



**(L to R) Gina DeBelle, Jami Appenzeller, Dianne Holland (Director of Marketing for Astavita), Lloyd Yancey and Susan McInerney**

***Astavita, who would have ever known this would be a product for amazing muscle recovery with a side benefit of obtaining an incredible tan with minimal sun exposure? This is nuts! Can it be true?***

We still can't believe that we are at the end of our PhillyFIT Challenge. Astavita hired us at the beginning of May, and with much skepticism, we agreed to be the members to take on their new product. Seven of us all thought long and hard about if we wanted to do this Challenge, for fear of not getting great results, and then having to write about it in the magazine. Knowing that the rules of the Challenge are that we must be totally honest, good or bad, Dianne Holland was confident and continued to hire us. Much to our surprise, we all had some interesting results.

Dianne explained to us that Astavita manufactures a super-antioxidant called astaxanthin in an enclosed, patented BioDome system located in Maui, Hawaii. Astaxanthin is a carotenoid that is found in micro-algae all over the world, from Artic snowfields to tropical lakes. Astaxanthin has been scientifically proven to be one of the most powerful antioxidants yet discovered. Research has shown that it is up to 1000 times stronger than vitamin E and forty times stronger than beta-carotene.

This amazing ingredient has been used in Astavita's own clinical studies involving athletes and confirmed that astaxanthin improves physical endurance and reduces muscle damage. This is possible due to the uniqueness of this antioxidant, which acts to reduce the inflammatory response caused by active oxygen and free radicals produced during exercise.

Chris Lieto, a four time Ironman Triathlete Champion, has taken Astavita for the past year and has noticed a considerable difference in the way he feels after intense training. He claims that his body responds better and he recovers more quickly after big training days and events. Chris stated after his recent impressive victory at Ironman, Japan that, "I had no stiffness or muscle pain," and credits this remarkable recovery to Astavita. Needless to say, we were all intrigued, and decided to give this product a whirl.



Joanna Chodorowska



Dr. Lenny



Steve Brown

Sounds too good to be true, right? It's not. Jami Appenzeller says, "My trainer cannot get me sore. She's been royally kicking my ass, trying to beat this product. I have had ZERO soreness and total muscle recovery after every workout. One time, after a brand new workout that included some uphill lunges, I had sore calves for about four hours. But that was it. Totally crazy!"

Some of us also learned that there is an added bonus to this product for athletes that train outdoors. We have tanned quickly with minimal time in the sun. Lloyd Yancey experienced the most results in this category mentioning, "I have never been so easily tanned nor so dark. No burn. This is excellent for people who workout outside. Oddly enough, the risk of burning appears to be totally minimized on this product!" The reason we are seeing these results is due to Astavita's ability to quench free radicals caused by UV rays.

Here's what each team member has to say about Astavita:

***"I have 100% recovery. I can't remember the last time I lost my energy. It's been amazing!"***

~Steve Brown~

***"No more soreness following exercise. Joint pain decreased if not diminished since being on the product."***

~Lloyd Yancey~

***"I just finished my first marathon. I started Astavita during my training and believe it substantially helped through the whole process. It gave me more endurance, less soreness, and quicker recovery during training. Astavita improved my daily energy! Perfect timing! Great product!"***

~Dr. Lenny Roberts~

***"Definitely feel a difference in the evening. Normally I would crash early. Now I can make the 11:00 pm news. Also, I just returned from five days at the beach and never burned. This is the first time!"***

~Susan McInerney~

***"Usually, I need one to two days to recover after strength training. During the last six weeks I have seen significant improvement in recovery time."***

~Gina DeBelle~

***"I have found that I can run two to three days in a row which was a challenge before Astavita. Now second or third day of hard training is less painful for next session."***

~Joanna Chodorowska~

To learn more about Astavita, please contact Dianne Holland at 856-478-6998, and visit their website at [www.astavita.com](http://www.astavita.com). Give it a try. We are all going to continue using this product. This was a win-win Challenge for all!

