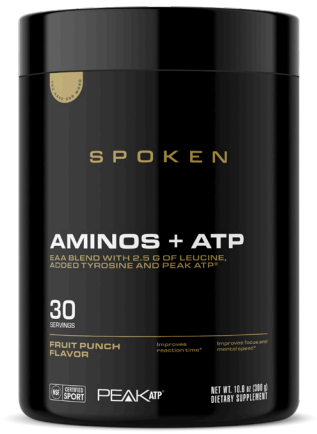
YOU HAVE OUR WORD

SPOKEN



NSF CERTIFIED
FOR SPORTS
DIETARY
SUPPLEMENTS



AMINOS + ATP

30 SERVINGS

- Supports vertical jump power
- Helps increase total strength
- Supports increase in post-exercise ATP levels

NSF CERTIFIED SPORT | PEAK ATP®

Wholesale	RSP	E-comm
$29.99	$59.99	$65.99

EAA blend with 2.5 g of Leucine, added Tyrosine and Peak ATP®.

Spoken's Aminos + ATP was intentionally formulated to have high dose leucine, added tyrosine and Peak ATP to help with increased muscle protein synthesis, increased dopamine and help with cellular energy. It contains 11 amino acids, including all 9 essential amino acids, as well as arginine and tyrosine.

Amino Acids

Amino acids are not only the building blocks for muscle tissue synthesis and repair, they are also necessary for other critical body components, including enzymes, hormones, and neurotransmitters. Providing ample essential amino acids to the muscle within 1–3 hours before or after exercise has been shown to aid muscle protein synthesis by creating a net anabolic environment.[1] In addition, consuming BCAAs can reduce muscle soreness following resistance exercise.[2]

High Leucine

We've purposely included a high level of the essential BCAA, leucine, with 2.5 g per serving, because Leucine plays a key role in building new muscle tissue. Leucine is needed to trigger the body's process of building new muscle provides 3% to 4% of muscle energy at rest and 1% during exercise, sparing muscle glycogen stores.[3]

Tyrosine

We included L-tyrosine, a conditionally essential amino acid, because it plays a key role in producing neurotransmitters like dopamine and adrenaline, which help alleviate stress and mood swings. Clinical studies have shown that increased dopamine levels, facilitated by L-tyrosine, can enhance prolonged exercise capacity, making it an important supplement for athletes.

Peak ATP®

Adenosine triphosphate (ATP) is the form in which the body stores and uses cellular energy. In fact, ATP is often described as the body's "energy currency" because it's essential for nearly all processes that require energy. Muscle ATP levels can fall up to ~20% during intense exercise, leading to muscle fatigue. Peak ATP is a patented form of ATP that is identical in structure to the ATP produced and used by the body, and has been shown to enhance muscular power, strength, and growth. Individuals supplementing 400 mg/d of Peak ATP saw significant increases in total strength, vertical jump power, and muscle thickness as well as less strength lost during an overreaching cycle.[4-6] These studies also showed that Peak ATP provides beneficial effects with prolonged daily use or as a single serving used prior to exercise.*

Experience the ultimate in muscle support with Aminos +ATP. This ideal combination of amino acids and Peak ATP can help you maximize muscle performance to achieve your athletic goals.*

Supplement Facts

Serving Size 1 Scoop (10 g) (0.35 oz)
Servings Per Container 30

	Amount per serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
L-Leucine	2500 mg	**
L-Isoleucine	625 mg	**
L-Valine	625 mg	**
L-Threonine	250 mg	**
L-Phenylalanine	150 mg	**
L-Lysine (as L-Lysine HCL)	400 mg	**
L-Histidine (as L-Histidine HCl)	500 mg	**
L-Tryptophan	125 mg	**
L-Methionine	375 mg	**
L-Arginine	500 mg	**
L-Tyrosine	1000 mg	**
Peak ATP® (Adenosine 5'-Triphosphate Disodium)	400 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

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SLEEP BUILDER

30 SERVINGS

» Helps support relaxation

» Helps support muscle repair

NSF CERTIFIED SPORT

Wholesale	RSP	E-comm
$34.99	$59.99	$64.99

Formulated to Help Build Better Sleep*

Spoken's Sleep Builder has been intentionally formulated to help people get more restorative sleep without use of melatonin, 5-HTP and other herbal supplements. Its formulation contains only amino acids (such as l-theanine, glycine and glutamine), inositol and three forms of magnesium (orotate, glycerophosphate and glycinate) so you can take it every night without risk of dependence, while fostering an optimal environment for recovery.

L-Theanine

L-theanine is a natural, non-protein amino acid. It is able to cross the blood-brain barrier and support the production of alpha brain waves—a recognized indicator of relaxation.[1] L-theanine also affects levels of neurotransmitters that regulate mood and relaxation. Human studies show that supplementary L-theanine is calming, reduces perceived stress, and has a positive influence on sleep quality.*[1,2]

Magnesium Blend

Magnesium is a cofactor in more than 300 enzymatic reactions essential to body processes, including energy production and muscle and nerve function. Within the nervous system, magnesium's roles in stress moderation, restful sleep, and a healthy mood have been extensively studied,[3] yet half of Americans getting less than the recommended amount of magnesium from their diet.[4] This concern is particularly true for athletes, because training places them at a greater risk for mineral depletions so replacing lost magnesium becomes an important aspect of recovery. To help ensure optimal absorption and broad effectiveness, Sleep Builder provides magnesium in three bioavailable forms—magnesium orotate, magnesium glycerophosphate, magnesium glycinate—that are easy on the digestive system.*

Inositol

Inositol is a compound found naturally in the body and in certain foods such as fruits and beans. The term inositol refers to a group of nine different inositol compounds and is generally used in reference to the most common type, myo-inositol. The broad spectrum of inositol's actions includes roles in energy homeostasis, antioxidant activities, and neurotransmitter (e.g., serotonin) activity.[5] Low levels of myo-inositol in certain parts of the brain are associated with low mood and sleep challenges.[6]*

Glycine

Glycine, a nonessential amino acid, is used in the synthesis of important biomolecules, including neurotransmitters, glutathione, creatine, and protein. As a critical component of collagen and a modulator of the inflammatory cascade, glycine is important for the natural health, repair, and regeneration of connective tissues, including tendons and ligaments.[7] Glycine is provided in Sleep Builder to accommodate the natural tissue growth and repair processes associated with sleep.*

Glutamine

Glutamine is the most abundant free amino acid in human plasma and skeletal muscle. As a fuel source for intestinal and immune cells, glutamine is critical to maintaining the integrity of the intestines and optimal immune function—both of which can be negatively affected by the physical and mental tolls of prolonged or intense exercise and training.[8] Glutamine is also important in muscle physiology, and since glutamine is depleted in catabolic states, such as prolonged exercise, supplementation may support better muscle recovery.[8,9] These factors make glutamine an excellent component of sleep-based recovery.*

Supplement Facts

Serving Size 1 Scoop (17 g) (0.6 oz)
Servings Per Container 30

	Amount per serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	1% *
Magnesium (as Magnesium Glycinate, Magnesium Orotate and Magnesium Glycerophosphate)	300 mg	71%
L-Glutamine	5000 mg	**
L-Theanine	400 mg	**
Inositol	3000 mg	**
L-Glycine	3000 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

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GREENS

30 SERVINGS

» Supports the maintenance of good health

» Added amino acids to support muscle protein synthesis

NSF CERTIFIED SPORT

Wholesale	RSP	E-comm
$29.99	$59.99	$60.49

Greens Blend with Colostrum & Glutamine

Spoken's Greens has been intentionally formulated with 20 carefully-selected whole-food sourced ingredients and fortified with antioxidants, fermented L-Glutamine, quercetin, turmeric and colostrum. Unlike other greens products that take a kitchen-sink approach to formulation, we intentionally limited our formulation to 20 high-impact, nutrient-rich ingredients in quantities that will actually make a difference to your health and performance.

Greens
Organic Spirulina Powder 2400 mg
Organic Gluten-free Wheat Grass Powder 200 mg
Organic Gluten-free Barley Grass Powder 200 mg
Organic Broccoli Powder 200 mg

Reds
Organic Camu Camu Powder 150 mg
Goji Powder 150 mg
Blueberry Powder 75 mg
Aronia Berry Powder 75 mg
Maqui Berry Powder 75 mg
Bilberry Powder 75 mg
Tart Cherry Extract Powder 150 mg Quercetin Powder 125 mg.

Antioxidants
Supporting the Greens are a series of antioxidants derived from camu camu, goji, blueberry, tart cherry, as well as turmeric and quercetin. Research has established that antioxidants play an important role in counteracting free radicals (which cause oxidative stress), and have a profound beneficial effect on recovery and overall sports performance.[1] While healthy antioxidant levels can be achieved by a broad diet, the optimal levels can usually only be achieved with supplementation; the dose and variety of antioxidants available in Spoken's Greens were designed with this in mind.

Fermented Glutamine
Fermented L-Glutamine is a crucial recovery ingredient for elite athletes and adventurers, fueling post-workout recovery. During intense exercise, glutamine levels in the body can drop significantly, which can impair recovery and weaken the immune system. Supplementing with glutamine helps maintain these levels, promoting faster muscle recovery, reducing muscle soreness, and preventing overtraining-related issues.[2]

Turmeric
Turmeric, particularly its active component curcumin, is a potent anti-inflammatory and antioxidant. It helps reduce exercise-induced muscle damage and inflammation, which can enhance recovery and reduce soreness. A clinical study showed turmeric supplementation reduced markers of muscle damage and improved recovery time in athletes.[3]

Supplement Facts

Serving Size 1 Scoop (About 7 g)
Servings Per Container 30

	Amount per serving	% Daily Value
Calories	20	
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%*
Protein	2 g	
Iron	0.7 mg	4%
Organic Spirulina (*Arthrospira platensis*) (Whole Plant)	2.4 g	**
Colostrum (from Bovine)	500 mg	**
L-Glutamine	500 mg	**
Shilajit (*Asphaltum punjabianum*)	500 mg	**
Turmeric (*Curcuma longa*) (Root)	300 mg	**
Organic Barley Grass (*Hordeum vulgare*) (Leaf and Stalk)	200 mg	**
Organic Broccoli (*Brassica oleracea*) (Stalk and Floret)	200 mg	**
Organic Wheatgrass (*Triticum aestivum*)(Leaf and Stalk)	200 mg	**
Goji Berry (*Lycium barbarum*) (Fruit)	90 mg	**
Organic Camu Camu (*Myrciaria dubia*)	150 mg	**
Tart Cherry Fruit Extract (*Prunus cerasus*)	150 mg	**
Quercetin Dihydrate	125 mg	**
Betaine Hydrochloride	100 mg	**
Organic Aronia Berry (*Aronia melanocarpa*) (Fruit)	75 mg	**
Bilberry (*Vaccinium uliginosum and Vaccinium myrtillus*) (Fruit)	60 mg	**
Maqui Berry (*Aristotelia chilensis*) (Fruit)	75 mg	**
Organic Blueberry (Fruit)	75 mg	**
Inulin (from Chicory Root)	50 mg	**
Piperine [from Black Pepper Fruit Extract (*Piper nigrum*)]	20 mg	**
Astaxanthin (from *Haematococcus pluvialis*)	100 mcg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Colostrum
Colostrum enhances athletic performance through its rich content of immunoglobulins, growth factors (IGF-1, IGF-2), and lactoferrin. These bioactive components boost immune function, mitigating immunosuppression associated with intense training. They also promote muscle hypertrophy and accelerate tissue repair by stimulating protein synthesis and cellular proliferation, and mitigates gut permeability thus improving nutrient absorption, supporting overall metabolic efficiency and endurance in athletes.[4]

Shilajit
Shilajit, a natural substance found primarily in the Himalayas, is rich in minerals and bioactive compounds, and enhances mitochondrial function, boosting ATP production for increased energy and stamina.

Piperine
A nitrogen-based compound derived from black pepper, Piperine enhances the absorption of nutrients as well as other supplements.

Sweetened with organic stevia and flavored with natural fruit flavors for a fantastic taste for everyday enjoyment, Greens is a great choice for the athlete trying to put the finishing touches on an effective supplement regimen.

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CREATINE

90 SERVINGS

» Helps increase body/lean muscle when used in conjunction with a resistance training regimen

» Helps improve strength/power/performance

NSF CERTIFIED SPORT

Wholesale	RSP	E-comm
$21.99	$39.99	$43.99

Premium Creatine Monohydrate

Spoken's Creatine aids in building lean muscle mass while supporting performance, strength and power.

- NON-GMO
- GLUTEN FREE
- DAIRY FREE
- SOY FREE
- VEGAN FRIENDLY
- ZERO SUGAR

Supplement Facts

Serving Size 1 Scoop 0.17 oz (5 g)
Servings Per Container 90

	Amount per serving	% Daily Value
Creatine Monohydrate	5 g	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.



HIGH EPA FISH OIL + D

60 SOFTGELS

- » Helps support immune function
- » Helps support cognitive health
- » Helps support cardiovascular health

NSF CERTIFIED SPORT

Wholesale	RSP	E-comm
$31.99	$59.99	$65.99

Fish Oil Triglycerides with added Vitamin D3 and Lipase

Spoken's High EPA Fish Oil + D, which is made from sustainable wild-caught anchovy, sardine, and mackerel low in heavy metals, was intentionally formulated to contain 700mg of EPA (eicosapentaenoic acid) along with 300 mg of DHA (docosahexaenoic acid), making it a very high dose Omega-3 supplement. To enhance absorption, the formulation is triglyceride-based (as opposed to ethyl-ester) and contains lipase, the enzyme needed to help break down fats. It also contains 2000 IUs of Vitamin D. The combination makes high EPA Omega + D an potential tool to assist with exercise recovery, cognitive health and cytokine balance.[1,2]

Omega-3 for Athletes

There are over 40,000 scientific studies on omega-3 fatty acids—more than 4,000 of those being human clinical trials. This vast body of science supports the consumption of omega-3s for overall wellness. Studies suggest a potentially beneficial effect of high-dose EPA/DHA on athletic performance in relation to cytokine balance, recovery support, and brain function.[1,2] Most individuals do not consume adequate amounts of fish or fish oils to meet their omega-3 needs. This becomes a bigger issue in athletes, who have a higher energy turnover and metabolic flux than the average person.[1] Spoken's High Omega + D is an excellent way to ensure optimal omega-3 nutrition.*

Importance of Absorbability

Certain studies suggest that the triglyceride form of Omega-3s are digestible and more easy absorbed than the ethyl-ester form. One small study found that plasma EPA and DHA levels were 50% higher after supplementation with triglyceride fish oil than with ethyl-ester fish oil. Another study found more dramatic differences with EPA and DHA from triglyceride being 340% and 271% better absorbed.

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 60

Amount per Serving		% Daily Value
Calories (energy)	15	
Total Fat	1.5 g	2%*
Cholesterol	<5 mg	<2%
Vitamin D (as cholecalciferol) (2,000 IU)	50 mcg	250%
Omega-3 Fatty Acid (from fish oil)		
EPA (Eicosapentaenoic Acid) as TG	700 mg	†
DHA (Docosahexaenoic Acid) as TG	300 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Long-Term Cytokine Balance

A consistent intake of omega-3 fatty acids is critical for a healthy balance of cytokines, which are signaling molecules that can affect the integrity and recovery of muscle and joint tissues. Omega-3 fatty acids, particularly those high in EPA, alter the production of these cytokines in a manner that turns down the "heat" and promotes a healthy environment for the maintenance and recovery of tissues.[1] For instance, EPA/DHA supplements have been shown to improve delayed onset muscle soreness, joint flexibility, and muscle fiber integrity following eccentric contractions.[4-6]

Cognitive Function

Omega-3s are highly concentrated in brain cells, contributing significantly to brain health and function. DHA, in particular, is abundant in neuronal cell membranes and brain grey matter. As such, omega-3s are essential for many aspects of brain function and thought to have neuro-supportive roles in cognitive and neuromuscular functioning associated with improvements in muscle strength.*[3]

It's clear that omega-3 fatty acids offer several potential benefits to athletes. Given the prevalence of inadequate intake and the evidence of their important roles in many aspects of overall health and athletic performance, it makes perfect sense to increase daily intakes through supplementation. Up your game with High EPA Omega and the power of EPA and DHA omega-3 fatty acids.*

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MAG 3

90 CAPSULES

- Supports normal muscle function
- Helps support energy metabolism
- Helps support bone health

NSF CERTIFIED SPORT

Wholesale	RSP	E-comm
$24.99	$44.99	$49.49

Three Forms of Highly Bioavailable Magnesium

Spoken's MAG 3 was intentionally formulated to be one of the best sources of magnesium for cardiovascular, cognitive, muscular, and brain health. It not only increases magnesium levels in the brain but also raises blood serum magnesium levels. Each serving contains 225 mg of elemental magnesium from three highly bioavailable forms: Magnesium Glycinate, Magnesium Malate, and ATA Mg®, a patented acetyl taurinate magnesium salt.

Magnesium Acetyl-Taurinate (ATA Mg®)

ATA Mg® is a patented acetyl taurinate magnesium salt, providing highly bioavailable magnesium and taurine that enhance cell penetration. Clinical trials have shown that ATA Mg® crosses the blood-brain barrier, increasing magnesium levels in the brain. Magnesium is vital for energy production, and during high-intensity physical activity, the brain consumes over 20% of the body's overall energy. The magnesium in ATA Mg® supports mitochondrial function in the brain, maintaining cognitive performance during energy expenditure. Taurine in the brain provides additional aerobic, metabolic, and recovery benefits.

Magnesium Glycinate

Magnesium Glycinate, with two glycine molecules attached, offers superior absorption due to its increased solubility. Glycine, a neurotransmitter, promotes relaxation and stress reduction, making Magnesium Glycinate an excellent choice for managing and balancing stress.

Magnesium Malate

Magnesium Malate plays a crucial role in the Krebs cycle, the cellular process that converts nutrients into energy, providing ATP, the fuel your body needs. It is particularly beneficial for physically active individuals due to their increased energy demands. Given magnesium's essential role in muscle contraction and cardiovascular function, Magnesium Malate enhances exercise performance and overall muscle health, including strength, performance, and power.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

	Amount per Serving	% Daily Value
Magnesium (as magnesium malate, magnesium acetyl taurinate, and magnesium bisglycinate chelate)	225 mg	54%
Tauromag® as ATA Mg® (magnesium acetyl taurinate)	700 mg	*

*Daily Value not established.

References

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PRO RESOLVING MEDIATORS + EPA/DHA

60 SOFTGELS

- Helps support immune function
- Helps support cognitive health
- Helps support cardiovascular health

NSF CERTIFIED SPORT

Wholesale	RSP	E-comm
$37.99	$74.99	$82.49

300 mcg Total PRMs with added EPA/DHA

Spoken's Pro Resolving Mediators + EPA/DHA was intentionally formulated to manage pain, help our bodies avoid the ravages of injury and promote a natural, balanced recovery process. Each capsule contains 14-HDHA, 17-HDHA, and 18-HEPE, along with their source materials, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Unlike other pro resolving mediator formulations, which only include metabolites, Spoken's Pro Resolving Mediators + EPH/DHA provides a broader spectrum of compounds to promote a normal inflammatory response.

The Natural Inflammatory Response

Every athlete knows that the inflammatory response, which is characterized by warmth, swelling, redness, and pain, occurs with acute injury or illness. It's the way the body deals with trauma to tissues or foreign materials—to purge the wounded area of cellular debris and potential pathogens. Inflammation is an integral part of healing.[1] Without appropriate inflammation, tissues would be more susceptible to infection and delayed tissue repair and remodeling.[1] Similarly, the resolution of inflammation is also natural and highly active process. Without timely resolution, tissues are at risk of prolonged immune response that can itself be damaging.[1]

Resolution by SPM Nutrition

SPMs naturally trigger a physiological response to inflammation by signaling immune cells to initiate tissue-repair processes.[3] An absence of of SPMs results in the inflammatory process struggling to properly resolve or "turn off", resulting in potential tissue damage. Many of the health benefits of omega-3 fatty acids are thought to be mediated by SPMs, and[2] Supplementation of SPM-enriched fish oils increases blood SPM concentrations.[2,4] Preclinical and human studies have demonstrated the effects of orally administered SPMs on the natural resolution of the inflammatory process.[2,4,5] For instance, supplementation of 1 to 2 grams per day of SPM-enriched fish oil for 12 weeks was shown to support joint comfort.*[5]

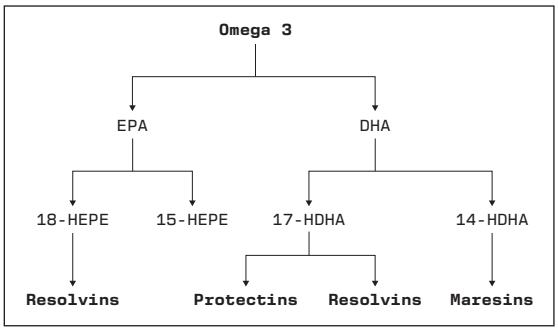
As an athlete, excellent nutrition is a critical aspect of maintaining performance and recovering from injury. SPM nutrition is no exception. SPM contains a standardized level of PRMs in marine lipid concentrate, coupled with EPA and DHA Omega-3s as natural and highly bioavailable triglycerides by directly supplying EPA, DHA, and SPMs, along with a healthy diet that is low in sugars and inflammatory fats, you can support your body's ability to respond to tissue stress with a balanced response, normal resolution, and a return to tissue homeostasis.*

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 60

Amount per Serving		% Daily Value
Calories (energy)	10	
Total Fat	1 g	1%*
Cholesterol	5 mg	2%
Total PRMs (including 18-HEPE, 17-HDHA, and 14-HDHA)	300 mcg	†
EPA (Eicosapentaenoic Acid)	250 mg	†
DHA (Docosahexaenoic Acid)	200 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.



References

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VITAMIN D3 + K1/K2
60 CAPSULES

» Helps support bone health

» Helps support immune function

NSF CERTIFIED SPORT

Wholesale	RSP	E-comm
$19.50	$32.50	$36.29

2000 IU of Vitamin D3 with Vitamin K1 and K2

D3+K1/K2 supplement, which provides 2000 IUs of Vitamin D, along with 120 mcg of K1 and 90 mcg of K2. Vitamin D, commonly known as the "sunshine vitamin," is crucial for strong bones and muscles, and recent research indicates that athletes, even with their high physical activity levels, might be prone to Vitamin D deficiency.[1] The addition of Vitamin K to this supplement ensures that, along with the effect of the Vitamin D, the calcium in our bodies is properly utilized. This not only protects against injuries and fractures but also supports optimal cardiovascular function, ensuring that your heart and muscles receive the oxygen and nutrients they need to perform at high levels.

Supplement Facts

Serving Size 1 Liquid Capsule
Servings Per Container 60

Amount per Serving		% Daily Value
Vitamin D (as cholecalciferol) (2,000 IU)	50 mcg	250%
Vitamin K (as phytonadione)	120 mcg	100%
Vitamin K2 (as menaquinone-7 (MK7))	90 mcg	†

† Daily Value not established.

References

1. Larson-Meyer, D. E., & Willis, K. S. (2010). Vitamin D and athletes. Current sports medicine reports, 9(4), 220-226.



ESSENTIAL DAILY PACKS
30 SERVINGS

- » Helps support bone health*
- » Helps support energy metabolism*
- » Helps support immune function*
- » Helps support cognitive health*
- » Helps support cardiovascular health*
- » Supports body's ability to metabolize nutrients*

NSF CERTIFIED SPORT

Wholesale	RSP	E-comm
$54.99	$89.99	$98.99

Spoken's Essential Daily Pack has been intentionally formulated to be the essential, all-in-one foundational vitamin and nutritional supplement for athletes and people living an active lifestyle. Engineered to optimize athletic performance and support energy production and recovery, these convenient all-in-one packs are formulated to fill the critical nutritional gaps that can impact performance. The Essential Daily Pack includes the Spoken's Essential Multi+ along with Spoken's High EPA Omega + D supplement, Mag3, and D3+K1/K2.

The combination provides:
- 700 mg of EPA and 300mg DHA
- 4500 IU of vitamin D3
- 187.5 mg of Elemental magnesium from three sources (glycinate, Malate, Ata Mag)
- A robust phytonutrient antioxidant blend
- Optimized doses of essential vitamins and chelated minerals

Essential Multi +
Essential Mult+ is a premium multivitamin designed for high performance athletes. Beyond foundational nutrition, this comprehensive multivitamin carries optimized doses of essential vitamins and chelated minerals, along with potent phytonutrients CoQ10 and L-Carnitine, and an antioxidant blend of blueberries, spirulina, and maca root.

Antioxidant Blend
The antioxidants found in blueberries, spirulina, and maca support immune function, enhance overall health and protect cells from oxidative damage caused by intense exercise.[1] Oxidative stress caused by intense exercise can damage cells, proteins, and DNA, leading to muscle fatigue and reduced performance. It also slows recovery, increases inflammation, and heightens the risk of injuries. Managing oxidative stress with the antioxidant blend in the Essential Multi+ is crucial for maintaining optimal health, enhancing endurance, and supporting faster recovery.

L-Carnitine
L-carnitine benefits high-performing athletes by enhancing energy production, endurance, and recovery. It facilitates the transport of fatty acids into mitochondria, increasing energy availability during prolonged exercise. Studies show that L-carnitine supplementation can reduce muscle soreness and damage post-exercise, promoting faster recovery.[2] It also improves blood flow, aiding in nutrient delivery and waste removal during intense workouts. Additionally, L-carnitine supports cardiovascular health and reduces oxidative stress, contributing to overall athletic performance. These benefits make L-carnitine a valuable supplement for anyone aiming to boost endurance, accelerate recovery, and maintain heart health.

High EPA Omega + D
The Essential Daily Pack includes Spoken's High EPA Omega + D Omega 3 softgel, which deliver 700 mg of EPA (eicosapentaenoic acid) along with 300 mg of DHA (docosahexaenoic acid) from fish oil in the highly absorbable triglyceride form (as opposed to ethyl-esters) along with 2000 IU of fat-soluble Vitamin D in each capsule. The oils are sourced from sustainable wild-caught anchovy, sardine, and mackerel, and include the enzyme, lipase, for optimal digestion and absorption.

D3+K1/K2
The Essential Multi Pack also includes Spoken's D3+K1/K2 supplement, which provides 2000 IUs of Vitamin D, along with 120 mcg of K1 and 90 mcg of K2. Vitamin D, commonly known as the "sunshine vitamin," is crucial for strong bones and muscles, and recent research indicates that athletes, even with their high physical activity levels, might be prone to Vitamin D deficiency.[3] The addition of Vitamin K to this supplement ensures that, along with the effect of the Vitamin D, the calcium in our bodies is properly utilized. This not only protects against injuries and fractures but also supports optimal cardiovascular function, ensuring that your heart and muscles receive the oxygen and nutrients they need to perform at high levels.

MAG 3
The fourth capsule in the Essential Daily Pack is Spoken's MAG 3, formulated to be one of the best sources of magnesium for cardiovascular, cognitive, muscular and brain health by not only increasing magnesium in the brain, but also increasing blood serum magnesium levels. It contains 225 mg of elemental magnesium through three forms of bioavailable magnesium, including Magnesium Glycinate, Magnesium Malate and, uniquely, ATA Mg®, a patented acetyl taurinate magnesium salt. Magnesium is fundamental to numerous health functions, being required as a cofactor for over 300 enzymatic functions, and energy production.

OMEGA-3 FISH OIL

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 1

Amount per Serving		% Daily Value
Calories (energy)	15	
Total Fat	1.5 g	2%*
Cholesterol	<5 mg	<2%
Vitamin D (as cholecalciferol) (2,000 IU)	50 mcg	250%
Omega-3 Fatty Acid (from fish oil)		
EPA (Eicosapentaenoic Acid) as TG	700 mg	†
DHA (Docosahexaenoic Acid) as TG	300 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

MAGNESIUM

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 1

	Amount per Serving	% Daily Value
Magnesium (as magnesium malate, ATAMg® magnesium acetyl taurinate and magnesium bisglycinate chelate)	75 mg	18%

*Daily Value not established.

VITAMIN D3

Supplement Facts

Serving Size 1 Liquid Capsule
Servings Per Container 60

Amount per Serving	% Daily Value
Vitamin D (as cholecalciferol) (2,000 IU)	50 mcg 250%
Vitamin K (as phytonadione)	120 mcg 100%
Vitamin K2 (as menaquinone-7 (MK7))	90 mcg †

† Daily Value not established.

MULTI-VITAMIN

Supplement Facts

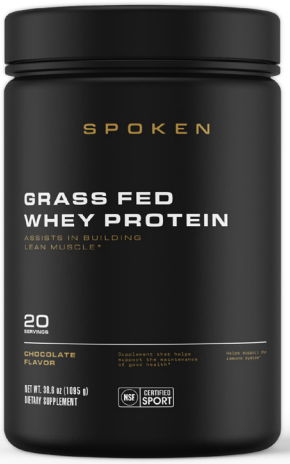
Serving Size 2 Capsules
Servings Per Container 1

	Amount per serving	% Daily Value
Vitamin A (as 75% beta carotene and retinyl palmitate)	500 mcg	56%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin D (as cholecalciferol)	6.25 mcg	31%
Vitamin E (as mixed tocopherols)	25 mg	167%
Vitamin K (as phylliquinone)	125 mcg	104%
Thiamin (as thiamin HCl)	25 mg	2083%
Riboflavin (as riboflavin 5-phosphate)	7.5 mg	577%
Niacin (as niacinamide and niacin)	25 mg	156%
Vitamin B_6 (as pyridoxal 5-phosphate)	10 mg	588%
Folate (as L-5-methyltetrahydrofolate calcium)	342.5 mcg DFE	86%
Vitamin B_{12} (as methylcobalamin)	300 mcg	12500%
Biotin	250 mcg	833%
Pantothenic acid (as D-calcium pantothenate)	22.5 mg	450%
Choline (as choline bitartrate)	7.5 mg	1%
Calcium (as dicalcium malate)	55 mg	4%
Iodine (from potassium iodide)	37.5 mcg	25%
Magnesium (as magnesium malate)	37.5 mg	9%
Zinc (as zinc bisgicyinate chelate)	7.5 mg	68%
Selenium (as selenium glycinate complex)	100 mcg	182%
Copper (as copper bisglycinate chelate)	0.75 mg	83%
Manganese (as manganese bisglycinate chelate)	1 mg	43%
Chromium (as chromium nicotinate glycinate chelate)	200 mcg	571%
Molybdenum (as molybdenum glycinate chelate)	50 mcg	111%
Vitamin K2 (as menaquinine-7)	25 mcg	*
l-Caritine Tartrate	150 mg	*
Coenzyme Q10	25 mg	*
Resveratrol (from *Polygonum cuspidatum* root extract)	7.5 mg	*
Vanadium (from vanadium nicotinate glycinate chelate)	15 mcg	*
Wild blueberry fruit powder	25 mg	*
Citrus bioflavonoid complex (standardized to 50% bioflavonoids)	25 mg	*
Pomegranate fruit extract 4:1	25 mg	*
Spirulina	25 mg	*
Grape seed extract (standardized to 95% proanthocyanidins)	7.5 mg	*
Bitter melon extract 10:1	2.5 mg	*

* Daily Value not established.

References

1. Korkmaz S. Antioxidants in maca (Lepidium meyenii) as a supplement in nutrition. In: Emad S, Azzam GM, eds. Antioxidants in Foods and Its Applications. IntechOpen; 2018:178.
2. Fielding R, Riede L, Lugo JP, Bellamine A. l-Carnitine Supplementation in Recovery after Exercise. Nutrients. 2018 Mar 13;10(3):349. doi: 10.3390/nu10030349. Erratum in: Nutrients. 2018 Apr 26;10(5):E541. doi: 10.3390/nu10050541. PMID: 29534031; PMCID: PMC5872767.
3. Larson-Meyer, D. E., & Willis, K. S. (2010). Vitamin D and athletes. Current sports medicine reports, 9(4), 220-226.
4. Ates, M., Kizildag, S., Yuksel, O. et al. Dose-Dependent Absorption Profile of Different Magnesium Compounds. Biol Trace Elem Res 192, 244–251 (2019).



GRASS FED WHEY PROTEIN
20 SERVINGS

- » Assists in building lean muscle*
- » Supports muscle protein synthesis*
- » Athletic Support*

NSF CERTIFIED SPORT

Wholesale	RSP	E-comm
$44.99	$74.99	$82.49

Muscle & Joint Support*

Spoken's Grass Fed Whey Protein has been intentionally formulated to be the only protein supplement that contains 25 g of grass-fed whey protein, Tendoforte® collagen and 3 g of fat from olive oil or cocoa, depending on the flavor. We formulated Grass Fed Whey Protein with all three ingredients - protein, collagen and fat - because studies suggest that the combination not only increases satiety, but also supports a more gradual digestion of peptides and energy release into the bloodstream, avoiding insulin spikes – an anti-catabolic hormone – while building muscle and maintaining healthy connective tissues.

Grass-Fed

While all whey protein is considered optimal for the growth, maintenance and repair of muscles due to its high digestibility, very high essential amino acid content and high concentration of branched-chain amino acids (BCAA), grass-fed whey protein often contains more Omega-3 fatty acids, immunoglobulins, conjugated linoleic acid (CLA) and tends have higher levels of certain vitamins and minerals, such as vitamin E, vitamin A, and calcium.

TENDOFORTE®

TENDOFORTE, a patented form of collagen, provides specific bioactive collagen peptides designed to enhance extracellular matrix collagen for healthy tendons and ligaments. Studies demonstrate using 5 g/day of TENDOFORTE with resistance training results in improvements in tendon adaptations and greater growth in tendinous and muscular structures as compared to placebo.[4,5]

Fat & Protein Pairing

Our Chocolate Grass Fed Whey Protein features goCOCOA®, a proprietary, low-carb and high-fat cocoa butter powder naturally derived from the cocoa bean. goCOCOA pairs rich chocolate flavor with a creamy texture and no net carbs. Our Vanilla Grass Fed Whey Protein features goFAT®, a 50% extra virgin olive oil on prebiotic acacia that is considered a superfood fat powder. Raw materials are specially handled and processed to preserve its nutritional impact within four hours of harvest, resulting in an exceptional fat source.*

Supplement Facts

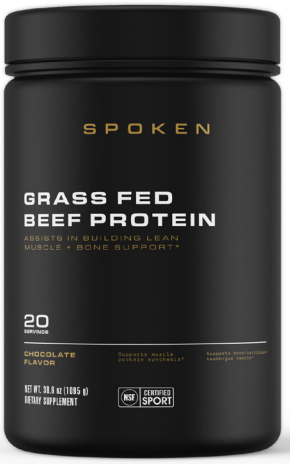
Serving Size 1 Scoop (44 g) (1.5 oz)
Servings Per Container 20

	Amount per serving	% Daily Value
Calories	180	
Total Fat	4 g	5%*
Saturated Fat	2.5 g	13%*
Cholesterol	70 mg	23%*
Total Carbohydrate	5 g	2%*
Dietary Fiber	1 g	4%
Total Sugars	2 g	**
Protein	30 g	
Vitamin C (as Ascorbic Acid)	80 mg	89%
Calcium	134 mg	10%
Iron	1 mg	6%
Sodium	125 mg	5%
Potassium	237 mg	5%
Cocoa Butter 75% Powder (Cocoa Butter, Inulin, Sodium Caseinate, and Sunflower Lecithin (as goCOCOA®))	3500 mg	**
TENDOFORTE® BIOACTIVE COLLAGEN PEPTIDES®	5000 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

References

1. Cintineo HP, Arent MA, Antonio J, et al. Effects of protein supplementation on performance and recovery in resistance and endurance training. Front Nutr. 2018;5:83. doi:10.3389/fnut.2018.00083.
2. Naclerio F, Seijo M. Whey protein supplementation and muscle mass: current perspectives. Nutr Diet Suppl. 2019:11 37-48. doi:10.2147/NDS.S166195.
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4. Jerger S, Centner C, Lauber B, et al. Effects of specific collagen peptide supplementation combined with resistance training on Achilles tendon properties. Scand J Med Sci Sports. 2022;32(7):1131-1141. doi: 10.1111/sms.14164.
5. Jerger S, Centner C, Lauber B, et al. Specific collagen peptides increase adaptations of patellar tendon morphology following 14-weeks of high-load resistance training: A randomized-controlled trial. Eur J Sport Sci. 2023;23(12):2329-2339. doi:10.1080/17461391.2023.2232758.



GRASS FED BEEF PROTEIN
20 SERVINGS

- » Assists in building lean muscle*
- » Supports muscle protein synthesis*
- » Athletic Support*

NSF CERTIFIED SPORT

Wholesale	RSP	E-comm
$44.99	$74.99	$82.49

Muscle & Joint Support*

Spoken's Grass-Fed Beef Protein features 25 grams of complete protein from grass-fed beef bone broth, along with Tendoforte a peptides and fat to build muscle and maintain healthy connective tissues. Meeting your protein requirements with a high-quality, easily assimilated protein source while nurturing connective tissue are key to optimizing physical performance and recovery. Sweetened with organic stevia leaf, Spoken's Grass-Fed Beef Protein has zero carbs from added sugars and is available in two flavors–chocolate and vanilla.*

Grass-Fed Beef Bone Broth Protein

Protein is essential for the growth, maintenance, and repair of muscles. Protein supplementation provides athletes with the additional protein they require to support muscle protein synthesis (growth), recovery, and performance adaptations resulting from intense training.[1]

Every culture around the world has its own version of bone broth - it's a nutrient-rich powerhouse. Spoken's Grass-Fed Beef Protein provides 25 grams of high quality protein from grass-fed beef bone broth and is naturally high in collagen, which is crucial for maintaining the health of joints, tendons, and ligaments. With its excellent amino acid profile, protein from grass-fed beef broth is an ideal protein to consume before and after exercise to maintain and replenish muscle protein content. As an allergen-free (no dairy, soy, rice, or other common allergens) protein source, protein from grass-fed beef broth also offers athletes the potential to safely optimize their daily protein intake while harnessing the power of animal protein for building and maintaining a strong and high-performing musculature.*

TENDOFORTE®

Collagen is an important component of strong tendons and ligaments, which are crucial for movement control, stability, and better mobility–performance qualities essential to athletes at all levels. High-performing tendons and ligaments combine strength and flexibility, but overuse can lead to injuries, disrupting training and impacting athletic abilities. TENDOFORTE® provides specific bioactive collagen peptides designed to enhance extracellular matrix collagen for healthy tendons and ligaments. Studies demonstrate the benefits of TENDOFORTE®, particularly when combined with physical activity. For instance, physically active men using 5 g/d of TENDOFORTE with resistance training showed improvements in tendon adaptations and greater growth in tendinous and muscular structures as compared with those consuming a placebo.[2,3] This suggests that TENDOFORTE® supplementation, combined with strengthening exercises or an appropriate rehabilitation program, can increase exercise adaptations and bolster connective tissue.*

Fat & Protein Pairing

Pairing fats with pure protein not only increases satiety, but it is also thought to support a more gradual digestion of peptides and energy release into the bloodstream. Slowing peptide absorption and energy release into the bloodstream helps avoid insulin spikes and typically results in a slower, steadier rise in insulin–an anti-catabolic hormone. Spoken's Grass-Fed Beef Protein provides fats rather than carbohydrates as an energy source, making Spoken's Grass-Fed Beef Protein an excellent choice for those limiting their carbohydrate intake and looking to moderate the insulin response. Spoken's Grass-Fed Beef Protein Chocolate features goCOCOA®, a proprietary, low-carb and high-fat cocoa butter powder naturally derived from the cocoa bean. goCOCOA pairs rich chocolate flavor with a creamy texture and no net carbs. Spoken's Grass-Fed Beef Protein Vanilla features goFAT®, a 50% extra virgin olive oil on prebiotic acacia that is considered a superfood fat powder. Raw materials are specially handled and processed to preserve its nutritional impact within four hours of harvest, resulting in an exceptional fat source.*

Supplement Facts

Serving Size 1 Scoop (40 g) (1.4 oz)
Servings Per Container 20

	Amount per serving	% Daily Value
Calories	160	
Total Fat	3 g	4%
Saturated Fat	2.5 g	13%
Total Carbohydrate	3 g	1%
Dietary Fiber	1 g	4%
Protein	30 g	
Vitamin C (as Ascorbic Acid)	80 mg	89%
Calcium	10 mg	1%
Iron	0.5 mg	3%
Sodium	50 mg	2%
Potassium	80 mg	2%
Grass Fed Beef Bone Broth	22 g	**
Bovine Collagen Peptides (Agglomerated Bovine Collagen Peptides, TENDOFORTE® BIOACTIVE COLLAGEN PEPTIDES®)	11 g	**
Cocoa Butter Blend Powder (Cocoa Butter, Coconut Oil, Modified Food Starch (Tapioca), Soluble Tapioca Fiber, Silicon Dioxide (as goCOCOA VEGAN®))	4 g	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

References

1. Cintineo HP, Arent MA, Antonio J, et al. Effects of protein supplementation on performance and recovery in resistance and endurance training. Front Nutr. 2018;5:83. doi:10.3389/fnut.2018.00083.
2. Jerger S, Centner C, Lauber B, et al. Effects of specific collagen peptide supplementation combined with resistance training on Achilles tendon properties. Scand J Med Sci Sports. 2022;32(7):1131-1141. doi: 10.1111/sms.14164.
3. Jerger S, Centner C, Lauber B, et al. Specific collagen peptides increase adaptions of patellar tendon morphology following 14-weeks of high-load resistance training: A randomized-controlled trial. Eur J Sport Sci. 2023;23(12):2329-2339. doi:10.1080/17461391.2023.2232758.

NSF CERTIFIED FOR SPORTS DIETARY SUPPLEMENTS

PRODUCT NAME	FORMAT	WHOLESALE	RSP
AMINOS + ATP - FRUIT PUNCH	10.5 oz | 30 Servings	$29.99	$59.99
CREATINE	16 oz | 90 Servings	$21.99	$39.99
GREENS	7.6 oz | 30 Servings	$29.99	$59.99
SLEEP BUILDER	18 oz | 30 Servings	$34.99	$59.99
D3 + K1/K2	CAPSULES | 60 Count	$19.50	$32.50
MAG 3	CAPSULES | 90 Count	$24.99	$44.99
HIGH EPA FISH OIL + D	SOFTGELS | 60 Count	$31.99	$59.99
PRO RESOLVING MEDIATORS + EPA/DHA	SOFTGELS | 60 Count	$37.99	$74.99
ESSENTIAL DAILY PACK	30 PACKS | 30 Count	$54.99	$89.99
GRASS FED WHEY PROTEIN - CHOCOLATE	28.4 oz | 20 Servings	$44.99	$74.99
GRASS FED WHEY PROTEIN - VANILLA	27.2 oz | 20 Servings	$44.99	$74.99
GRASS FED BEEF PROTEIN - CHOCOLATE	36.5 oz | 20 Servings	$44.99	$74.99
GRASS FED BEEF PROTEIN - VANILLA	36.5 oz | 20 Servings	$44.99	$74.99
PREMIUM STAINLESS STEEL SHAKER CUP	20 oz	$20.99	$34.99

SPOKEN

"YOU HAVE OUR WORD"

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FOR SPORTS
DIETARY
SUPPLEMENTS

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