



WORKING ATHLETE®



WORKING ATHLETE® PRODUCTS ARE PRODUCED IN A NSF
CERTIFIED GMP FACILITY IN THE UNITED STATES OF AMERICA,
GUARANTEEING THE HIGHEST QUALITY MANUFACTURING
AND HIGHEST QUALITY INGREDIENTS.

WHEN IT'S MORE THAN JUST A GAME!

SPORTS ATHLETES PLAY
28 MINUTES PER GAME.*

WORKING ATHLETES WORK
8+ HOURS A DAY, 5-7 DAYS A WEEK.*



Fatigue is costly to the individual and to your organization. It's estimated in the Billions of dollars yearly.

- Increased Accidents
- Productivity Loss
- Health Care Costs



Educate and optimize these three areas of your workforce to combat fatigue in the workplace.*

- Nutrition and Hydration
- Sleep and Stress
- Movement and Workload



INDUSTRY TESTIMONIALS

“

**THEY SAY
IT FOR US.**

“Thanks to Working Athlete® my region has worked **over 1.5 million man hours without a single heat-related incident** and it helps me know that we are proactively helping our guys stay healthy.”



MARK HANLON

*Southwest Regional
Safety Director*

“Shifting to WA Hydrate & Recover® took my division at SRP **from an average of 4 OSHA recordable heat related injuries annually, to 0 over the last 4 years.**”



RICK CORVEN

*Electric Utilities Company
Phoenix, AZ*

“...Because of Hydrate & Recover®, we have seen a **reduction in labor cost** due to an increased rate of people showing up to work and being able to perform their job all day. Thank you greatly for the great products you make.”



WILL HUGHES

*Republic Services
Divisions Nationwide*

“I am a wildland firefighter with the USDA Forest Service. In 11 years of fighting fires and looking for the nutritional edge in extreme conditions **I’ve never come across anything that works as well as WA Hydrate & Recover®.**”



ERIK MARTIN

*Supervisory Engine
Foreman*

“Without a doubt switching to the use of WA Hydrate & Recover® has taken our hydration and situational awareness to the **next level.**”



CALEB SKILES

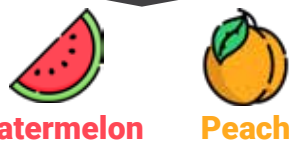
*PG&E
(Pacific Gas & Electric)*



HYDRATE & RECOVER®

THE POWER IS IN THE POWDER

NEW FOR 2020!



TURNING HYDRATION INTO HEALTH

BENEFITS OF HYDRATE & RECOVER®



Reduce Sprains & Strains*

Formulated with BCAAs for enhanced muscle recovery and performance during and after the workday.



Eliminate Fatigue*

Low sugar formula with glycogen replenishment to stop fatigue in it's tracks and help keep stable energy though the entire day.



Lower Preventable Accidents*

With L-Glutamine for consistent endurance and cognitive function. Stay tuned in on the job.



Zero Cramps*

With precisely balanced electrolytes fortified with magnesium.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Strawberry Pomegranate

A precisely balanced fusion of rich strawberries and sharp pomegranate tang.



Berry Blast

A refreshing and bold blend of berry extracts that always hits the spot.



Kiwi Pineapple

Invigorating kiwi sweetness blended with the refreshing punch of tropical pineapple extracts.



Lemon Lime

A stimulating citrus blend of lemon and lime with the perfect amount of thirst quenching bite.



DON'T SETTLE

FOR 25% JOB COMPLETION

Only WA's Hydrate & Recover® supplies a complete nutrient arsenal to assist in cellular hydration, mental focus, physical endurance and muscle & tissue recovery.*

HYDRATE & RECOVER®

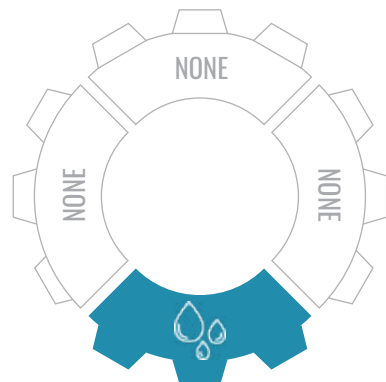
Physical: L-Leucine, L-Valine, L-Isoleucine, Glycine

Mental: L-Glutamine, Schisandra, Golden Root, Glycine



Hydration: Carbohydrates, Potassium, Sodium, Thiamine, Magnesium

THE OTHER GUYS



Hydration: Carbohydrates, Potassium, Sodium

LET'S COMPARE:

You're probably familiar with products like Sqwincher and Gatorade as proclaimed remedies to dehydration and electrolytes. You should be just as familiar with the host of ingredients and benefits Hydrate & Recover offers that other products don't want you to know about.*

HYDRATE & RECOVER®

Boost Immune System:
1000mg of Vitamin C because being sick sucks.†

Advanced Hydration:
Increase performance with balanced electrolytes.†

Recover Faster:
Fortified with BCAAs for enhanced muscle repair.†

SUPPLEMENT FACTS	
Serving Size: 1 Packet (14g)	
Servings Per Container: 30	
	Amount Per Serving %DV*
Calories	40
Total Carbohydrates	10g 3%
Sugars	5g
Thiamine (HCl)	0.5mg 40%
Vitamin C (ascorbic acid)	1000mg 1110%
Magnesium (citrate)	40mg 10%
Zinc (monomethionine)	1.5mg 15%
Sodium (citrate & chloride)	100mg 3%
Potassium (citrate & chloride)	125mg 3%
BCAAs (L-leucine, L-isoleucine, L-valine)	400mg †
L-Glutamine	400mg †
Glycine	250mg †
Golden Root Extract (Rhodiola rosea root)	50mg †
Schisandra Extract (Schisandra chinensis fruit)	50mg †
Tonic Trace Mineral Complex	5mg †
Coenzyme Q-10	2mg †
L-Glutathione	50mg †

*Percent Daily Values (%DV) are based on 2,000 calories diet. † Daily Values not established.

Other Ingredients: Fructose, maltodextrin, citric acid, natural flavors, beet root (for color), silicon dioxide, sucralose.

SUGAR

COKE

SQWINCHER®
QUICKSERV®

GATORADE®
THIRST QUENCHER
POWDER

HYDRATE &
RECOVER®

CALORIES

SODIUM

POTASSIUM

VITAMIN C

AMINO ACIDS

BCAAs

**ENERGY
SUPPORT**

**ADAPTOGENIC
HERBS**

12 FL OZ

16.9 FL OZ

20 FL OZ



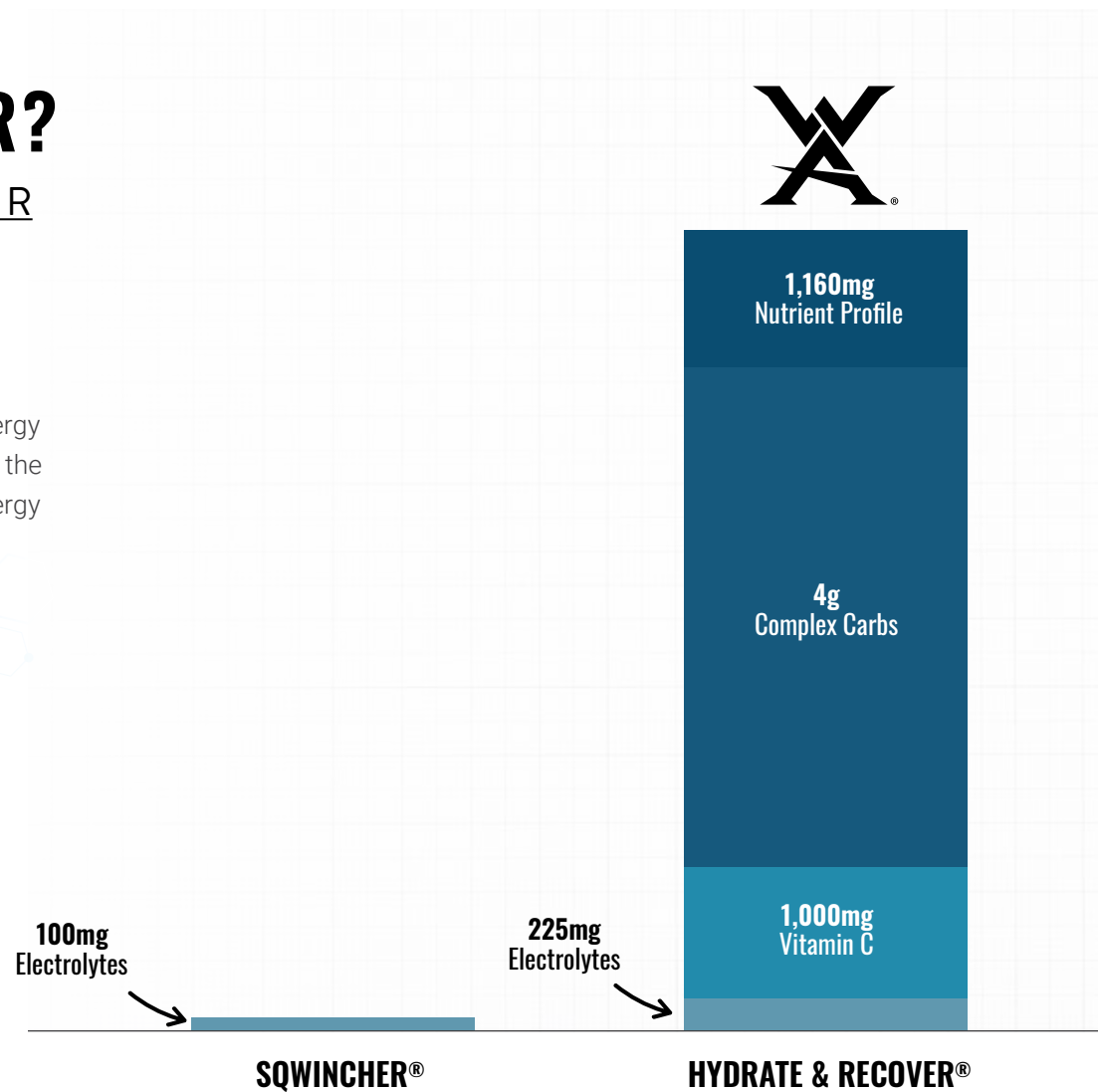
Directions: Mix 1 packet into 8-16 fl. oz, of water. For a stronger flavor mix with less water. Shake until dissolved. Drink before, during, or after physical activity as needed.



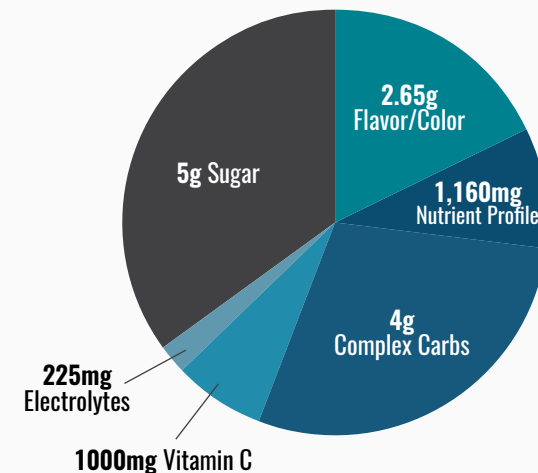
WHAT ARE YOU REALLY PAYING FOR?

THE REAL COST OF SUGAR

Hydrate & Recover includes a calculated 5g of low-glycemic sugar which not only gives the drink a nice flavor but helps your cells hydrate quickly and your energy bounce back rapidly. With just 5g of sugar you will feel the benefits without the drawbacks of weight gain and energy crash that comes with higher sugar drinks.*



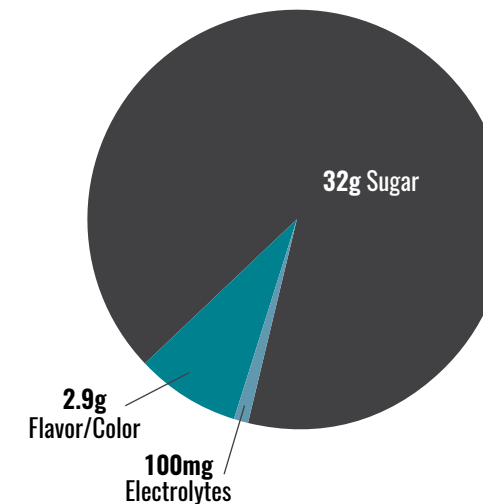
HYDRATE & RECOVER® 14g



- 2% Electrolytes
- 7% Vitamin C
- 9% Nutrient Profile
- 18% Natural Flavor & Color
- 29% Complex Carbs
- 35% Sugar

SQUINCHER® 32g

MAKES 2 SERVINGS



- 91% Sugar
- 8% Flavor & Color
- 1% Electrolytes

ENERGY & FOCUS®

DRINKABLE MOTIVATION



NEW FOR 2020!



Cherry Limeade



Wild Berry



Mango Bango

A revitalizing citrus bang with mango sweetness for balanced thirst quenching energy.



Tropical Fusion

A deliciously invigorating fusion of mouth watering pineapple, coconut, and guava.

BENEFITS OF ENERGY & FOCUS®



Zero Crash*

No simple sugars to interfere with blood sugar metabolism and regulation.



Mental Performance*

Vitamins B6 & B12 are included for enhanced cognitive function & elevated neurological activity.



Sustained Energy*

Supports the bodies natural energy producing mechanisms and pathways.



Clarity & Alertness*

Supports optimum brain and nervous system energy and physiology.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

HOW TO MAKE A 'SUPERMAN'

Mix one packet of Hydrate & Recover with one packet of Energy & Focus into the same water bottle. For a stronger flavor use less water.



Hydrate & Recover®

- Enhance muscle recovery*
- 1000mg of Vitamin C
- Eliminates muscle cramps*
- Heighten mental stamina*
- Improve endurance*

Energy & Focus®

- Fast acting, natural energy boost*
- Supports physical stamina*
- Zero sugar, zero crash*
- Improve clarity & alertness*

SERVING THE WORKING ATHLETE **FOR OVER A DECADE**



Mark Paulsen founded Wilderness Athlete® based on one simple question, “Why hasn’t the science of mainstream sports nutrition been applied to the specific needs of the outdoor/industrial athlete?”

Mr. Paulsen answered his own question by launching Wilderness Athlete® and Working Athlete® for those who wear camo, hard hats and steel toed boots. He did so to address their unique physical demands because there are no commercial timeouts for the wilderness and working athletes.

“The most important ASSET any company has are the EMPLOYEES.”

Mark Paulsen understands hard work. During college Mark worked spreading concrete, climbing power poles and acid washing bricks. Mark received his Bachelor’s degree in Exercise Science from the University of Kansas and he pursued his Masters degree in Nutrition from the University of South Carolina.

Mark is a renowned strength and conditioning coach with careers at University of South Carolina, Long Beach State University, and the University of New Mexico.

A handwritten signature in black ink that reads "Mark Paulsen".



SAFETY
SUPPORTED BY SCIENCE

HARRY G. PREUSS, M.D.



**Chair of Working Athlete®
Science, Research & Formulations Board**

Harry G. Preuss, MD, MACN, CNS, received his BA and MD from Cornell University and trained for three years in internal medicine at Vanderbilt University Medical Center.

Dr. Preuss studied for two years as a fellow in renal physiology at Cornell University Medical Center under Dr.

Robert F. Pitts, and spent two years in clinical and research training in nephrology at Georgetown Medical Center under Dr. George E. Schreiner. Dr. Preuss was a special research fellow of the National Institutes of Health (NIH).

**Three time President of the
American College of Nutrition.**

RICHARD P.
SCHECKENBACH, PH.D.



Bachelor of Arts (Bacteriology)
University of California, Los Angeles

**Ph.D.
(Microbiology/Biochemistry)**
Oregon State University, Corvallis

Scheckenbach has devoted nearly forty years to the field of human health and performance through his research and development work in the area of nutritional supplementation.

VLADIMIR
OLEYNIKOV, PH.D.



Bachelor of Science
Institute of Physical Education & Sport,
Moscow Russia

Ph.D. (Biochemistry)
Institute of Physical Education & Sport,
Moscow Russia

Oleynikov previously served as a research scientist for the former USSR's national sports teams and, from 1992 to the present, for Russia's national sports teams and Olympic Committee.

ELI LANKFORD, PH.D.



Bachelor of Science
The University of Utah, Exercise Science

Master of Science
The University of Montana,
Health & Human Performance

Ph.D. (Exercise Physiology)
Brigham Young University

Dr. Lankford's research has covered a broad spectrum in the field of exercise physiology ranging from work performance of wildland firefighters to gene expression of human skeletal muscle.

SAFETY

STARTS FROM WITHIN

You invest in the best on the outside...



It's time to invest in the best on the inside: Hydrate & Recover®



OUR COMMITMENT TO QUALITY

Working Athlete® products are produced in **NSF Certified GMP facilities** guaranteeing the highest quality manufacturing and highest quality ingredients.

Working Athlete® is committed to improving the health & quality of life for the working athlete by providing **field tested, scientifically validated nutrition** and industrial performance products.



WORKINGATHLETE.COM

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