

2006 SPECIAL WOMEN'S ISSUE

INSIDE

TRIATHLON

THE MULTISPORT LIFE

HOT
SUMMER
GEAR

gear review

ROAD TEST

FRS Concentrate

Antioxidants are the good little guys in the battle against free radicals. They can speed recovery to muscles damaged in training, helping you to keep logging the miles and building that all-important consistency into your race prep program. FRS—for Free Radical Scavenger—antioxidant drink promises to boost energy levels post- and pre-training with its combination of caffeine and, in some formulations, taurine. It also contains a full spectrum of antioxidants—including green tea extract and quercetin—and vitamins B, C and E. The product line has been expanded to include single-serve bottles, energy chews, a drink mix and a low-cal version. Flavors in the concentrate include orange, lemon-lime and wild berry.

THE VERDICT: The fruit juice-based concentrate when mixed with cold water makes a tasty post-training drink with a slight fruity tang. Some users preferred to dilute it even further than the instructions recommended for a lighter-tasting drink. Testers did report a boost in their energy levels and improved recovery. The premixed drinks provide convenience and the chews were popular as on-the-go sources of energy.

FRS concentrate, 32 oz. bottle, makes 16 servings, \$19.95; energy chews, pack of 30 pieces, \$14.95. (Price breaks available on orders of multiple bottles or auto-ship programs.) Learn more or buy online at frstrl.com. —AMY WHITE



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