend** **Championship**
 1st Overall 3rd Overall 4th Overall

John's team Big Rock Motorsports won the team championship

CHAMPIONSHIP





HAMMER SALVE

ALL-PURPOSE HERBAL SALVE



Shop Hammer Salve!

- Antiseptic
- Antibacterial
- Soothing

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VERY PLEASED

“ First time using it was after a bike crash. After the open wounds healed over, it prevented drying out, cracking open and relived most of the itching. Very pleased with the results! ”

Gary W.



PIOTR BABIS

📍 **King of the Hill — A Backyard Ultra Marathon**
 📍 Pyalong, Australia 📅 Nov 1, 2025

Distance: 380 Km | 4.2km Loop
Time: 90 Hrs
Vertical Gain: 380 Km
Results: 1st | Last one standing

The Experience

Four days on the hill in Pyalong, Australia pushed both physical and mental limits. The new course quickly revealed itself as a long, demanding challenge, but consistent pacing allowed him to maintain strength from the opening laps through the final one. Despite extreme fatigue and mounting sleep deprivation in the later stages, short naps between laps helped reset the mind and keep momentum moving forward.

The ability to run the final laps as strongly as the first underscored both durability and preparation. Through low moments and doubt, the focus remained on staying present and pushing forward, ultimately finishing as the last athlete standing and securing the win.

The Fueling Strategy

Fueling for a multi-day backyard ultra required a different approach than traditional races. The slower pace and regular breaks allowed for increased solid food intake, with Hammer Energy Bars and Protein Bars forming a steady nutritional base.

Hammer Gels were especially valuable during shorter breaks and late in the race, when sleep became the priority. He relied heavily on HEED and Endurolytes Fizz throughout the event, supplemented with Endurolytes, Tissue Rejuvenator, Hammer Creatine, and Amino Age. Recoverite was added to smoothies to support recovery between laps.

Left: Piotr Babis being crowned King of the Hill

📷 DAVE LENNON



SANDI MENCHI ABAHAN

📍 **2025 Spartan APAC Championship**
 📍 Porac, Pampanga, Philippines 📅 Nov 7-8, 2025

Sandi used Anti-Fatigue Caps, Endurance BCAA+, Race Caps Supreme, Energy Surge, Fully Charged, Vegan Recoverite. Essential MG, Tissue Rejuvenator, Creatine Boost, and Endurolytes to support energy, focus, and recovery.



First Filipino to win 3 APAC Spartan Elite Championships



SERGIO TOMÁS MAZA KRAUSE

📍 **2025 National Triathlon Championship (Youth)**
 📍 Viña del Mar, Chile
 📅 Nov 2, 2025

Time: 34:52
Results: 1st Overall



MALTODEXTRIN

THE SUPERIOR CARBOHYDRATE for Endurance Athletes

By: Steve Born

Below: Hammer Athlete Erik Koenig powering up a climb

Quick Reference

The benefits of maltodextrin over simple sugars (glucose, sucrose, fructose)

- Rapid energy (GI rating of 90-95). During exercise and immediately after, that is EXACTLY what you want
- Longer-lasting energy (no “flash and crash,” “peak and valley” effect)
- More calories can be efficiently digested from complex carbs than from simple sugar
- Less potential for stomach distress

A quick definition of two types of carbohydrates:

1. “Sugar” is defined as 1- or 2-chain molecules (monosaccharides or disaccharides), and anything that ends in “ose”—glucose, sucrose, fructose, etc.—is classified as sugar, or more appropriately, simple sugar.
2. Molecules that contain many sugar units weakly linked together are called polysaccharides, known familiarly as complex carbs and starches, with maltodextrin—which we use in our fuels—being one of them.

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Maltodextrin: A Superior Carbohydrate

on gut microbiome is nil. Ditto for post-exercise refueling.

Another way to look at it is this: There are 168 hours in one week. If you’re training a total of 15 hours a week (which is a lot!), you’re only consuming a maltodextrin-based fuel during a fractional portion of the entire week. Therefore, along with how rapidly maltodextrin works during exercise, any possible issues associated with maltodextrin will not occur. The real issues will happen when you indiscriminately consume lots of maltodextrin (or other high-GI carbohydrates) in your diet and aside from during exercise and immediately following. As maltodextrin is a fairly ubiquitous ingredient found in many processed/packaged foods—used to add texture, enhance flavor, and extend shelf life—you’ll want to severely limit your consumption of those foods, keeping maltodextrin intake for use ONLY during and immediately following exercise.

Maltodextrin's other superior benefits

Longer-lasting energy. Because maltodextrin is comprised of hundreds of saccharide molecules all weakly bonded together, it will provide a much more consistent, sustained release, longer-lasting energy than glucose or any other short-chain simple sugar, and without that undesirable “peak and valley,” “flash and crash” energy that is typical with simple sugars.

More calories for energy with no stomach distress. One of the very best features of maltodextrin is that you can digest/absorb greater amounts of calories from maltodextrin than from any short-chain sugar... as one nutritional scientist states, “maltodextrin allows one to swallow more energy in less volume.” With maltodextrin, you get the full amount of calories that you need for energy production, and with no delay in exiting the GI tract.

Fuels containing simple sugars must be mixed with very calorically weak solutions to be digested with any efficiency, so your body won’t be getting the right amount of calories it needs. However, when athletes try to make a “double-strength” mix of a simple sugar fuel, that too-high sugar mixture does not match body fluid osmolality parameters (280-303 mOsm), which means it just sits in the stomach undigested for a lengthy period of time... and that means severe stomach distress. You won’t have that issue with maltodextrin.

Refuting accusations against maltodextrin

As of late, maltodextrin has come under fire, with some saying that it’s worse than sugar. The chief accusations as to why maltodextrin should be avoided are that it is:

- A high-Glycemic Index (GI) carbohydrate, ranging from 90-95—similar to glucose and higher than sucrose (table sugar at 65-72)—or higher. This means that maltodextrin can cause a sharp increase, or spike, in people’s blood sugar shortly after they eat foods that contain it.
- It can lead to gut inflammation and possibly affect microbiome diversity.

While we do not disagree with either of these, our explanation of both will not only take the “fear factor” out of maltodextrin, but it will also show why it is vastly superior to any short-chain simple sugar for the purpose of fueling the body during exercise and immediately afterward.

Low Dextrose Equivalent (DE), High Glycemic Index (GI) – The tapioca maltodextrin used in Hammer Nutrition fuels has a Dextrose Equivalent of ~10.0 to 13.0, which is lower than the corn-derived maltodextrin we once used. A lower DE means less short-chain sugar content, and a much higher percentage of polysaccharide (complex carb) content—in essence, a more “complex” complex carbohydrate—for even longer-lasting energy and endurance. While a lower DE also slightly lowers the GI of the maltodextrin, at around 90 – 95, it is still considered to be a high-GI carb, slightly lower than glucose, but higher than sucrose (65), and significantly higher than fructose (19-25).

A high GI carbohydrate goes to work fast, which is a good thing because when you’re exercising/training/racing, you want that energy as quickly as possible, and that’s what tapioca maltodextrin does. It will increase energy levels similar to glucose and faster than any other simple sugar.

Inflammation/Negative impact to the gut – In every single article we’ve ever written about maltodextrin, we have **never** recommended consuming it aside from during exercise (to produce energy) and immediately following exercise (for glycogen restoration).

At all other times, we recommend the consumption of low-to-medium GI carbohydrates. Now, if one is sedentary, then no, we absolutely do not recommend the consumption of any of the Hammer Nutrition fuels for the sake of covering one’s eating requirements. But during exercise, when energy turnover is high and maltodextrin’s rapid digestion is experienced (more on that in a minute), any potential issue for gut inflammation and potential negative impact

RATE OF SPECIFIC CARBOHYDRATE ABSORPTION

CARBOHYDRATE	CALORIES/MI	@ AVAILABLE BODY FLUID OSMOLALITY 280-303 mOSM
Glucose	0.2	6%
Fructose	0.2	6%
Sucrose	0.4	7-8%
Maltodextrins	0.9-1.2	15-18%

But won't there be an insulin spike with maltodextrin?

Because of maltodextrin's high Glycemic Index (GI), some ask about the insulin release that occurs. The answer to that is that, yes, maltodextrin does elevate blood sugar levels very rapidly and will cause an insulin release. This is not an issue during exercise, however, as Dr. Bill Misner explains: "During exercise, insulin release is inhibited because sympathetic nervous system hormones are also released and, concurrently, exercise augments muscle uptake of glucose from exogenous intake accompanied by lower insulin levels and effects." Basically, what Dr. Misner is saying is that because energy turnover is very high, and with the release of specific central nervous system hormones, the body is able to deliver glucose to the muscles with very minimal (if any) insulin... insulin release is not a factor at all during exercise.

Maltodextrin after exercise? Absolutely!

Dr. Erik A. Richter writes, "Following exercise, there is a need for refilling the fuel depots mobilized during exercise, particularly the glycogen stores in muscle. This process is facilitated by an increase in insulin sensitivity of the muscles previously engaged in physical activity, which directs glucose to glycogen resynthesis." Maltodextrin's high GI and its ability to deliver more calories to the body compared to simple sugars make it the ideal ASAP post-exercise carbohydrate. Recoverite and Vegan Recoverite are PERFECT fuels for maximizing recovery.

One not-so-small thing

If you have not yet read Dr. Bayne French's outstanding two-part article on uric acid, I highly recommend you do so:

ENDURANCE NEWS WEEKLY

Scan the QR code to read *Uric Acid* at hammernutrition.com:



The reason I bring this up is because so many energy gels and drinks are comprised of fructose. The article "Fructose—The Worst of the Worst" (<https://hammernutrition.com/blogs/endurance-news-weekly/fructose-the-worst-of-the-worst>) discusses why this simple sugar is the poorest carbohydrate energy source of them all, and why it's a health hazard when consumed as a separate entity—fruit juice, fructose in sports fuels, high fructose corn syrup (HFCS) in processed foods—instead of in whole fruits and vegetables.

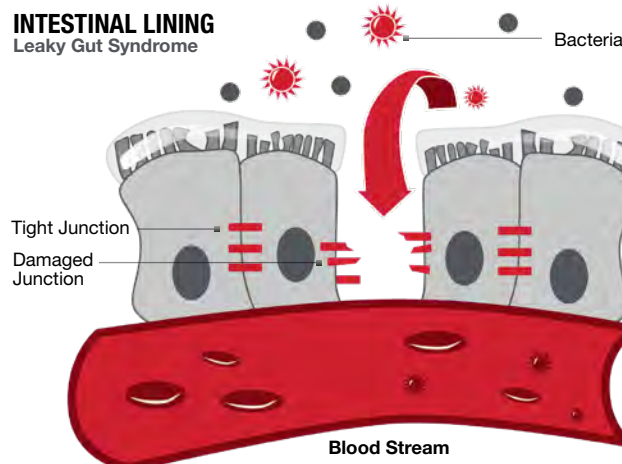
ENDURANCE NEWS WEEKLY

Fructose — *The Worst of the Worst* at hammernutrition.com:



And guess what? Fructose—not maltodextrin, but fructose—is one of the chief culprits for uric acid production and, in the words of Dr. French, "its caldron of metabolic and performance-suffering effects."

Note: Again, when we are talking about the health issues associated with sugar (glucose, sucrose, fructose), we are NOT referring to the sugar that naturally occurs in whole fruits and vegetables. When that sugar is "part of the whole," as it is in whole fruits and vegetables, the body responds favorably, courtesy of the fibers, enzymes, and phytonutrients in whole fruits and vegetables. Instead, the issues involved with sugar intake occur when these "ose" sugars—especially fructose—are consumed as a separate entity (e.g., fruit juice, fructose-containing sports fuels, HFCS-containing processed foods).



Sugar is toxic to junction proteins in the intestinal lining, allowing bacteria into the blood stream

But there's more! And it doesn't get any better.

It doesn't stop there. New research shows that high fructose intake damages the intestinal barrier, leading to a condition known as Leaky Gut. Dr. Marcelo Campos explains: "Inside our bellies, we have an extensive intestinal lining covering more than 4,000 square feet of surface area. When working properly, it forms a tight barrier that controls what gets absorbed into the bloodstream. An unhealthy gut lining may have large cracks or holes, allowing partially digested food, toxins, and bugs to penetrate the tissues beneath it. This may trigger inflammation and changes in the gut flora (normal bacteria) that could lead to problems within the digestive tract and beyond. The research world is booming today with studies showing that modifications in the intestinal bacteria and inflammation may play a role in the development of several common chronic diseases."

Dr. Bayne French writes, "Sugar, particularly fructose, is particularly damaging to this thin lining. Lambert et al. (Front Immunol. 2017) discuss in great detail, 'fructose induced alterations of the tight junction proteins affecting the gut permeability, leading to the translocation of bacteria and bacterial endotoxins into the blood circulation.' Sugar is directly toxic to these proteins, creating an intestinal barrier that is leaky. Fructose also damages our gut flora and leads to pro-inflammatory microbiota that release toxins. There are many toxins, one of which is lipopolysaccharide (LPS), which then further damages the intestinal barrier."

Any yet another "black eye" (and it's a massive one) for fructose

Recent research published in Redox Biology is yet another important reason to avoid fructose in your diet and exercise fuels. The headline: Fructose may quietly supercharge your inflammation. A new study shows that fructose can quickly change how immune cells react to bacterial toxins.

From the press release, with sections in bold letters for emphasis:

The scientists were able to observe that the intake of fructose, in contrast to the intake of glucose, led to an increase in the concentration of Toll-like receptor 2 in monocytes. Toll-like receptor 2 regulates the immune response, among other things. **The higher concentration was accompanied by an increased sensitivity of the monocytes to lipoteichoic acid, a bacterial toxin.** "The concentration of receptors for such toxins in the body increased, which means that the inflammatory response increased," explains study leader Ina Bergheim from the University of Vienna. Specifically, pro-inflammatory messengers such as interleukin-6, interleukin-1 β and tumor necrosis factor-alpha were increasingly released.

"These findings make an important contribution to understanding how individual food components and fructose in particular can influence the immune system," says Bergheim.

“They indicate that even short-term, high fructose consumption in healthy people can influence the immune system and increase inflammation.”

This research, according to one site, "proves for the first time that monocytes, important immune cells in the blood, react more strongly to bacterial toxins after fructose consumption - but not in a positive way"

Summary

Maltodextrin will never get "awesome for overall health so consume it all the time" status; it's not a perfect carbohydrate... nothing is. But it is, without question, the superior form of carbohydrate to consume during exercise and immediately after—far better than any simple sugar: glucose, sucrose, or fructose, especially the latter. When you limit maltodextrin consumption to those times only, you will NOT experience any issues at all, but you WILL enjoy superior endurance and recovery. We've been guaranteeing this for 38+ years, and we will keep on guaranteeing it!

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Below: Nicole Lemanski kitted out in her Ruby cycling gear

📷: ZANDY MANGOLD



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PREMIUM INSURANCE CAPS

BECAUSE SUPPLEMENTATION IS A NECESSITY!

By Steve Born

Wouldn't it be great if we could get all the nutrients we need for enhancing our athletic performance—and, more importantly, for enjoying optimal health—from our diet. It sure would make things much simpler! Unfortunately, in today's increasingly toxic and polluted world, the nutrient density and overall quality of the food we eat continue to decline.

Many people have fallen prey to the myth that a balanced diet provides all the nutrition their body needs, and their health is suffering as a result. The fact is that you cannot obtain all the nutrients your body requires from your diet. Here's why:

- There has never been a single clinical study that documents what comprises a balanced diet, nor one that demonstrates that basic nutrient requirements can be met through whole foods alone.
- An ever-growing body of research shows that food alone does not supply all the micronutrients we need to prevent deficiency, let alone achieve optimal health. Here are just a couple...

Nutritional scientist Bruce Ames bluntly states:

"Inadequate dietary intakes of vitamins and minerals are widespread, most likely due to excessive consumption of energy-rich, micronutrient-poor, refined food. Inadequate intakes may result in chronic metabolic disruption, including mitochondrial decay. Deficiencies in many micronutrients cause DNA damage, such as chromosome breaks, in cultured human cells or in vivo. Some of these deficiencies also cause mitochondrial decay with oxidant leakage and cellular aging and are associated with late onset diseases such as cancer. [1]"

One research study concluded: "Nearly the entire U.S. population consumes a diet that is not on par with recommendations." [2]

Many of us do not have consistent access to fresh, locally grown foods. Much of our diet comes from foods grown far away, picked when unripe, and then sent packing. Nutritional content is questionable and often depleted. Even if we could obtain all the nutrients we need from our diet (which we can't), most of us do not consistently adhere to an ideal diet.

Supplementation is a necessity!

With all these things working against us, supplementation is not just a good idea, but a necessity. That said, I am not

suggesting that you can neglect your diet, take a handful of vitamin/mineral pills, and have all your nutrient needs covered. Nope, not at all. Supplementation is just that, supplementary, and it is not a substitute for a healthy diet. Supplements only fill in where diets fall short, and fall short they will—given the above-mentioned factors and the high nutrient demands, especially those of athletes and active people.

Where to start

To help bridge the gap between the nutrients we're obtaining from our diet and what we truly need, we recommend daily use of Hammer Nutrition's Premium Insurance Caps. This potent multivitamin/mineral product is formulated to fill in nutrient gaps inherent in the modern diet. Premium Insurance Caps contains vitamins and minerals at Optimum Daily Intake (ODI) amounts, not the bare bones Recommended Daily Allowance (RDA), Daily Value (DV) or Reference Daily Intake (RDI) amounts, which are essentially the minimum amounts needed just to prevent deficiency diseases. Designed to support active lifestyles, yet appropriate for anyone seeking to protect their health and maximize their energy, Premium Insurance Caps is the first stop in any life-enhancing supplement regimen.

Two extraordinary benefits from taking Premium Insurance Caps

If the information you've read thus far hasn't convinced you that taking Premium Insurance Caps is highly beneficial, hopefully the following will.

EXTRAORDINARY BENEFIT #1

60% Reduction in the number of sick days

In August 2020, the eye-opening results from a study were published in the journal *Nutrients* [3]. To this day, it remains one of the most important studies in recent years, as researchers found that:

Compared to study participants taking a placebo, the participants who took a multivitamin/mineral supplement had a 60+% reduction in the number of sick days! Those same participants also reported fewer and milder illness-related symptoms! Profound? Eye-opening? You bet! Here are the highlights of this study:

- It involved healthy participants between 55 and 75 years of age.
- For 12 weeks, one group received a daily multivitamin/

mineral supplement, while the other received an inactive placebo.

- Before and after this period, researchers measured the participants' blood vitamin/mineral status and various markers of immune function.
- At the end of the study, the researchers noted that the participants who took the multivitamin/mineral supplement experienced an average of 2.29 sick days, while the placebo group averaged 6.43 days of illness.
- It was also noted that the multivitamin/mineral supplement group experienced fewer illness symptoms than the placebo group and that those symptoms were noticeably milder. In the published report, researchers made some notable comments:
- "Since multiple nutrients support immune function, older adults may benefit from multivitamin and mineral (MVM) supplements." [4]
- "Generally regarded as safe and readily available over the counter, dietary supplements have been used with few significant side effects in clinical studies." [5]
- "Although conflicting and contradictory studies exist, there is evidence suggesting that dietary supplementation with a combination of immunity-related micronutrients supports immune function and reduces risk or severity of infection. [5]
- "Indeed, targeted supplementation with these vitamins and minerals may provide additional protection at doses higher than the U.S. recommended dietary allowance (RDA)." [6]

We should always make maintaining a strong immune system a major focus in our daily lives, and the health challenges of the past couple of years have really emphasized just how razor-sharp that focus needs to be. Bottom line? Taking care of your immune system simply cannot be ignored!

While there are many things that we can do to help promote strong immunity—getting adequate sleep and reducing stress are just a couple—the first step is always the consumption of a diet dominated by nutrient-dense whole foods. However, as important as eating healthy is, that alone will not suffice. To achieve your best performances in your workouts and events—and, even more importantly, enjoy optimal health, which, as this study's results show, could very well mean fewer sick days—then daily supplementation with Premium Insurance Caps, Hammer Nutrition's potent multivitamin/mineral supplement, is a necessity, not an option.

EXTRAORDINARY BENEFIT #2

60% Daily multivitamin use slows cognitive aging by 60%

Additional remarkable research [7] concluded that taking a multivitamin/mineral supplement daily for three years is asso-

ciated with a 60% slowing of cognitive aging. As most everyone knows, the brain is responsible for many functions that fall under the term "cognition" — thinking, learning, memory, attention, perception, processing information, and much more. It's also important to know that cognitive aging and decline is not a disease, but instead a naturally occurring process.

“While we may not be able to completely halt cognitive aging, we now know how we may be able to slow it down...way down!”

This particular research on the effects of daily multivitamin/mineral use and cognitive function was a sub-study of a larger study that compared the effects of cocoa extract (500 mg/day cocoa flavanols) and a standard multivitamin/mineral supplement to a placebo. The first part of the research focused on the effects of cocoa extract (CE) vs placebo on Global Cognitive Function (GCF) composite score, the overall summary of 19 separate tests, and the primary method in determining overall cognitive function. The researchers then studied the effects of daily multivitamin/mineral use vs placebo on GFC.

While the CE findings were no different than placebo, there was a noticeable improvement in GFC composite score in the results for the multivitamin/mineral supplement vs. placebo. Lead study researcher, Dr. Laura D. Baker, states, "Daily multivitamin-mineral supplementation appears to slow cognitive aging by 60% or by 1.8 years," and that the results "may have important public health implications, particularly for brain health, given the accessibility of multivitamins and minerals, and their low cost and safety."

This new research is as impressive and important as the previously discussed study, and it adds to the "arsenal" of research that shows that daily use of Premium Insurance Caps provides extraordinary, wide-ranging benefits.

And finally, the most convincing evidence of all!

In my 25+ years at Hammer Nutrition, and ~40 years of independent study, I'm not sure I've ever seen a review of this size, which was reported in the January 2026 issue of Ageing Research Reviews [8]

- **19 meta-analyses**
- **A total of 214 case-control, cohort, and interventional studies**
- **Over 5.5 million men, women, and children are involved**

Headed up by Dr. Weilan Wang, the researchers reviewed all of the data in these 19 meta-analyses. While taking into account that targeted, personalized approaches are needed—which makes sense as we are all physiologically different and may have specific nutrient needs based on numerous variables—Dr. Wang and associates found that multivitamin/mineral use was associated with:

In randomized, controlled trials

Better overall cognition (thinking ability, memory, attention, language, recall, and problem-solving) in cognitively intact or older adults, decreased psychological symptoms in healthy individuals, and lower systolic blood pressure among people with high blood pressure or chronic diseases. Multivitamins/minerals decreased the number of infections in adult trial participants who were younger than 65 years of age and in older adult participants who were undernourished.

In observational studies

Lower risks of cataracts, coronary heart disease, colorectal cancer in adults, and hip fracture in adults, including those hospitalized with osteoporotic hip fracture. Meta-analyses of studies that evaluated the use of multivitamin/mineral formulas among pregnant women found reductions in the risks of giving birth to infants that were small for their gestational age, had neural tube defects or developed cancer.

Now, Dr. Wang did state: "Future studies should prioritize well-designed randomized controlled trials and personalized approaches that account for individual nutritional status, mobility limitations, and chronic health conditions. Such strategies may better optimize the role of multivitamins/minerals in supporting healthy longevity." However, at the very least, this enormous review of multiple studies most certainly adds

evidence to the beneficial effects of taking a multivitamin/mineral supplement. It is most definitely an inexpensive "step in the right direction."

Summary

At Hammer Nutrition, we emphasize both quality nutrition and supplementation. To optimize athletic performance and overall health, you need to consistently stick to the best possible diet. This starts with eating locally grown organic fruits and vegetables as much as possible. Do this NOT in the hopes of obtaining the vitamins and minerals you need (they're no longer available in appreciable amounts in foods), but for the myriad health-benefiting nutrients that are unique to that specific fruit or vegetable.

In addition, include healthy fats in your diet, make sure your sodium and sugar intake is minimal, and avoid packaged, processed foods and junk foods at all times. To ensure you're receiving the optimal amount of nutrients, augment your diet with a high-quality comprehensive supplement regimen. We believe Premium Insurance Caps is the premium insurance policy you need for your health and athletic performance. Improve your health, and your quality of life and performance will follow! You will find that regular use of Premium Insurance Caps brings about accelerated athletic recovery, greater fatigue resistance, reduced rates of illness and infection, and a general experience of wellness.

**References available upon request*

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Above: Thorn Bickel railing a corner on his mountain bike in Utah

📷 : BRANDON YUEN @every.day.minimalist

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