

Why MCTs Matter for Athletes

★ Rapid Energy Source

MCTs are quickly metabolized in the liver, delivering an immediate energy boost for workouts and competition.

🏃♂️ Enhanced Endurance

By providing sustained energy, MCTs help you push through longer training sessions without energy dips.

🔥 Fat Oxidation & Weight Management

MCTs boost your body's fat-burning ability and help control hunger, supporting weight management goals.

🧠 Improved Cognitive Function

Fuel your brain with MCTs to stay focused, alert, and sharp during training and competition.

🌱 Gut Health Support

MCTs' natural antimicrobial properties promote a healthy gut microbiome for better digestion and overall wellness.

Synergistic Effect of MCTs + Complex Carbs = Perfect Pairing!

⚡ Sustained Energy:

MCTs provide quick energy, while complex carbs offer slow-releasing fuel, helping you keep going longer without crashes.

💪 Improved Performance & Recovery:

The combination of MCTs and complex carbs supports prolonged endurance during exercise and accelerates recovery afterward, optimizing your overall performance.

How to Use MCTs for Maximum Performance

Before Your Workout:

Provides a quick, preemptive energy boost to power through training sessions and competitions.

Post-Workout:

Supports faster recovery and replenishment to help your muscles repair and get ready for the next challenge.

Fuel your workouts with the perfect blend of MCTs and complex carbohydrates for sustained energy, improved endurance, and accelerated recovery. Try Reason Nutrition Beverage today and feel the difference!

reason®

@reasonhealth

P.O. Box 3073, Santa Maria CA 93457

Phone: 805-556-7170

www.reasonhealth.com

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Use code **WELCOME10** for 10% off your first purchase

reason®

Premium Fuel for Strength, Energy, and Recovery



**Empowering Performance
When it Matters Most,
One Sip at a Time.**

-Reason Health Founder
Dr. Dhagash Joshi

Why Reason is Ideal for Athletes:

- **High-Calorie Fuel** – Supports muscle maintenance and recovery during high-intensity training or post-competition recovery.
- **Fast-Absorbing MCTs** – Metabolized quickly in the liver to provide an immediate energy boost—ideal for pre-workout or mid-training fuel.
- **Sustained Energy and Endurance** – MCTs combined with complex carbohydrates offer a dual-source energy system, minimizing crashes and supporting prolonged performance.
- **Optimized Fat Utilization** – Promotes fat oxidation, helping the body use fat more efficiently as a fuel source during endurance activities.
- **Natural, Clean Ingredients** – Made with non-GMO ingredients, naturally sweetened, and free from unnecessary additives—supporting gut health and overall wellness.
- **Enhanced Recovery** – A complete amino acid profile supports muscle repair, reduces fatigue, and accelerates post-exercise recovery.



Nutrition Facts

Serving Size	1 Container (325ml)
Serving per container	1
Amount Per Serving	
Calories	450
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 7g	35%
Trans Fat 0g	
Polyunsaturated Fat 7.7g	
Monounsaturated Fat 1.7g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 53g	19%
Dietary Fiber 2g	7%
Total Sugars 19g	
Includes 18g Added Sugars	36%
Sugar Alcohol 0g	
Protein 18g	36%

High-Quality Milk Protein

Sourced from the Netherlands and made from fresh skim milk, our premium protein blend combines fast-absorbing whey with slow-release casein to deliver sustained muscle support. With high bioavailability and low lactose, it is formulated for serious athletes looking to build lean muscle, speed up recovery, and optimize performance—on and off the field.



Only Natural Ingredients

Reason drinks are made with 100% natural ingredients, free from artificial additives, fillers, and sweeteners. A balanced blend of carbohydrates, proteins, and fats supports easy digestion and rapid recovery, providing effective nutrition to keep athletes nourished and energized in high-performance situations.



Easily Digestible Fats

Reason drinks are a powerful source of Medium Chain Triglycerides (MCTs)—fast-digesting fats derived from fractionated coconut oil that deliver rapid, sustained energy. MCTs are quickly absorbed and converted by the body to fuel performance, helping athletes stay sharp, energized, and focused during intense training and competition. Their easy digestibility also makes them ideal for athletes with sensitive stomach or digestive concerns.

