



2021 CATALOG

ENERGY
ENDURANCE
RECOVERY

SINCE 1987!

HAMMER CBD

THE GOLD STANDARD

Performance. Sleep. Recovery. The biggest news in sports nutrition in 30 years.
(See pages 5 - 9)

FREE SHIPPING

on orders over \$100

FAST DELIVERY

800.336.1977 • hammernutrition.com





OUR TRIPLE SATISFACTION GUARANTEE

Products: Powerful, safe, natural, and undeniably effective! They will do exactly what we say they will and will outperform the competition every time.

GUARANTEED!

Knowledge: By using our time-tested, science-based fueling protocols, you will achieve your best possible performance.

GUARANTEED!

Service: Second to none, the best you've ever had! We treat you like you are important to us, because you are.

GUARANTEED!



On the cover: Legendary ultrarunner **Dean Karnazes** (AKA the Ultramarathon Man) enjoying a training run in the Marin Headlands. Since discovering **Perpetuem®** and **Endurolytes®** during the Sahara Race in 2008, Dean has used Hammer products to fuel all of his endeavors. We are excited to officially welcome Dean to the team for 2021 and beyond. Photo: Ezra Shaw for Getty Images

For the past 34 years, my singular mission has been to help athletes like you reach their highest levels of athletic performance and health, one completely satisfied client at a time.

Our sterling reputation and devoted following are unrivaled in the marketplace for three reasons:

1. **Potent, effective products**
2. **Superlative customer service**
3. **The know-how to guarantee your success**

My Guiding Principles

Hammer Nutrition IS Innovation. That includes continually introducing groundbreaking products as well as updating and improving our existing products whenever possible.

Principles Before Profits. I have never traded my principles for increased profits. Sugar is poison, so we don't offer it in any form. Rest assured, if you see the Hammer brand on a product, it IS good for you.

Product Integrity. Every one of our products is 100% research-based, extensively field-tested, and manufactured according to the strictest standards in the world. All of our consumable products have been, and always will be, 100% USA-manufactured, using USA or European ingredients whenever possible, regardless of cost.

Service. It's All About You. From day one, we've treated every client exactly the way we want to be treated when we are on the other side of the counter—fairly, honestly, and individually, without exception.

Less is Best. Our pioneering approach to fueling has revolutionized endurance sports and extended the limits of what athletes can achieve. We tell you exactly how much to take and when for optimal success.

Education. We take a holistic approach to athletic performance and health, distill it, and share it with you in a language you can understand—because an educated athlete is an empowered athlete.

Give us a call anytime to speak with me or one of our friendly, knowledgeable client advisors. You'll find that we really are different.

I guarantee your satisfaction unconditionally—always have, always will.

Brian Frank
Hammer Nutrition Founder



The Hammer Nutrition Promise

All Hammer Nutrition fuels and supplements are **made in the USA** using the **highest** quality US and European **ingredients**. They contain **no refined sugars, gluten, preservatives, or artificial colors, flavors, or sweeteners**. They are completely compatible with one another and can be used in any combination as desired by **athletes of all ages**, children included!

FUELING PEAK PERFORMANCE SINCE 1987



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Victor and Piper Sheldon enjoy a couples ride in Hammer's all-new 2021 Voler cycling kits. Sporting a unique retro design, these kits feature hand-drawn artwork from local artist, musician, and Hammer employee Elliott Abbott. Photo: Wildglass Photo

“Next year’s adventures will be bolder, longer, and more challenging, but I know Hammer will fuel me from start to finish on whatever adventures I choose.”



HAMMER ATHLETE

Mitch DeYoung

Mitch DeYoung relied on his ingenuity when his A races got canceled. With the openings in his schedule, he grabbed a map and some friends to conquer the biggest challenges he could dream up.

With Hammer in his pocket, Mitch set off on the Barry Roubaix 100 Mile Psycho Killer course, 8-Hour Impromptu Wildcat MTB, the 24-Hour Challenge (minimum of 10 miles/hour), the unsupported 300-mile Bad Idea Ride, 27-hour Crusher EX, and the 25-hour Border to Bridge Ride.

Mitch will have Hammer in his bottle wherever his next adventure takes him. Whether it's 5 miles or 500, Hammer fuels give him steady energy with no crash from start to finish.

MITCH'S FAVORITE HAMMER PRODUCTS

**Perpetuem®
Recoverite®
Fully Charged
Race Caps Supreme
Whey Protein
CBD**

Mitch DeYoung hammering at the Fast Fitty Gravel race where he placed 3rd in his age group. Photo: Jack Kunnen



HAMMER CBD

**The Gold Standard since 2018,
and up to 5X better absorbed.**

REAL CBD has massive benefits, especially in the areas of decreased aches/soreness, swelling, and sleep quality. If you tried CBD and did notice big benefits, it was likely fake or too low potency. Hammer CBD products give you a trusted, top quality, fairly priced option for this important product.

**Nano-Emulsified for even better
absorption**

Our softgels and Hydro tincture feature a proprietary, patent-pending technology that increases absorption by up to 5 times (compared to standard full or broad-spectrum tinctures). So, you can use less and get the same benefits OR you can up your intake to unlock additional benefits.

Just like every other Hammer product, our CBD will always exceed the most stringent standards for quality and purity. All Hammer CBD products are produced from organically grown, non-GMO, USA-raised hemp, feature a broad-spectrum formula, so all the beneficial cannabinoids and terpenes are present, but with NO THC.



***“I buy Hammer CBD because
I know I can trust the
quality of the ingredients.”***

- Online Reviewer

CBD Softgels

Broad-spectrum CBD

- Improves sleep quality
- Soothes soreness
- Speeds recovery time
- 0.0% THC



25 mg

90 softgels	30 softgels	4 softgels
\$179.95	\$69.95	\$12.95

10 mg

90 softgels	30 softgels	4 softgels
\$89.95	\$39.95	\$6.95

Our CBD softgels feature a nanoemulsified water-soluble formula that is up to 5 times more effective than traditional oil-based alternatives. Enjoy convenient and accurate dosing with a quick onset and high absorption rate. All Hammer CBD is derived from organically grown, non-GMO, USA-raised hemp. It's a rich source of pure, highly beneficial phytocannabinoids, contains no heavy metals, solvents, microbes, or contaminants, and it has 0.0% THC.

CBD Hydro

Softgel bioavailability, liquid dosing convenience

- Fully water-soluble formula
- Superior bioavailability
- Shortens recovery time
- 0.0% THC

250 mg

1 oz
\$24.95



This is a fully water-soluble formula that employs the same nano-sized microemulsion manufacturing process as the softgel capsules for superior bioavailability. The beauty of this formula is its convenience and versatility. Take it straight from the bottle or add to beverages to consume throughout your day.



XC and MTB national champion **Victor Sheldon** on trail in SoCal. This 8-time National and World Jet Ski Champion (AKA the Slasher) fuels all of his adventures with Hammer fuels, supplements, and recovery products.. Photo: Gabe Keating



CBD Tincture

Broad-spectrum CBD oil

- Organic orange flavor
- Broad-spectrum
- 0.0% THC

1500 mg	750 mg	250 mg
1 oz	1 oz	1 oz
\$99.95	\$59.95	\$19.95

Hammer CBD tincture is not water soluble and is therefore comparable to other high quality, broad-spectrum CBD oils, but at a fraction of the price. Hammer CBD tincture is blended with hemp seed oil, grapeseed oil, and organic coconut oil (medium-chain triglycerides or MCT) to aid absorption and is pleasantly flavored with organic orange oil.



"I use Hammer CBD after a long run or a full day climbing out at Joshua Tree when my muscles and tissues are just destroyed. It helps my recovery by allowing me to get deep, restful sleep so I can heal properly on my rest days." - Online Reviewer



CBD Balm

CBD benefits, topically applied

- Organically grown hemp
- Helpful for numerous skin conditions
- Alleviates aches and soreness
- 0.0% THC

500 mg	30 mg
2 oz stick	0.15 oz stick
\$49.95	\$3.95



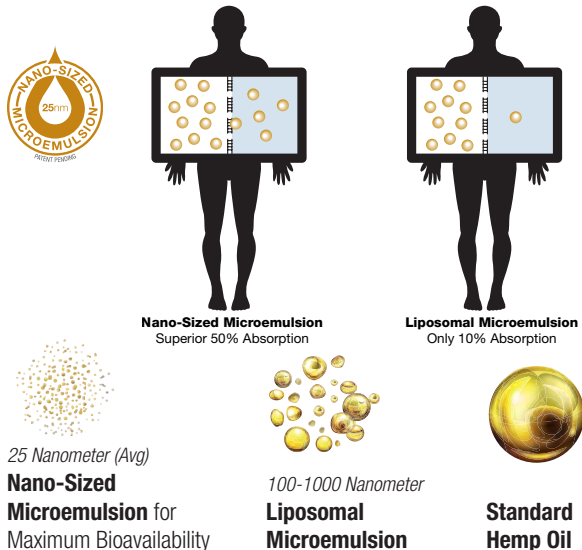
KNOWLEDGE BASE

Hammer CBD

Hammer Nutrition, the leader in endurance nutrition for 34 years, is now the leader in CBD. After studying this amazing nutrient and using it for years, in 2018 we partnered with the largest vertically integrated producer, manufacturer, and distributor of hemp-derived phytocannabinoids in North America. We have the data, education, and trained support staff to be your “go-to” for all things CBD.

NANO-SIZED MICROEMULSION

The nano microemulsion manufacturing process breaks the CBD oil into the smallest particulates possible, significantly increasing absorption rates. Standard microemulsion process yields droplets between 100 and 1000 nanometers (nm) in size. With nanoemulsion, the droplet size is 10-100 nm, with an average drop size of 25 nm. This leads to the largest accessible surface area of CBD oil droplets that maximizes the body’s ability to synthesize and respond to any given dosage.



BROAD-SPECTRUM CBD

An important factor to consider is the type or form of CBD product that others offer. Full-spectrum, broad-spectrum, and CBD isolate are all options, but Hammer sells only broad-spectrum CBD.

- ✓ Cannabidiol (CBD)
- ✗ THC
- ✓ Cannabinoids, Terpenes, Flavonoids, and plant material
- ✓ Entourage Effect (The beneficial results produced from the synergistic interaction of cannabinoids, terpenes, and flavonoids.)

THE BEST PRICES GUARANTEED

Hammer CBD pricing is some of the best in the market. With per MG prices as low as \$6 cents, you won’t find legitimate CBD product for less anywhere else. Beware of overpriced, over hyped CBD products, they are everywhere.

HAMMER PURE

Be sure to alert everyone you know who uses CBD—friends don’t let friends over pay for CBD. Our referral program is ideal for this product.

START SMALL WITH CBD SAMPLE PACKS

Now everyone can test CBD with these 4-count softgel packs and 30 mg balm sticks at an extremely affordable price. Fluctuate your CBD dosage with precision by combining 25 mg and 10 mg softgels over a 6-day period. We know you’ll experience good results, which is why our CBD is backed by a 30-day Satisfaction Guarantee.



CBD Ramp-Up Kit

Four 10 mg Softgels
and four 25 mg softgels

\$18.95



CBD Sample Kit

Four 10 mg Softgels, four 25 mg softgels,
and a 30 mg Balm sample

\$22.95

DIAL IN YOUR CBD DOSE

To calculate how much CBD will be ideal for you, look at your body weight and your current physical status, including any issues (e.g., poor sleep) you may be dealing with.

While this recommendation is certainly not set in stone, those under 160 pounds may find that a daily amount of 8.33 mg to 10 mg of CBD is a good starting point—perhaps even their ideal dose. People 160 pounds and up may require higher amounts, starting at 16.7 mg to 25 mg per day.

People dealing with chronic issues regarding aches/soreness/discomforts, poor sleep, or both, usually find that higher amounts of CBD (25-50 mg daily) will be best for them.

Read the full *Endurance News* article →



“*The great athletes of the world prefer Hammer, especially swimmers and ultramarathon athletes. They are the best products you can find and that you will never regret using them!*”



HAMMER ATHLETE Bárbara Hernández

Bárbara Hernández thrives when the water she's swimming in is too cold for anyone else. It doesn't matter if it's a snowy alpine lake or a chilly ocean corridor, the cold water never slows Bárbara down.

Bárbara works with the Hammer Nutrition team in Costa Rica to stay on top of her health

and athletic performance. On October 1, 2020, Bárbara slipped into the water surrounding New York City and began swimming her way to the completion of the final leg of the Triple Crown of Open Water Swimming. When she climbed out of the water 7 hours and 59 minutes later, she became the first Chilean to ever

earn the distinction of completing the Triple Crown.

As she looks toward her next challenge, the Oceans Seven marathon swimming challenge, she is working with the Hammer Nutrition Costa Rica team to ensure she never runs out of her favorite fuels.

BÁRBARA'S FAVORITE HAMMER PRODUCTS **HEED®, Perpetuem®, Hammer Gel®, Recoverite®, Whey Protein**

Bárbara Hernández prefuels with Hammer before an ice-cold training swim in Laguna Del Inca. Photo: THD Lateral.



ENDURANCE FUELING

Fuel Right, Feel Great!

Hammer Nutrition makes real endurance fuel, not sugar-loaded junk food masquerading as sports nutrition. Hammer products contain no refined sugars, excess sodium, citric acid, or artificial sweeteners, colors, or flavors—only the healthiest, natural ingredients are good enough to give our family or sell to you.

In addition to making superior products, we'll show you exactly how to use them to get you to the

finish line in record time, with a smile on your face! No more upset stomach, cramps, or other “fun” you’ve experienced with other products.

Bottom line: use Hammer products according to our protocols and your success is guaranteed! No kidding.

Over the past 34 years, our revolutionary “Less is Best” fueling protocols have helped thousands of athletes all over the world, doing every type of endurance event imaginable,

achieve amazing performances while fueling right and feeling great!

In addition to a wealth of fueling knowledge in our publications and website, our friendly staff is ready to help. Call today to speak with a Hammer in-house fueling expert to perfect your fueling plan!

- **Brian Frank**, Hammer Nutrition Founder

(Above) **Jeannie Phillips** riding to the summit of Mount Diablo—106 miles with 10K feet of elevation. Photo: Brian Fessenden



***“I take Recoverite after
every run and it has me
ready for the next day.”***

- Online Reviewer



Recoverite®

Recovery matters. Do it right.

- Restores muscle glycogen
- Rebuilds muscle strength
- Reduces soreness & fatigue

32 Servings	Single Servings	6 or more. Mix or match flavors
\$59.95	\$3.50	\$2.95 each

FLAVORS ■ Orange Vanilla ■ Chocolate
■ Vanilla ■ Strawberry



Recoverite supplies everything your body needs to jump-start the recovery process. It offers easily assimilated complex carbohydrates from maltodextrin and premium protein from whey protein isolate in the 3:1 ratio scientifically proven to speed recovery times. With all the essential nutrients as well as a full-spectrum blend of electrolytes, Recoverite is truly the perfect tool for the job.

If you want to feel your best, maximize your gains, and make the most of your time, recovery must be a priority in your training. Putting an emphasis on properly refueling when your body is at its most receptive—immediately following exercise—will help restore your body's premium fuel (glycogen), rebuild muscle, and strengthen your immune system.

Organic Vegan Recoverite®

Optimize recovery, the vegan way

- 100% organic
- Gluten-free pea protein
- Easily digestible

32 Servings
\$59.95

FLAVORS ■ Orange Vanilla ■ Vanilla ■ Chocolate



Photo: Drew Silvers

Everything that makes Recoverite our best-selling product, formulated to fit a vegan diet! This plant-based formula will help you maximize your gains, regardless of dietary preferences. It tastes great, mixes easily, and includes the same ideal electrolyte profile and amino acid supplementation that Recoverite fans have relied on for years. Recovery matters. Do it right with Vegan Recoverite—the simple and effective solution for all!

Ultrarunner and Race Director **Jessie Pappenfus** jogs on an early morning training run in Whitefish, MT. Jessie fuels her long mountain runs with Hammer fuels and plenty of Recoverite at the finish.



***“Endurolytes always
help me get back on
track and feeling better.”***

- Online Reviewer

Electrolytes are like the motor oil in your car: they don't make the engine run, but they're absolutely necessary to keep everything operating smoothly. Salt tablets provide only two of the electrolytes your body requires. Endurolytes provides the full spectrum, with complementary micronutrients. Precisely formulated without refined sugars, artificial ingredients, or excess salt, our full-spectrum electrolyte products support peak performance in the toughest conditions.



Endurolytes®

Precise electrolyte replenishment

- Superior cramp prevention
- Full-spectrum formula
- Rapidly assimilated
- Versatile dosing

120 Capsules	3 or more	4 Capsules
\$22.95	\$19.95 each	\$1.05



Jeff Shehan enjoys a ride on a sunny day at Herron Park in Kalispell, MT. Jeff supports all of his rides with Hammer fuels and supplements.

Endurolytes® Fizz

Delicious, refreshing electrolytes

- Prevents cramps
- Encourages steady fluid consumption
- Virtually free of calories & carbohydrates

13 Tablet Tube	3 or more. Mix or match flavors
\$4.95	\$4.75 each
25 Wrapped Singles	4 or more
\$12.95	\$10.00 each



FLAVORS

*Contains caffeine

† Not available in single-serving packets

■ Lemon Lime

■ Grapefruit†

■ Mango†

■ Grape

■ Cola*†



Endurolytes® Extreme

Concentrated, full-spectrum electrolyte replenishment

- Helps prevent cramping in harsh conditions
- 3 times the sodium and potassium of original Endurolytes
- Designed for harsh conditions and high heat

120 Capsules	3 or more	3 Capsules
\$24.95	\$22.95 each	\$1.05



Endurolytes® Extreme Powder

Concentrated, full-spectrum electrolyte replenishment

- Dissolves quickly and completely
- Pleasantly light, natural watermelon flavor
- No residue

90 Servings	3 or more
\$29.95	\$26.95 each





“No crash,

Hammer Gel is fantastic!”

- Online Reviewer





Hammer Gel®

Real endurance fuel

- Rock-solid sustained energy
- No sugar crash
- Easy to digest, no GI distress

26 Serving Jugs	3 or more. Mix or match flavors
\$19.95	\$17.95 each

JUG FLAVORS	<div>■ Apple Cinnamon</div> <div>■ Chocolate</div> <div>■ Espresso**</div>	<div>■ Montana Huckleberry</div> <div>■ Nocciola*</div> <div>■ Orange</div>	<div>■ Vanilla</div> <div>■ Raspberry</div> <div>■ Tropical**</div>
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* Contains high-quality nut protein and fats ** Contains caffeine



FREE Hammer Flask
with purchase of
Hammer Gel Jug!
Hammer Flask holds
5-6 servings.



Since its introduction in 1995, Hammer Gel has provided athletes with high-quality carbohydrate gel that delivers quick, steady energy, with no sugar crash or gut rot. Made with real fruit and natural flavors, Hammer Gel is renowned for actually tasting good!

Unlike other similar-looking products on the market, Hammer Gel's complex carbohydrates, all-natural ingredients and pH-balancing formula are easily digestible. They also provide quick-acting yet long-lasting energy in a convenient, tasty, concentrated form. The addition of branched-chain amino acids helps to prevent muscle tissue breakdown while reducing fatigue.



Photo: Ratty Maty

Hammer Gel® Pouches

Single Serving	12 or more. Mix or match flavors
\$1.40	\$1.25 each

POUCH FLAVORS	<div>■ Apple Cinnamon</div> <div>■ Banana</div> <div>■ Chocolate</div> <div>■ Espresso**</div>	<div>■ Montana Huckleberry</div> <div>■ Nocciola*</div> <div>■ Orange</div> <div>■ Peanut Butter-Chocolate*</div>	<div>■ Peanut Butter*</div> <div>■ Raspberry</div> <div>■ Tropical**</div> <div>■ Vanilla</div>
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* Contains high-quality nut protein and fats ** Contains caffeine

Hammer Gel® Sampler Kit

One Single Serving Pouch of each flavor

12 Total

\$15.95

Miles Frank enjoys a season-opening ride up the scenic Going-to-the-Sun Road in Glacier National Park, Montana. Photo: Drew Silvers





***“I won’t pedal without
HEED in my bottle.”***

- Online Reviewer



HEED® Sports Drink

Non-acidic sports drink

- Sustained energy, no sugar crash
- Reduces cramps
- Buffers lactic acid
- Supports dental health



80 Servings	32 Servings
\$64.95	\$32.95
Single-Serving Packets	6 or more. Mix or match flavors
\$1.95	\$1.80 each

FLAVORS

- Lemon Lime
- Strawberry †
- Chery Bomb*
- Mandarin Orange
- Melon †

*Contains caffeine

† Not Available in Single-Serving Packets



KNOWLEDGE BASE

HEED®

Other sports drinks are either comprised entirely of sugar or they're loaded with added sugars. Either way, that glucose, sucrose, dextrose, fructose, and "anything else that ends in ose" sugary drink cannot possibly supply the quality of energy that HEED can. And all that sugar is just flat-out bad for your body.

With healthy sweeteners (stevia and xylitol), devoid of artificial ingredients and tooth enamel-decaying citric acid, and complemented with a balanced, full-spectrum electrolyte profile (not loaded up

with salt), HEED is the undisputed king of sports drinks.

Years ago, when countless athletes cried out, "Enough is enough! We want a better sports drink, one that works and actually tastes good!" we listened and delivered. Since that day, HEED continues to be, the deliciously healthy and highly effective alternative to the syrupy swill disguised as sports drinks. Containing only beneficial ingredients, and devoid of added sugars and the rest of the earlier-mentioned junk, HEED is exactly what you want and need!

Champion freeskier **Parkin Costain** tears down the MTB trails in Whitefish, Montana. Melon is his favorite HEED flavor.



***“I use Hammer
Bars when I need
some easy food
on the go!”***

- Online Reviewer

Ryan Ingham easily conquers his training run by leaps and bounds, atop the trails of Mt. Laguna, California. Ryan uses the Hammer Bar kit to make sure he never runs out of his favorite flavors. Photo: Ryan Ingham



ENDURANCE FUELING



Hammer Bar®

Real food, ready to roll

- Reliable, long-lasting energy
- Packable & easy to eat
- Suitable for all diet types

12 Bar Box	Single Bar	12 or more. Mix or match flavors
\$27.00	\$2.50	\$2.25 each

FLAVORS

- Almond Raisin
- Cranberry
- Oatmeal Apple
- Chocolate Chip
- Coconut Chocolate Chip

Whey Protein Bar

Grass-fed goodness

- Minimizes post-exercise soreness
- Maintains & repairs lean muscle tissue
- Convenient & delicious

12 Bar Box	Single Bar	12 or more. Mix or match flavors
\$27.00	\$2.50	\$2.25 each

FLAVOR ■ Peanut Butter-Chocolate

Vegan Protein Bar

Plant-based, protein-packed

- Satiating and satisfying
- Long-lasting energy
- Delicious flavors

12 Bar Box	Single Bar	12 or more. Mix or match flavors
\$33.00	\$2.95	\$2.75 each

FLAVORS ■ Almond Cacao ■ Chocolate Peanut

Hammer Bar® Kit

Five Delicious Flavors—try them all!

5 Total. One bar of each flavor

\$11.95

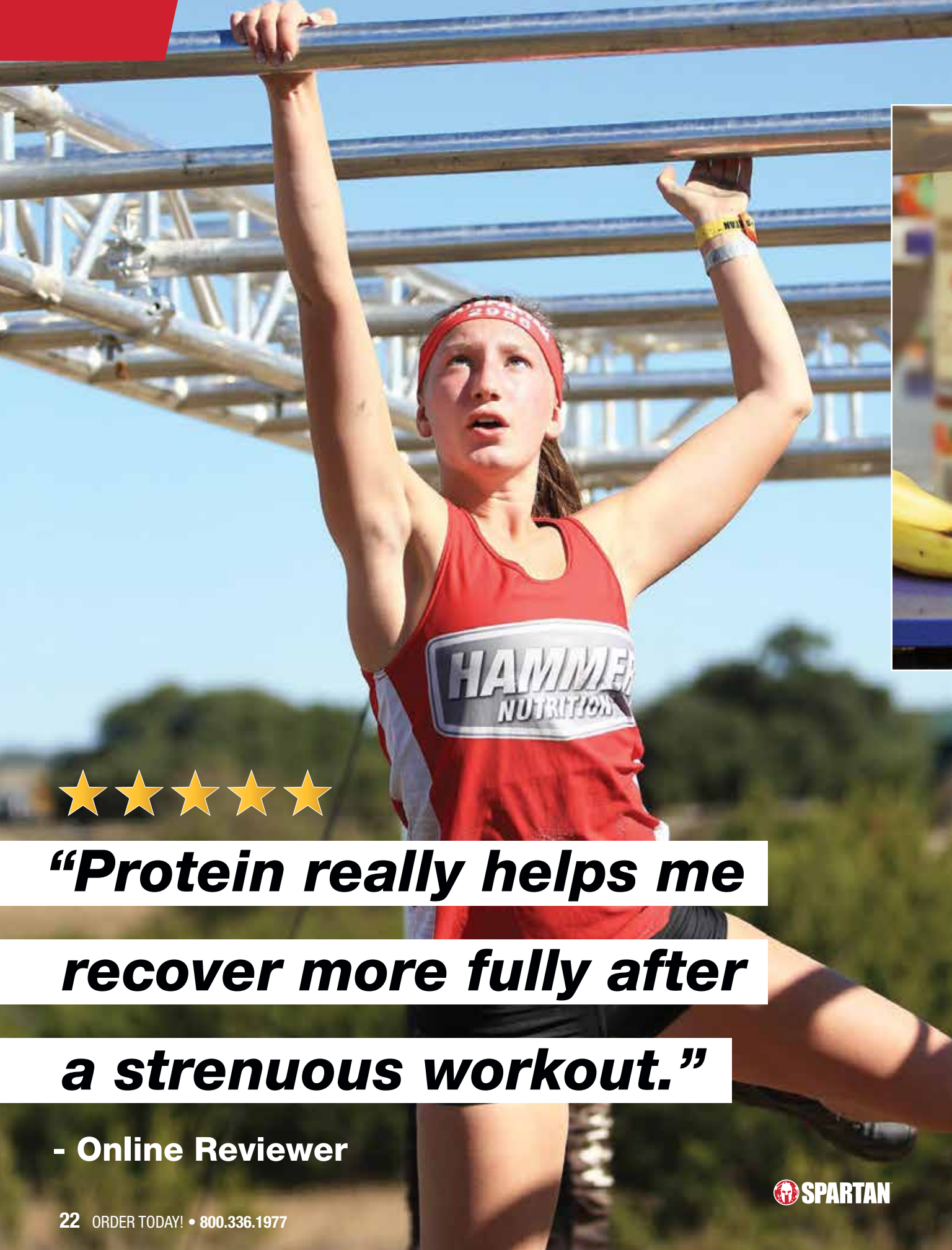
Ultimate Hammer Bar® Kit

Hammer Bars + Protein Bars

8 Total. One bar of each flavor

\$23.95

A packable,
delicious, and
nutritious
snack
anytime



***“Protein really helps me
recover more fully after
a strenuous workout.”***

- Online Reviewer



Whey Protein

Your Muscles' Best Friend

- Maintains & repairs muscle tissue
- Strengthens immune system
- Accelerates recovery

24 Servings \$42.95	3 or more. Mix or match flavors \$39.95 each
Single-serving packets \$2.95	3 or more. Mix or match flavors \$2.50 each



FLAVORS

- Chocolate
- Strawberry[†]
- Unflavored[†]
- Vanilla

[†] Not available in single-serving packets

To feel and perform your best, day after day, your protein needs must be met. That's easy with Hammer Nutrition's Whey Protein, which contains 100% whey protein isolate, the most bioavailable protein on the planet. Hammer's Whey Protein is super pure—free of lactose, fat, and added sugar and is derived from US-raised, grass-fed, hormone-free and antibiotic-free cows. A whopping six grams of the multi-beneficial amino acid, L-glutamine, are added for additional health benefits.

Local OCR phenom **Camry Penrod** swings through the Spartan Sprint course in Dallas, TX. Camry landed in first place for her age group. Her AG win in the Sprint followed her AG win in the Spartan Beast from the day before. OCR training taxes the body, so Camry relies on Vanilla Vegan Protein to build strength, recover quickly, and support her muscles. Photo: Spartan



Organic Vegan Protein

Delicious 100% organic plant power

- Enhances exercise recovery
- Supports digestive health
- Balances body acidity

24 Servings \$42.95	3 or more. Mix or match flavors \$39.95 each
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FLAVORS Chocolate Strawberry Vanilla

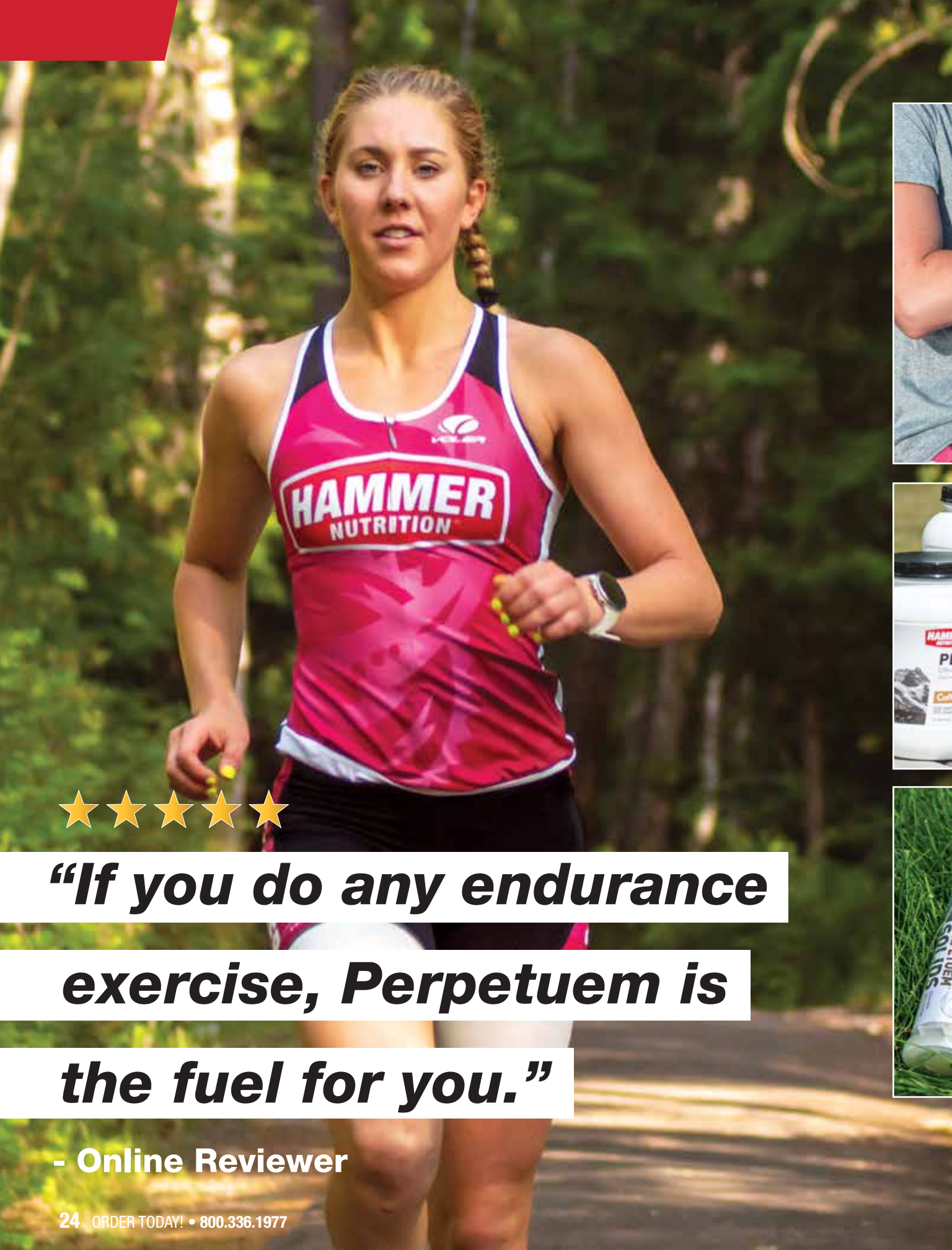
Soy Protein

Plant-based protein powerhouse

- Enhances exercise recovery
- Concentrated, nutrient-dense protein
- Supports optimal cholesterol levels

24 Servings \$32.95	3 or more. Mix or match flavors \$30.95 each
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FLAVOR Vanilla



“If you do any endurance exercise, Perpetuem is the fuel for you.”

- Online Reviewer



Perpetuem®

Endurance athlete's diesel

- Stabilizes energy & blood-sugar
- Maximizes fat utilization
- Protects lean muscle mass

32 Servings	Single Serving	6 or more. Mix or match flavors
\$49.95	\$3.25	\$2.95 each

FLAVORS

- Caffè Latte*
- Orange Vanilla
- Chocolate
- Strawberry Vanilla

*Contains Caffeine

Perpetuem® Solids

Steady energy you can chew on

- Steady, reliable energy
- Buffers lactic acid
- Stable and packable for any duration at any temperature

90 Tablets	6 Tablet Tube	3 or more. Mix or match flavors
\$39.95	\$4.50	\$3.99 each

FLAVORS

- Caffè Latte*
- Orange Vanilla
- Strawberry Vanilla

*Contains Caffeine

Scarlet Kaplan sprints down the path at Les Mason Beach in Whitefish, MT on a training run. Scarlet is a swim coach and offers triathlon training classes where long-distance fueling is a central topic.

KNOWLEDGE BASE

Perpetuem®

HOW TO FUEL WITH HAMMER



THE GRAY AREA: 2-3 HOURS

During “gray area” workouts and races—those over 2 hours and up to 3 hours or slightly longer—the issues involving ammonia will be very minimal because you'll have completed your workout or race before they become problematic. That's why you can use either a “carb only” fuel or a “carb + protein” fuel . . . whichever you find works best for you. The longer you go, however, the more problematic the ammonia issues will be, which is why your primary fuel should contain both carbs and protein for any exercise longer than three hours.

Read more about consuming calories in *SOS* →



Sustained Energy

The original ultra fuel

- Long-lasting energy
- Lactic acid buffering
- Lean muscle mass protection

30 Servings	3 or more
\$56.95	\$51.49 each
FLAVOR	■ Unflavored



"After the first try of Sustained Energy my body responded like it was not even tired after the first 50 miles. Mixed another bottle and I was able to complete the 100 miles and had amazing energy left over. This is an excellent product. I love what it does to assist me on these long endurance rides." - Online Reviewer



Liquid Endurance

Hyper Hydration Formula

- Increases heat tolerance
- Improves hot weather performance
- Reduces exercise related dehydration

32 Servings
\$24.95

Perform at your peak, even in high temperatures. Take Liquid Endurance on the days prior to exercising in the heat and you'll start your workout hyper-hydrated and feeling great. As dehydration takes hold of those around you, you'll still be going strong.

Glycerol, the active ingredient in this one-of-a-kind product, maximizes intercellular water levels that can be called upon as needed. It is the only way to safely and effectively prepare your body for heat exposure.



SAMPLE ALL OF HAMMER NUTRITION'S DELICIOUS FUELING FLAVORS

New and long-time Hammer Nutrition customers alike find our fueling kits a terrific value. Sample a wide selection of products in an assortment of flavors, and save up to \$20 off individual prices! Choose gel, bar, or powder samplers, or short- or long-distance combo kits.



Fueling Kits

Visit hammernutrition.com for our full selection of fueling kits.



Short Fueling Starter Kit
\$49.95



Long Fueling Starter Kit
\$69.95



Junior Powder Sampler Kit
\$19.95



Complete Powder Sampler Kit
\$39.95

“ Hammer Nutrition is a game-changer. The support staff is amazing, they always ensure I’m 100% fueled for any major race, and their products are second to none! ”



HAMMER ATHLETE

Russell Elcock

Russell Elcock proudly sports the Hammer colors as he cycles around the Caribbean island nation of Barbados. Russell worked all year to stay in peak cycling condition and it paid off during his final race of the year.

At the Inaugural Team Sonics Road Race, Russell outpaced the field and won by almost three minutes. He fueled with Strawberry HEED, Endurance BCAA+, and Chocolate Peanut Butter Hammer Gel.

In the heat and humidity of Barbados, Russell relies on Hammer fuels, supplements, and electrolytes to keep him strong from start to finish.

“I used to suffer from major cramping in races and since I started using Hammer products I’ve been cramp free and performing at my best. I can always depend on Hammer products for a strong finish.”

RUSSELL’S FAVORITE HAMMER PRODUCTS

Endurolytes® Extreme
Race Caps Supreme
Hammer Gel®
Sustained Energy
Endurance BCAA+

Russell Elcock celebrates his win at the Inaugural Team Sonics Road Race in Barbados. After setting the pace, he dropped the field and soloed to victory, by nearly 3 minutes. Photo: Terrence G. Lowe



SUPPLEMENTS

Energy - Endurance - Recovery

Consistent use of Hammer supplements guarantees you will enjoy more energy, less fatigue, accelerated recovery, reduced rates of illness and infection, and a better sense of well-being.

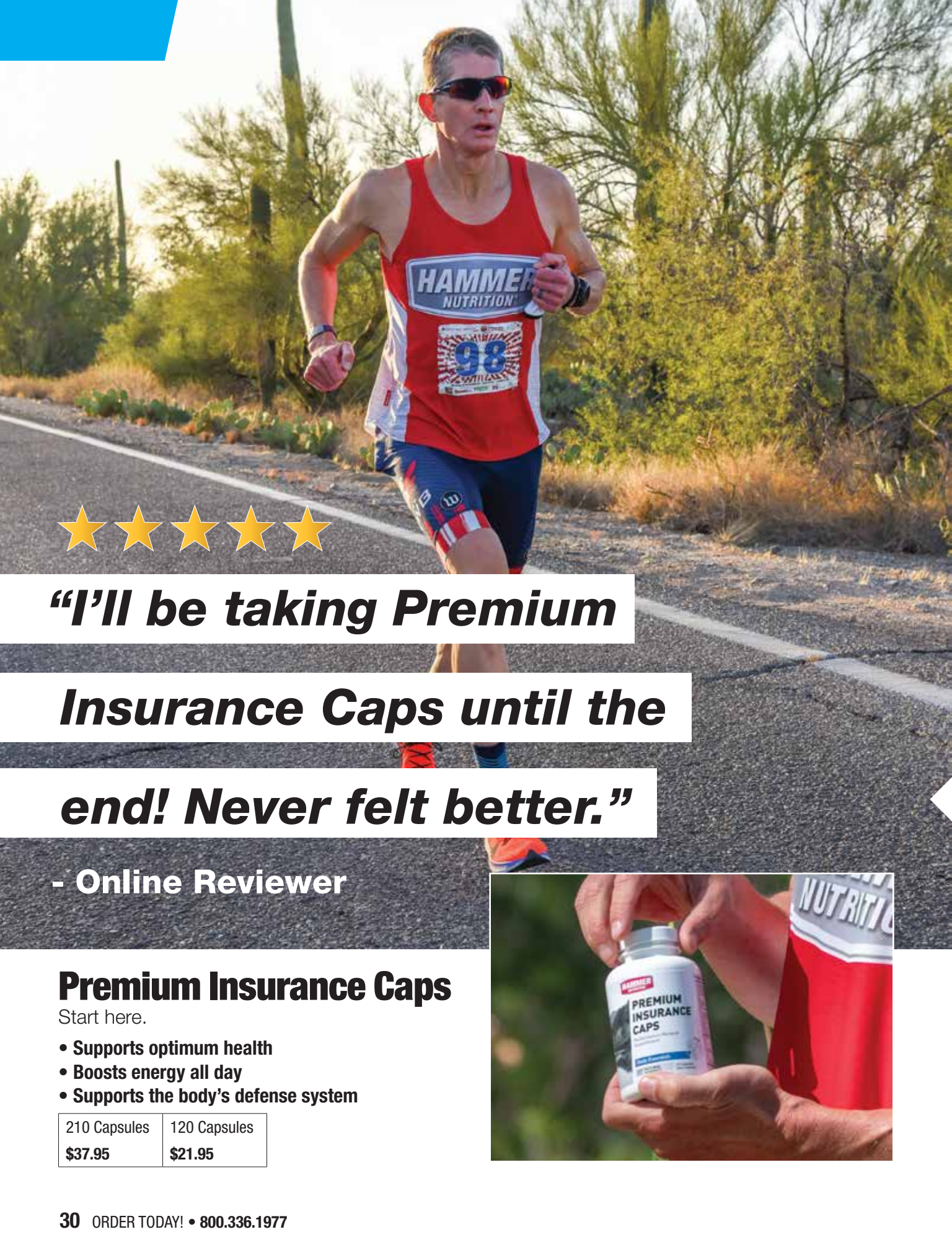
In 1987, Hammer Nutrition (then known as E-CAPS)

introduced the first nutritional supplements specifically for the unique needs of endurance athletes featuring high potency CoQ10 and more. I have continued to develop the most innovative and effective products for athletes and non-athletes alike ever since. I always have and always will use only the highest quality US and European

ingredients and in amounts that can deliver the promised benefits.

A well thought out supplement regimen is a necessity, especially for athletes! Give us a call, we'll be happy to help you determine which supplements will best meet your needs.

- **Brian Frank**, Hammer Nutrition Founder



“I’ll be taking Premium Insurance Caps until the end! Never felt better.”

- Online Reviewer

Premium Insurance Caps

Start here.

- Supports optimum health
- Boosts energy all day
- Supports the body's defense system

210 Capsules

\$37.95

120 Capsules

\$21.95



KNOWLEDGE BASE

Premium Insurance Caps

Regular use of Premium Insurance Caps—Hammer's potent multivitamin and mineral complex—brings about accelerated athletic recovery, greater fatigue resistance, reduced rates of illness and infection, and a general sense of wellness. Premium Insurance Caps is formulated with highly absorbable nutrients, in optimal amounts, to fill common nutrient gaps in the modern diet. It is the ideal “start here” supplement for hard-training athletes, active people, or anyone seeking to protect their health and maximize their energy.



Joel Kinnunen posted an age group podium finish at the Veteran's Day Half Marathon in Tucson, AZ. Joel uses Premium Insurance Caps every day to help build a foundation for his health and athletic success. Photo: Everyone Runs

RDI VS ODI NUTRIENT AMOUNTS

Unlike many vitamin/mineral supplements that use Reference Daily Intake (RDI) amounts of nutrients, Premium Insurance Caps is formulated with Optimum Daily Intake (ODI) amounts of the highest quality vitamins and minerals. Dr. Shari Lieberman explains why the use of ODI amounts in supplementation is so vital: “RDIs reflect amounts that are adequate to prevent nutrient-deficiency diseases, and are not tailored for individual needs. In order to attain a state of optimum health and disease prevention, we must take into our bodies optimum - not minimum - amounts of vitamins and minerals.”

BOTTLE SIZE COMPARISON



120 ct bottle - 4 capsules daily

- **HIGH-POTENCY** - For non-athletes or athletes training **LESS THAN 8-10 HOURS** a week. Fills in nutrient gaps in the diet, and supplies significantly greater health benefits than the typical multivitamin.

210 ct bottle - 7 capsules daily

- **SUPER HIGH-POTENCY** - For athletes engaged in regular high-intensity workouts and/or training **MORE THAN 8-10 HOURS** a week. Maximizes energy levels, boosts performance, and greatly enhances recovery.

MULTIVITAMINS REDUCE SICK DAYS

A recent study involved healthy participants between 55 and 75 years of age. For 12 weeks, one group received a daily multivitamin/mineral supplement, while the other received an inactive placebo. Before and after this period, researchers measured the participants' blood vitamin/mineral status and various markers of immune function.

At the end of the study, the researchers noted that the participants who took the multivitamin/mineral supplement experienced an average of 2.29 sick days, while the placebo group averaged 6.43 days of illness. Also the multivitamin/mineral supplement group experienced fewer illness symptoms than the placebo group and those symptoms were noticeably milder.

Read the full blog





***“Race Caps Supreme made
my legs feel more
responsive to long sessions.”***

- Online Reviewer



Photographer and cyclist **Drew Silvers** rides through the lower Flathead Valley on one of the first sunny days of spring. Photo: Kristina Parmalee



Race Caps Supreme

Tested, trusted, and proven
for over 32 years

- **Prolongs endurance**
- **Help increase energy**
- **Supports cognitive and vascular health**

90 Capsules	3 or more
\$49.95	\$45.85 each



KNOWLEDGE BASE

Race Caps Supreme

It's the unique blend of nutrients—all working together synergistically—in Race Caps Supreme that help power you through the toughest workouts and races, recover more thoroughly afterward, and provide superior protection for your body, especially your heart.

COENZYME Q10 (COQ10)

Known also as ubiquinone (from the word “ubiquitous,” meaning it exists just about everywhere), CoQ10 is a vital substrate (think “spark plug”) for the efficient production of energy from your food and oxygen intake.

CoQ10's importance goes far beyond athletic performance enhancement. It helps your body produce the clean, efficient energy so

crucial for optimum brain and cardiovascular health. It also helps support a strong immune system.

IDEBENONE

A “near twin” to CoQ10 and a superb complement to that remarkable nutrient, idebenone (pronounced eye-DEB-eh-known) has garnered “superstar” status as one of the most promising energy-enhancing, cognitive-enhancing, and potential anti-aging nutrients ever studied. It supplies many of the same benefits as CoQ10, and it is uniquely able to perform its energy-producing benefits under low-oxygen conditions. If you're already taking a CoQ10 product that's great, but you're missing out on the enormously wide-ranging benefits that only Race Caps Supreme's CoQ10/idebenone combination provides.

Read more in *Endurance News #118* →



“ I rely on Hammer Nutrition fuels because they provide me with high-quality nutritional support both on and off the racecourse! ”



HAMMER ATHLETE

Gabrielle Suver

Gabrielle Suver entered 2020 as one of the top duathletes in the USA and ready to build on her 1st AG finish at the Long Course Duathlon National Championship in 2019.

As more and more races were cancelled, Gabrielle turned her focus to an ambitious consolation prize: completing her first iron-distance triathlon at the Great Floridian. Unfortunately, a fast start wasn't enough, as some health issues caused course officials to pull her off the course at mile 132—with just 8 miles left to go.

Gabrielle immediately went to work figuring out what went wrong. Part of that process was a phone call with Hammer Nutrition Fueling Expert Steve Born. Steve and Gabrielle talked through every detail of her fueling plan and found several places where her fueling and hydration could be improved. Gabrielle is excited to put the new advice to the test in her next event!

GABRIELLE'S FAVORITE HAMMER PRODUCTS

Daily Essentials

Perpetuem®

Endurolytes® Extreme

HEED®

Endurolytes® Fizz

Gabrielle Suver out for a morning training run in her custom Hammer Kit.
Photo: Gregory Vasquez

Mito Caps

Turn back the clock

- Improves energy production
- Promotes wellness
- Assists fat metabolism

90 Capsules

\$24.95



"I love Mito Caps and use them every single day as part of my daily essentials. I also use them on race days and long workouts. They help my muscles to work properly at a cellular level. I'm not a scientist but I know that these caps play a big role in my overall health and also provide exactly what I need on race days!"

- Online Reviewer



EndurOmega

Get the omega-3s you need

- Protects vascular health
- Supports healthy joints
- Enhances brain activity

180 Softgels

\$29.95

EndurOmega is derived from molecularly distilled and deodorized Atlantic menhaden, and with the Hammer Nutrition name on the bottle, the product inside is guaranteed to be potent and pure. The fish oil contained in EndurOmega is regularly tested via third-party, independent laboratories for potency and purity, using AOAC international protocols and ICP-MS testing methods. And unlike many fish oil supplements, EndurOmega has no fishy aftertaste.





STAY HEALTHY ALL YEAR

Daily Essentials Kit—the name says it all. You get our three most potent supplements in one convenient package. Enjoy peak energy, endless endurance, lightning-fast recovery, and enhanced immune function, every day and all year long.

Daily Essentials Kit High-Potency

- Premium Insurance Caps 120 ct
- Race Caps Supreme
- Mito Caps

1 Month	3 Month
\$84.95	\$229.95

Daily Essentials Kit Super High-Potency

- Premium Insurance Caps 210 ct
- Race Caps Supreme
- Mito Caps

1 Month	3 Month
\$99.95	\$279.95

The Daily Essentials Kit Plus adds EndurOmega, our premium source of omega-3 fatty acids. Help to further alleviate soreness, improve memory and mood, and cardiovascular health.

Daily Essentials Kit + High-Potency

- Premium Insurance Caps 120 ct
- Race Caps Supreme
- Mito Caps
- EndurOmega

1 Month	3 Month
\$109.95	\$314.95

Daily Essentials Kit + Super High-Potency

- Premium Insurance Caps 210 ct
- Race Caps Supreme
- Mito Caps
- EndurOmega

1 Month	3 Month
\$124.95	\$359.95



***“Tissue Rejuvenator
helps ensure I have
a speedy recovery.”***

- Online Reviewer



Tissue Rejuvenator

Less pain, more gain

- Targets muscle soreness & irritation
- Optimizes joint mobility & flexibility
- Assists in maximizing recovery

120 Capsules	3 or more	Vegan (120 ct)	3 or more
\$32.95	\$29.95 each	\$34.95	\$32.50 each



(Top) **Jeremy Heath** competes in the Pass Mountain 25K, his first race after a leg injury. Jeremy's road to recovery involved months of hard work and lots of Tissue Rejuvenator. Photo: Jubilee Paige

(Above) Training in Sedona, AZ. Photo: Jeremy Heath

“Dialing in our fueling took away so much of the usual mental fatigue late in the race, and helped Hélio and I hit our marks every time we jumped into the driving seat. -Ricky Taylor”



HAMMER ATHLETES Ricky & Jordan Taylor

Ricky and Jordan Taylor were born to race. Sons of legendary racecar driver Wayne Taylor, both Ricky and Jordan followed in their father's footsteps to compete in Daytona 24, 12 Hours of Sebring, Petit Le Mans, and more.

When they're behind the wheel,

any momentary mistake in fueling, hydration, or electrolyte intake can make or break a race. Ricky and Jordan use Liquid Endurance, Hammer Gel, Endurolytes Extreme Powder, and Fully Charged during long, hot stints, which lasted up to 3 hours. They used Recoverite and Hammer Bars in between stints.

2020 ended with a bang for Ricky as he and his Hammer-fueled teammate Hélio Castroneves won the 2020 IMSA WeatherTech SportsCar Championship. For 2021, Ricky will be rejoining his father's team and hopes to defend his Championship in the WTR Acura.



IMSA Sportscar Champions: Ricky Taylor and Hélio Castroneves
Individual wins at Laguna Seca, Road America, Atlanta GP, and Mid-Ohio

2020 IMSA National Champion **Ricky Taylor** (left) enjoys some “cross-training” with his brother **Jordan** (center) and friend **Mark Jensen** (right) at the Challenge Daytona half-distance triathlon as they celebrate their first half-distance finish. Not surprisingly, they took it seriously and followed Hammer's fueling protocols to a T and had a great day! Ricky relies on a full suite of Hammer fuels and supplements to maintain his hectic training, testing, and racing schedule. He also never drives without his top-secret Hammer BOMB before and during fuel stops! Photo: Marathon Photos



CBD knowledge is just a phone call away!



"Okay, I get it! It works and I'm sold on this product and the whole product line! You have to go back 3 years when I left the US to live overseas. A lot had changed and CBD was being legalized around the country and new products came about when I returned a few months ago. So upon my return I was confused on CBD and if it would even be good for my body (and if when tested before a race would I be disqualified). Basically I was lost. Thanks to a phone call from Hammer, I was set straight and understood what this product does, how it works and the benefit I could potentially have. So to make a long story short I tried the sample and then the whole product line...and WOW! I get it...It works and I'm sold!"

- LisaMarie Griffin

Hammer CBD

BEST Quality, BEST Price, Guaranteed!

Balm starting at **\$3.95**

Oil Tinctures starting at **\$19.95**

Softgels starting at **\$39.95**

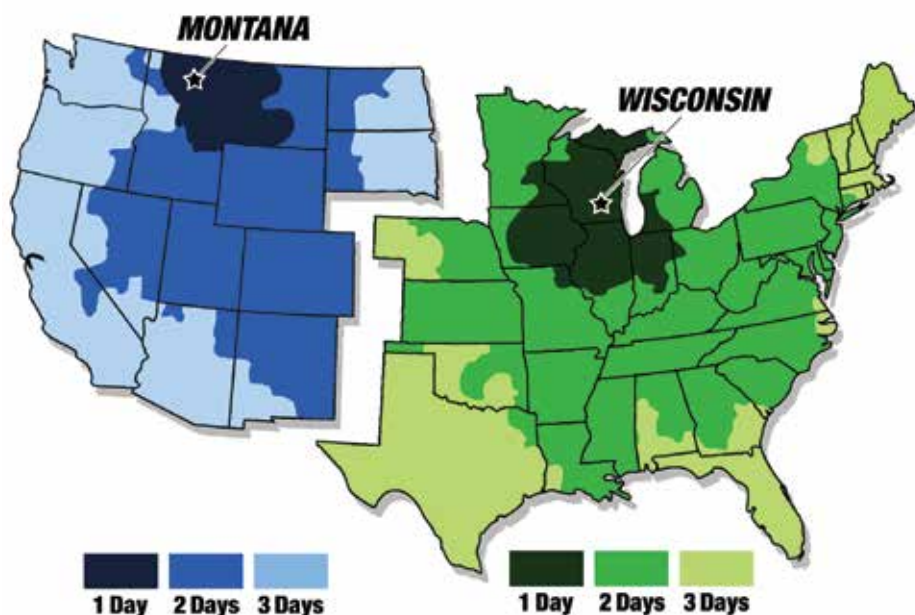
LEARN MORE



Aim your smart phone camera at the code to be redirected.

How easy is that?

With our two Distribution Centers, we promptly speed your Hammer orders to you in 1-3 days!



ORDER WITH CONFIDENCE

FAST DELIVERY

Montana and Wisconsin distribution centers ensure you receive your package super fast!



SAME DAY EXPEDITING

Order before 2 p.m. Mountain Standard Time, by phone or web, and your order will ship that day! Orders received after 2 p.m. on Friday will be shipped on Monday.

EASY RETURNS/EXCHANGES

If you ever have a problem with an order, returns/exchanges are a breeze. Call or go online (hammernutrition.com/returns) and we'll get you fixed up ASAP!

IT'S ALL ABOUT YOU, AND ALWAYS HAS BEEN!



*"The **customer service** is first class. If you happen to get a call about your order, you can hear the smile in the conversation."* - Online Reviewer

Product	Flavor/Color	Size	Price	Quantity	Amount

ORDERING IS EASY!

CALL: 1.800.336.1977 and talk to a **Client Advisor**.
CLICK: hammernutrition.com for quick and easy ordering.
SHOP LOCAL: See our online **Dealer Locator** to find a store near you.

Subtotal:

Shipping:

*See SHIPPING RATES chart

TOTAL:

Order Total	*Ground FedEx	Method of Payment (circle one)
\$0 to \$39.99	\$4.95	Check / MO • Visa • MC • Discover • AmEx
\$40 to \$99.99	\$7.95	Card #
\$100+	FREE!	Exp. Verification #
Shopping Local	NONE!	Signature

Client #	Name
Address	
City, State, Zip	
Phone	Email

Fully Charged

Pre-Exercise Ignitor

- Increases energy
- Promotes mental acuity
- Improves power output

30 Servings	24 Single-Serving Packets	6 Packets
\$34.95	\$34.95	\$8.95



Eddie Kraft descending a trail in Michigan. Eddie mixes in Fully Charged for a boost to start his rides and for energy throughout.

Photo: Ryan William Megiveron



The revolutionary Fully Charged pre-exercise formula gets you prepared—mentally and physically—for each and every workout or event. It reduces warm-up time, increases cardiovascular capacity, prevents lactic acid buildup, and raises energy levels. Fully Charged works with your body, not against it, and provides these wide-ranging performance benefits without resorting to harmful stimulants or excess amounts of caffeine (each serving contains a modest 15 mg). It's a game changer.

Endurance BCAA+

Targeted amino acid protein

- Delays perception of fatigue
- Helps to maintain and repair lean muscle tissue
- Supports the body's defense system

240 Capsules	120 Capsules
\$54.95	\$29.95



OCR athlete **Lisa Wawrzynowski** gets some cross-training in at the Macedonia Trail Race 25K, which featured a 4000 ft elevation gain. Endurance BCAA+ is a key part of Lisa's fueling plans to conquer challenging events. Photo: J Koteen Photography

The heart of the Endurance BCAA+ formula is the three branched-chain amino acids (BCAAs) which are known for their role in muscle repair and development, increasing energy levels, and more. Along with additional amino acid support via L-alanine and glutathione, you'll experience enhanced focus and stamina, reduced muscle soreness, and faster gains from your workouts.





Xobaline

Highest quality nutrients,
next level results

- Helps reduce fatigue
- Assists tissue restoration
- Supports oxygen utilization

30 Capsules	3 or more
\$9.95	\$7.95 each

Steph Russell competed in the first annual Great Northern Whitewater Triathlon outside of Glacier National Park. Steph swam 4.5 miles of class III rapids, biked 6.5 miles, and finished with a 3.6-mile run. Hammer was the exclusive fuel and recovery partner for the event.



REM Caps

Sleep well to live well

- Helps you fall asleep faster
- Leads to deeper sleep
- Assists in activity

60 Capsules	3 or more
\$19.95	\$17.95 each

Without consistent, high-quality sleep, your athletic performance, rate of recovery, mood, and even metabolism will decline. The safe, non-habit forming nutrient combination in REM Caps works quickly and effectively to help you reap the health and performance benefits of a more sound, restful, and productive sleep.



AO Booster

Supercharge your recovery

- Helps maintain proper immune system activity
- Helps alleviate post-workout soreness
- Benefits skin & eyes

30 Softgels	3 or more
\$34.95	\$29.95 each



Suicide by Sugar

Super Antioxidant

Superior-level recovery tool

- Reduces soreness & irritation
- Reduces free radical damage
- Helps improve circulation & awareness

60 Capsules	3 or more
\$34.95	\$30.95 each



Super Antioxidant and AO Booster supply a wide range of both water-soluble and fat-soluble antioxidants. If there were only one or two types of free radicals negatively affecting our bodies, we'd be able to get by with one, maybe two, antioxidants such as vitamin C and vitamin E. Instead there are several different free radicals, both water-soluble and fat-soluble, which is why such a wide variety of antioxidants is necessary.

Our view is that the greater the variety of antioxidants one can obtain, both from whole food sources and supplements, the greater the protection against numerous free radicals.





Barbora Kršmaru, a member of the Hammer OCR Team in the Czech Republic, maintains a steady stride with **Fully Charged** during Gladiator Race Lanškroun. Photo: David Antoš



Race Day Boost

Get the boost you need

- Boosts performance
- Increases endurance
- Reduces lactic acid production

64 Capsules

\$22.95

Race PR Kit

Race Day Boost, Anti-Fatigue Caps, and Energy Surge

\$59.95

Anti-Fatigue Caps

Eliminate endurance barriers

- Prolongs endurance
- Fights everyday fatigue
- Eliminates "heavy legs"

90 Capsules

\$22.95

3 or more

\$19.99 each



Energy Surge

Pure energy on demand

- Increases power output
- Improves repeatability of high-intensity efforts
- Helps you finish strong

30 Tablets

\$19.95

3 or more

\$17.94 each

Essential Mg

Magnesium — undisputed wellness superstar

- Helps relieve muscle spasms, cramps, and tightness
- Supports optimal blood dextrose/glucose levels
- Assists to deepen sleep cycles

120 Capsules

\$19.95

With a mineral so crucial to hundreds of bodily functions, it's no wonder we named our product Essential Mg. Combining five forms of highly bioavailable magnesium, Essential Mg supplies your body with pure, optimally absorbable magnesium, free of the side effects typical of inferior forms.



Phytomax

Phytonutrient-dense superfood

- Boosts energy
- Strengthens body's defense system
- Contains bioavailable nutrients & minerals

90 Capsules

3 or more

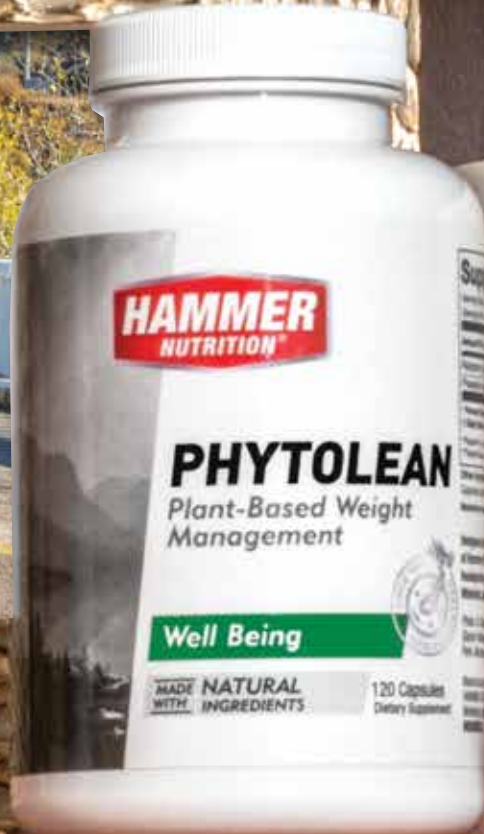
\$22.95

\$19.94 each

After a long hiatus, we finally found the components up to our high standards to bring back this energy-boosting, bioavailable, green supplement.



Todd Parks and Greg Fenton sport their exclusive Hammer kits while biking in California. Photo: Adam Evard



Phytolean

Win the war against weight gain

- Blocks starch absorption
- Enhances fat burning
- Decreases fat absorption

120 Capsules	3 or more
\$34.95	\$29.95 each



ChitoLean

Bind and block the fat.
Lose the weight.

- Helps improve body composition
- Powerfully assists fat burning
- Promotes healthy bowel movements

90 Capsules
\$29.95





EnduroZyme

Complete digestion, optimal nutrient absorption

- Increases nutrient absorption
- Supports complete digestion
- Improves GI health

180 Capsules

\$39.95

Digest Caps

Probiotics for improved performance

- Improves intestinal well-being
- Increases nutrient absorption
- Helps reduce ammonia levels and fatigue

60 Capsules

\$16.95

LSA Caps

Liver specific advantage

- Optimizes healthy liver activity
- Supports the body's defense system
- Provides powerful antioxidant reinforcement

120 Capsules

\$29.95

PSA Caps

All-natural prostate support

- Promotes optimal prostate well-being
- Reduces frequent urination
- Protects against enlarged prostate

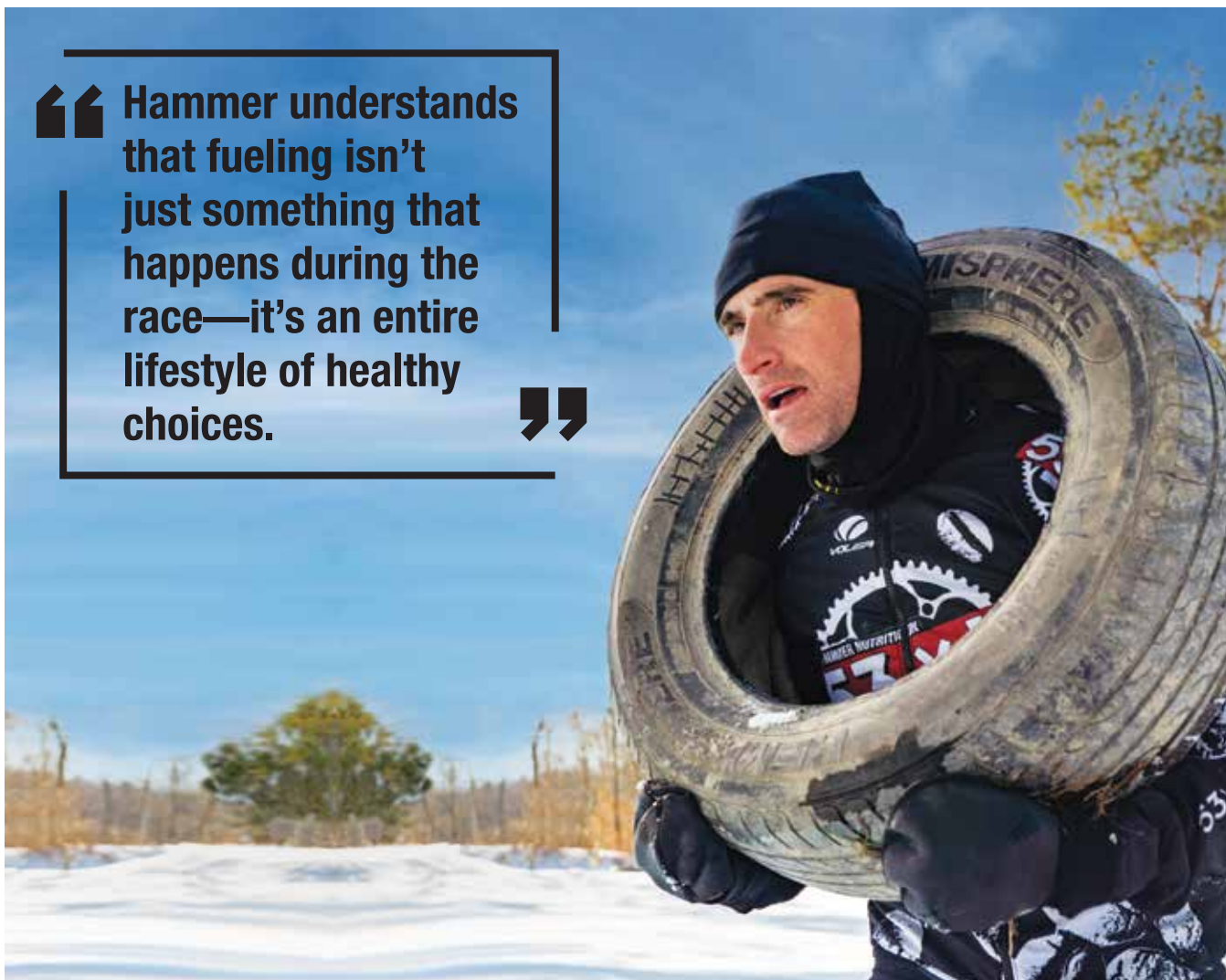
120 Capsules

\$29.95

3 or more

\$27.94 each

“ Hammer understands that fueling isn’t just something that happens during the race—it’s an entire lifestyle of healthy choices. ”



***HAMMER ATHLETE* EVAN PERPERIS**

Evan Perperis never stops moving. Whether he’s leaping over walls, lugging giant boulders, or sprinting through the gauntlet, Evan is always moving towards his next obstacle.

The OCR America event in January 2020 proved to be one of Evan’s most challenging endeavors to date. He tackled a

complete OCR Marathon Event every day for 8 straight days, with each day featuring a new course in a new location.

Evan relied on Hammer to sustain him for the duration of this massive endeavor. Perpetuem kept him fueled, while REM Caps helped ensure he slept well. Along the way

he also used Hammer Gel, Endurolytes Extreme, Anti-Fatigue Caps, HEED, and Liquid Endurance.

At the end of the 8 days, Evan raised over \$7,500 for the Folds of Honor charity. Hammer is excited to continue to support Evan’s competitions as he advocates for our veterans in 2021.

EVAN’S FAVORITE HAMMER PRODUCTS

Perpetuem®, REM Caps, HEED®, Hammer Gel®, Anti-Fatigue Caps

Evan Perperis competes, raising funds and awareness, in an OCR America charity event. Photo: Bobby Ross / Stoke Shed



Clear Day

No side effects,
just relief

- Reduces seasonal sensitivity symptoms
- Reduces the need for unnatural remedies

60 Capsules

\$22.95

3 or more

\$19.92 each

Nasol

Relief is just a spray
away

- Fast relief for seasonal sensitivity symptoms
- Relieves headache discomfort
- Non-habit forming formula

1 fl oz

\$24.95

Boron

Natural anabolic
hormone support

- Helps restore exercise-depressed hormones
- Enhances bone health
- Helps restore vitality

90 Capsules

\$17.95

Chromemate

Micronutrient with
massive benefits

- Enhances carbohydrate metabolism
- Stabilizes blood sugar
- Reduces sugar cravings

100 Capsules

\$14.95



Last year, for the first time in our history, we created a product for our four-legged friends. These treats are built with the same level of excellence you expect from Hammer. In fact, calling them treats is a disservice because they are so much more than anything you can find for your dog on the shelves of your local pet shop. The Doggie Daily Essentials are packed with hall-of-fame ingredients from the most popular Hammer supplements to create an all-in-one supplement for your dog's overall health, recovery, and wellbeing. Your dog will love them!

DOGGIE DAILY ESSENTIALS INGREDIENTS

- Glucosamine – 125mg
Also found in Tissue Rejuvenator
- Acetyl-L-Carnitine – 125mg
Also found in Mito Caps
- MSM – 125mg
Also found in Tissue Rejuvenator
- Boswellia Serrata – 100mg
Also found in Tissue Rejuvenator
- Trimethylglycine – 45mg
Also found in Race Caps Supreme
- Curcumin – 25mg
Also found in Tissue Rejuvenator
- Ascorbyl Palmitate – 12.5mg
Also found in Mito Caps and EndurOmega
- CoQ10 – 10mg
Also found in Race Caps Supreme
- Alpha Lipoic Acid – 5mg
Also found in Mito Caps
- Hemp Oil Extract – 5mg
Also found in Hammer's Gold Standard CBD products
- Undenatured Collagen Type 2 – 1.25mg
Also found in Tissue Rejuvenator

What's not in Doggie Daily Essentials is just as important as what is. Unlike many other dog treats, Doggie Daily Essentials does not contain any plant cellulose (AKA woodchips), artificial ingredients, artificial preservatives, corn, or wheat.



Doggie Daily Essentials

Complete CBD Dog Treat

- No plant cellulose (AKA woodchips)
- No artificial ingredients or preservatives
- No corn or wheat

60 count	6 count
\$59.95	\$7.95

53X11 COFFEE



53x11 COFFEE

Ride Ready

12 oz Ground	12 oz Whole Bean
\$13.95	\$13.95



"I cannot say enough about the richness combined with a smooth finish." - Online Reviewer

THE BIG RING

Sumatra

100% Sumatra beans from Indonesia produce a full-bodied, rich flavor.

THE EARLY BREAK

Medium Roast

A bright and nutty blend derived from the beans of five different countries.

THE CHAIN BREAKER

Espresso

A bold blend for espresso or drip that will bend the cranks and break the chain.

THE DOWN SHIFT

Decaf

Wind down with a smooth cup of our natural water-processed decaf. Full-bodied and perfect any time.



HAMMER BODY CARE

Fresh new products. Same superior Hammer quality.

The new Hammer Body Care Line will be all-natural, made in Montana, and formulated for high-performance use. Hammer Nutrition launched its first body care product in 1994. Since then, we have introduced a number of great products that have served us well, and now we've created an entirely new and improved line. All of these new products are in development right now, and we're excited to share their new formulas with you.

All New Formulas

New Light, Clean Fragrance

100% All Natural

Made in Montana, USA

One major change we're making, is to reduce the strong clove scent. Some people love it and some people hate it, but we decided it was too strong. The new line will have a light, clean fragrance. Look for a launch in 2021. (above) Triathlete **Scarlet Kaplan** using Hammer CBD Balm.

- **Pelle Eccellente**
- **Hammer Balm**
- **Seat Saver**
- **Cool Feet**
- **Hammer Lips**
- **Hammer Pure**



“ I used Hammer at every major aid station during Moab 240 and couldn’t believe how well my body felt post 200 miles! ”

HAMMER ATHLETE

JESSI MORTON-LANGEHAUG

Making the best out of challenging situations is a run of the mill skill for Jessi Morton-Langehaug. It’s one of the characteristics that makes her an excellent ultrarunner—she doesn’t give up when things get tough.

So when the 2020 race season crumbled, it didn’t even phase

Jessi. As soon as she could safely get back on a race course, she was dusting off her race kit for the Bryce Canyon Ultra. Jessi turned the unusual situation into a First-Place Female finish.

Jessi topped her win at Bryce Canyon with a First-Place Female finish at the Moab 240 in October. She finished three hours

ahead of the next female finisher with a time of 3 days, 8 hours, 9 minutes, and 42 seconds.

Whatever the 2021 season brings, Jessi is ready to meet it with the same champion’s attitude and resolve that carried her through 2020.

JESSI’S FAVORITE HAMMER PRODUCTS

Anti-Fatigue Caps, Recoverite®, Hammer Gel®, Endurolytes® Fizz, Tissue Rejuvenator

Jessi Morton-Langehaug crosses the finish line victorious, with a 1st female overall win, at the Red Mountain 55K. Photo: Red Mountain Running Events



CLOTHING & GEAR



I have always believed that if you are going to help promote Hammer, the least I can do is give you awesome quality, mostly US-made apparel, with minimal markup. It's just another way we like to say thank you for your support, every day!

Our apparel and accessories are no different than our fuels and supplements; if it has a Hammer logo on it, you know it's the best!

- **Brian Frank**, Hammer Nutrition Founder



"Well worth every penny! The comfort and fit is spot on for me. Fantastic kit for a great price!"

- *Online Reviewer*

PERFORMANCE WEAR



BRAND NEW KIT DESIGNS FOR 2021

American-made riding wear. Exceptional quality and comfort. The 2021 cycling and triathlon kits feature illustrations from Montana local musician and artist, Elliott Abbott. We created a Retro Hammer Red style for the Men's / Unisex kit and are introducing a women's kit in teal called Montana Sapphire.

Visit hammernutrition.com for all available sizes and more information.

Men's / Unisex Retro Red



Women's Montana Sapphire



CYCLING

The cycling jersey is made from Italian Nova fabric, a 100% Micro Poly created to be extremely breathable, soft, and comfortable. The shorts are constructed from seven body panels, and the flat-lock seams are strategically placed for comfort and performance to minimize interior abrasion.



Short Sleeved Jersey
Fabric: Nova
\$119
Our Price: **\$59.95**



Shorts
Fabric: Lux Pad: Comp
\$125
Our Price: **\$74.95**



Enduro Jersey
Fabric: Genesis 3/4 Sleeves
\$69
Our Price: **\$49.95**



Long Sleeved Jersey
Fabric: GeoTherm
\$105
Our Price: **\$79.95**



Bib Shorts
Fabric: Lux Pad: Comp
\$135
Our Price: **\$79.95**



Cache Bib Shorts
Fabric: Pulse Pad: Comp
\$159
Our Price: **\$99.95**



Victor and Piper Sheldon riding in the Short Sleeve Jersey and Cycling Shorts. Photos: Wildglass Photo

TRIATHLON

Designed to be versatile for running, swimming, riding, and everything in between, these offer full comfort while being tailored to the needs of multisport athletes. Voler's triathlon tops and shorts feature moisture-wicking lightweight fabric. The top includes a front hidden zipper and two rear pockets. The shorts add a quick-drying Sync pad, which provides enough comfort for your ride but won't swell up in the water or feel bulky during your run.

OUTERWEAR

If you ride even when the weather is not cooperating, make sure you have the proper outerwear. From snow to rain to wind, we've got you covered. The Stratus fabric provides superior wind protection and water resistance while the Alito mesh sides and back allow stretch and ventilation. Three rear pockets with reflective binding and a dual directional zipper add versatility to this essential clothing item.



Tri Top

Fabric: Pulse / Alito

\$75

Our Price: **\$59.95**



Tri Shorts

Fabric: Triton / Pulse Pad: Sync

\$79

Our Price: **\$69.95**



Wind Jacket

Fabric: Stratus

\$99

Our Price: **\$69.95**



Wind Vest

Fabric: Stratus

\$89

Our Price: **\$59.95**



Arm Warmers

Fabric: Yukon Thermal

\$37

Our Price: **\$29.95**



Jordan Young rides in style with last year's black Short Sleeve Jersey.



Mark Aldridge stays warm with the Long Sleeve. Photo: Keith Fearnow

ITALIAN-MADE CYCLING AND RUNNING WEAR

For quality, comfort, and style, Italian-made clothing is among the world's finest. That's why we worked with our friends at Bergamo to create this premier line for runners and cyclists. Meticulously crafted for comfort, breathability, durability, and performance at any

distance, we love the way they fit, feel, and perform—and we're sure you will, too. Bergamo garments fit a little snug. If you're not sure what size to get or if you're between sizes, please order the next size larger.



Men's Short Sleeve Cycling Jersey
\$34.95



Short Sleeve Running Shirts
COLORS: ■ ■ ■ ■
\$27.95



Unisex Long Sleeve Running Shirt
COLORS: ■ ■ ■
\$29.95



Jeremy Heath trains in the classic red Short Sleeve.



Sarah Tomal wearing the teal Singlet. Photo: John Tomal



Men's Long Sleeve Cycling Jersey

\$39.95



Running Singlets

COLORS: ■ ■ ■ ■

\$24.95



Men's Sleeveless Running Shirt

COLORS: ■ ■

\$24.95



Men's Cycling Bib Shorts

\$59.95



Leg Warmers

\$24.95



Knee Warmers

\$19.95



RUNYON CANYON RUNNING APPAREL

Runyon Signature Performance Shirts are lightweight, breathable, and feel like cotton—designed to help you stay fresh & cool so you can get dirty. Crafted from 100% moisture-wicking, antimicrobial, technical performance fabric that's milled, cut, and sewed in Los Angeles.

Chris Henderson running in the gray Tech Tee. Photo: Craig Gentry

Visit hammernutrition.com for our full selection of Running Apparel



Men's Tech Tee

COLORS: ■ ■

\$19.95



Women's V-Neck Tech Tee

\$19.95



Long Sleeve Tech Tee

\$19.95



VOLER BASE LAYERS

For year-round comfort, it's all about the base! Whatever your sport or outdoor activity, these versatile undergarments are made from Voler's state-of-the-art fabrics to keep you warm in winter, cool in summer.

Amy Reinert training in the white Sport Top. Photo: Patrick McBride

Visit hammernutrition.com for our full selection of Voler Base Layers.



**Sleeveless
Undershirt**
\$27.95



**Short Sleeve
Undershirt**
\$29.95



**Geothermal
Undershirt**
\$34.95



**Women's
Sport Top**
\$39.95



Scarlet Kaplan wearing the v-neck custom Hammer Tee.



Parkin Costain in the gray Long Sleeve Tee.

CASUAL WEAR

We value our downtime just as much as you do. Kick back while still sporting the Hammer name in our soft, top-quality casual wear. We pride ourselves on designing our clothing in-house, while staying on top of the latest trends.



Custom Hammer Tees

COLORS ■ ■ ■

\$9.95



Long Sleeve Tees

COLORS ■ ■

\$14.95



Hooded Sweatshirts

COLORS ■ ■

\$29.95



Miles Frank feeling great in the Hammer CBD Tee.



Jeremy Heath stays warm with the Hooded Sweatshirt.

**Short Sleeve Tees**COLORS  **\$9.95****Fuel Retro Tee****\$9.95****Hammer CBD Tee****\$9.95****53x11 Coffee Tee****\$12.95**



Zandy Mangold smiles in the white Headsweats visor. Photo: Kristina Klebe



Cameron Sanders warms up with a Sweatvac Beanie. Photo: @renaissance.cyclist

HEADWEAR

Keep your head in the game! Featuring state-of-the-art fabric and comfortable fit, our high-quality headwear will help shield you from sun, wind, water, and sweat. Whatever your sport, whatever the weather, we've got you covered. Visit hammernutrition.com for our complete selection of headwear.



Headsweats® Visor

COLORS ☐ ☒ ☐

\$14.95



Jackrabbit Running Cap

Small and Large sizes available

\$12.95



Helmet Liner

100% Polyester Hex-Tek Fabric

\$12.95



Miles Frank puts on his Cycling Cap before a ride.



Patrick McBride showing off the Hammer Bandana. Photo: Amy J Reinert



Hammer Buff
Multifunctional Protection
\$25.00



Sweatvac Beanie
DriSmart™ shell
Transpor™ liner
\$19.95



Bandana
100% Cotton
\$3.95



Podium Hat
COLORS   
\$17.95



Halo™ Headband
COLORS  
\$12.95



Swim Cap	
Silicone	Latex
\$9.95	\$4.95

WATER BOTTLES



Jeremy's 24 oz Logo bottle full of Hammer fuel. Photo: Jeremy Heath



"I buy water bottles from Hammer because the price is reasonable, they don't smell like plastic, they last longer than the cheap bottles, and it's convenient to purchase when I re-up with Hammer Gel." - Online Reviewer



Water Bottles

Visit hammernutrition.com for our full selection of water bottles and shakers.



Specialized Water Bottles

Insulated	Purist		Logo	
23 oz	26 oz	22 oz	24 oz	21 oz
\$13.95	\$9.95	\$7.95	\$4.95	\$3.95



Nalgene Bottle

32 oz
\$9.95



Hammer Shaker Bottles

20 oz	28 oz
\$6.95	\$9.95



WE HAVE THE ACCESSORIES YOU NEED FOR TRAINING AND RACING.

Perfect for athletes and non-athletes alike, all of our accessories are quality made and backed by our 100% satisfaction guarantee.

Hammer ambassador **Amy Reinert** preps for an afternoon training run.
Photo: Patrick McBride



Gear

Visit hammernutrition.com for our full selection of gear and accessories.



Market Tote
\$9.95



Hammer Sweat Towel
\$3.95



Capsule Dispenser
\$0.75



Hammer Gear Bag
\$69.95

EVERYTHING YOU NEED AND MORE

available at hammernutrition.com

From state-of-the-art BPA-free water bottles to roomy gear bags and boxes, we have the accessories you need for training and racing. Perfect for athletes and non-athletes alike, all of our accessories are quality made and backed by our 100% satisfaction guarantee.

Mindy Przeor restocks her arsenal of Hammer Gel. With our new subscription program, you will never run out of your favorite Hammer products. Photo: Kris Przeor



Beach Towel
\$39.95



Hammer Sack
\$9.95



Cycling Socks

6" Black	4 "White"
\$7.95	\$6.95



Bike-Mount Tri Box
\$14.95



Bike Seat Bag
\$19.95



Specialized® KEG
Bottle cage tool storage
\$9.95



SpeedCup
\$3.95



Coozie
\$1.95



Quick Coin Dispenser
Soft plastic pill carrier
\$0.95



Ultra Flask
500 ml
\$19.00



Soft Flask
249.89 ml
\$9.95



Hammer Flask
172.11 ml
\$2.39



53x11 Travel Mug
16 oz
\$4.95



Pint Glass
\$3.95



Stickers
\$0.49



**AUTOMATIC
DELIVERIES**

RIGHT TO YOUR DOOR

Stay on track with monthly shipments of your favorite Hammer products.



Learn more at [hammernutrition.com](https://www.hammernutrition.com)

When it comes to endurance fueling...

WE WROTE THE BOOK!

Get the answers you need to succeed with Hammer Nutrition's easy-to-read FREE fueling guide that will help you **Fuel Right, Feel Great!®**

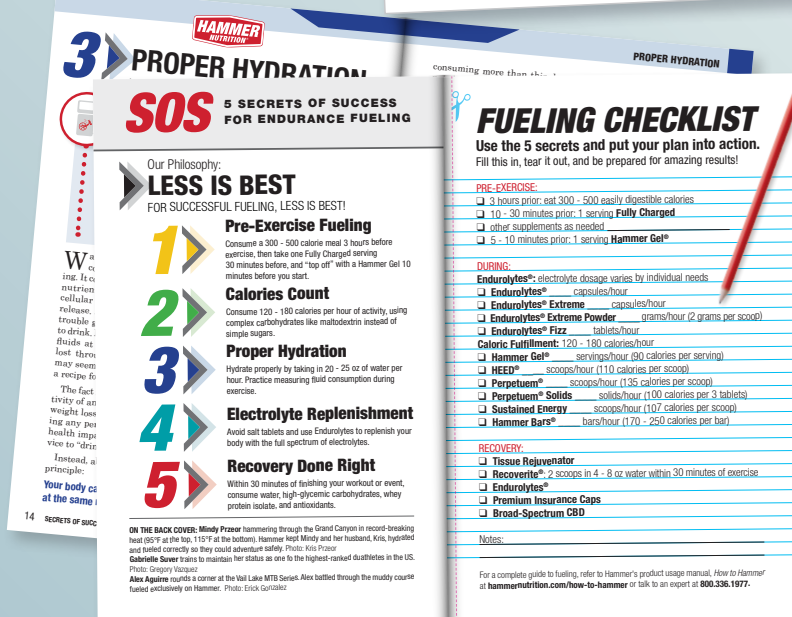
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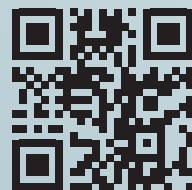


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Hammer Founder and CEO **Brian Frank** rides outside of Hammer headquarters in Whitefish, MT. On sunny days, Brian can often be found cycling to and from Hammer or sharpening his skills on the moto trials course next door.



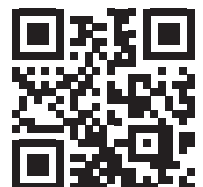
ESSENTIAL KNOWLEDGE



How To Hammer is an endurance fuels and supplements product manual that provides all the vital information you need to hammer to the next level. The final word on usage, with advanced details and specific applications.

GET YOUR FREE COPY TODAY! hammernutrition.com/how-to-hammer

Scarlet Kaplan enjoys a cold bottle of Recoverite after finishing a swim workout in Whitefish Lake.





VEGAN PRODUCTS

Hammer Nutrition has created vegan formulas for some of our top-selling products. But what you might not know is most of our products are already vegan! Below is a full list of all of our Vegan Certified and Vegan Friendly products.

Vegan Fuel



- Endurolytes
- Endurolytes Fizz
- Endurolytes Extreme
- Endurolytes Extreme Powder
- Hammer Gel (all flavors except Nocciola)
- HEED
- Liquid Endurance
- Perpetuem
- Perpetuem Solids
- Sustained Energy
- Soy Vanilla Protein



- Hammer Bar - Raw Energy
- Hammer Vegan Protein Bars
- Organic Vegan Recoverite
- Organic Vegan Protein Powder

Vegan Supplements



- | | |
|---------------------|----------------------------|
| • Anti-Fatigue Caps | • Mito Caps |
| • Boron | • Phytolean |
| • Chromemate | • Phytomax |
| • Endurance BCAA+ | • PSA Caps |
| • EnduroZyme | • Super Antioxidant |
| • Energy Surge | • Race Day Boost |
| • Essential Mg | • REM Caps |
| • Fully Charged | • Vegan Tissue Rejuvenator |
| • LSA Caps | • Xobaline |

Other Vegan Options



- Hammer CBD Hydro
- Hammer CBD Tincture
- All 53x11 Coffee



Zach Matinez gets out for a training ride sporting his custom Hammer kit.
Photo: Jeff Martinez

HEED®

Sugar-Free Fuel



“I’LL USE HEED UNTIL I DIE!”

*“The best, almost guaranteed to never get a cramp when using **HEED**. My go-to drink forever.”*
- Online Reviewer

- **Sustained energy**
- **No sugar crash**
- **Buffers lactic acid**



Sweetened only with healthy sweeteners (stevia and xylitol), devoid of artificial ingredients and tooth enamel-decaying citric acid, and complemented with a balanced, full-spectrum electrolyte profile (not loaded with salt like most of the rest), HEED is the undisputed king of sports drinks.

- LEMON LIME
- MANDARIN ORANGE
- STRAWBERRY
- MELON
- CHERRY BOMB

Single-serving packets **\$1.95**
32 Servings **\$32.95**
80 Servings **\$64.95**

RECOVERITE®

Recoverite Today, Hammer Tomorrow



“SOLVED MY RECOVERY ISSUES!”

*“Ever since I started using **Recoverite** recovery is no longer an issue. Love this product!”*

- Online Reviewer

- Restores muscle glycogen
- Reduces soreness
- Reduces fatigue
- Rebuilds muscle strength



ORANGE VANILLA

VANILLA

CHOCOLATE

STRAWBERRY

32 Servings **\$59.95**

Single-serving
packets

\$3.50



Thorn Bickel airs it out over a jump at Trailside Park, UT. Whether he's training or competing, Thorn uses Hammer fuels and supplements to help him achieve supreme health and peak performance. Photo: Ron Winsett

Recoverite supplies everything your body needs to jump-start the recovery process. It offers easily assimilated complex carbohydrates from maltodextrin and premium protein from whey protein isolate—in the 3:1 ratio scientifically proven to speed recovery times. With all the essential nutrients as well as a full-spectrum blend of electrolytes, Recoverite is truly the perfect tool for the job.

TISSUE REJUVENATOR

Less pain. More gain.



“I HAVE BEEN USING TISSUE REJUVENATOR FOR YEARS”

“At 44 years old, recovery is important and fundamental, and with Tissue Rejuvenator, I recover much faster.” - Online Reviewer

- Targets muscle soreness
- Optimizes joint mobility
- Maximizes recovery



TISSUE REJUVENATOR
120 Capsules **\$32.95**

VEGAN
120 Capsules **\$34.95**



Chris Henderson enjoys a training run through the wooded trails of Kentucky. Photo: Craig

Tissue Rejuvenator—in the original formula or our vegan-friendly version—contains efficacious amounts of numerous premium-quality ingredients that help protect against joint-related injuries and provide a safe and side-effect-free way to alleviate aches, soreness, and swelling.

Daily use of Tissue Rejuvenator is vital for optimizing post-exercise recovery while supplying your joints, cartilage, and connective tissue with the nutritional support they need to maintain their strength and integrity. Start on Tissue Rejuvenator today—you'll quickly realize it's a must-use product for you!





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HAMMER CBD

BEST Quality, BEST Price, Guaranteed!

- Aids quality sleep
- Boosts recovery
- Soothes soreness



Hammer athlete **NAOMI HAVERLICK** rides the Holy Rollers trail in Eureka Springs, AR. Photo: Francisco Ortiz

Balm starting at **\$3.95**

Oil Tinctures starting at **\$19.95**

Softgels starting at **\$39.95**

ORDER TODAY | **800.336.1977** hammernutrition.com

Fuel Right, Feel Great!®

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