

ATP testimonials K Polman:

1 - I go to functional strength training every week on a Friday afternoon 16.00.

I selected this time as I felt pretty tired after this one hour concentrated training session.

Normally my body was aching and was stressed well into the Sunday, sometimes even on the Monday morning I was still sore.

Now I take one sachet of ATP 30 minutes before my session, I may feel a bit wobbly in the evening, but come Saturday I hardly feel any strain or muscle pain at all, maybe a bit stiffness when I get up but a warm shower and all problems gone. What a difference the ATP makes to my body.

2 - When I have to drive back home in busy traffic, stopping and starting, I tend to get sleepy and a few times got a real shock when I realized that I was dozing off.

What I do now, I always have ATP on hand in my car and take a sachet, taking it with water is easier but not essential, I feel a lot more alert within 10 to 15 min.

3 - The husband of my niece in Brisbane is a gym fanatic, in 2013 when I stayed with them arriving on Friday afternoon and planning to go to an open meeting in the evening. The guy came home after a 2 hour gym session and he was a physical wreck, not able to move and not in a state to come to the meeting with me. When I left on Monday lunchtime he was still suffering. I gave him a few sachets of ATP and challenged him to give it a try.

It took several weeks till I heard back from him: his comment was; his recovery from the heavy gym classes was incredible, by the end of the next day he was fully recovered.

4 At the Max conference on the Gold coast this year we had the opportunity to try ATP drinks after lunch. The ATP was made up. We stayed awake during a pretty heavy afternoon session, no mid-afternoon catnaps!!