

Vive Testimonials

I have not talked to you in a while so I thought i would give you an update. Thank you for introducing me to your Vive Shake, not only did it improve my riding time on the sand trails on the Santo's in Florida from 4 1/2 hours for 40 miles to 4 hours and from feeling spent after the ride to feeling invigorated. Drinking a shake before and then after each ride definitely reduced my time and shortened the recovery period after. I have gone from 250 pounds to now 211 pounds and the shake has been a big part of that. I have one each morning that I mix with carrot, apple, ginger, granola and 2 scoops of Vive in the Ninja, then one at night on the way home from work in the shaker bottle. This has helped greatly with my portion control and of course we are eating more and more organic and very little processed foods, your 90/10 rule.

Thanks again for developing the Vive and being an awesome friend. Can't wait to ride with you again. PS saw a rider with a Vive jersey riding up Caesar's Head

Eric Schwartz

I did ONE 30 mile ride without it last week and it took me the better part of 3 days to recover, despite eating moderately healthy(er) that entire week. Everything eaten was prepared by my wife or roommate. My recovery routine didn't change, but my body didn't like the lack of nutritional stores.

My body was used to being able to call on a "reserve tank" to help recover and when it was empty, it told me about it. The entire week I couldn't help but notice I was continuously hungry and lethargic throughout the day despite having the same or even higher caloric intake. I would sleep 8-9 hours and not feel nearly as refreshed as I previously would with 5-6 hours. Base layer nutrition. It's real.

It amazes me and how I slugged along in previous years and thought it was normal to feel depleted for days after a long ride or a day of intense activity such as competing/racing. It doesn't have to be that way any more.

It's funny how much nutrition affects performance. Due to circumstances not related, I haven't been able to get refueled on my [Vive for Life](#) a week. I finally replenished yesterday and feel SO much better this morning.

What's more shocking is how quickly my body reacted to being replenished...that's proof enough for me.

Nate Brown
Trials Cyclist
2nd Place Season 2014

I was introduced to Vive about a year ago. At the time, I was really into researching my nutritional needs as a competitive masters cyclist. Things that were important to me was finding the edge that kept me one step ahead of the competition. I am in the real world. I struggle to maintain my “race weight”. I find my time limited each week to train for competition. That results in me doing a training program that is days of high intensity and days that are off. Maintaining the right caloric intake for the different days was proving difficult. I was also taking a variety of vitamins each day. Consistency was what proved to be the hardest to keep. I was always forgetting this or that and I found that my performance on the bike was a little hit and miss. I would have good days and days were it seemed like the gas in the tank was the wrong octane.

When I started Vive, I didn't know what to expect. I guess part of me was hoping for superman energy and the ability to topple every mountain pass like Marco Pantani. Well, I'm not a climber and that is not what I discovered. For me, what I found is a product that filled in the valleys. Each morning, I start with a cup of coffee. Once I am alive again, I have a cup of Vive. If I am going to ride later in the day, I will skip breakfast all together. If I am training in the morning, then I eat breakfast. Those days that I skip breakfast, I find that I am absent of hunger until lunchtime. I have found this to really help in keeping my weight consistent. It just makes me feel level. I'm not sleepy nor am I bouncing off the walls. For me, this was quite a welcome relief.

In the end, Vive is a foundation block in my wall. It trumps all others as a complete, convenient means of nutritional supplements. I don't take vitamins anymore, nor my probiotics. When you add up all those costs, it also started making sense financially.

Greg Brown

2013 Georgia State Criterium Champion- Masters 40-44.

2013 Overall Winner- Georgia Championship Series M35+

Captain at Atlantic Southeast Airlines

The use of VIVE is a difference maker for the football team at J.F. Byrnes High School. The correct balance of carbs, fats and proteins provide the natural boost of short and long term energy an athlete needs to finish a game or a training session. I feel it is the best supplement and the best value on the market. VIVE mixes easily in a shaker cup with water for readily available and quick consumption. VIVE is the new Superfood and I highly recommend that any strength coach or trainer give it a try !!

Michael Srock
Speed and Strength Coach
J. F. Byrnes High School