Once the intensity of exercise exceeds the lactate threshold, muscles begin to use glucose inefficiently, through alternative chemical reactions. Lactic acid is produced and can build up in the blood and muscles seriously affecting performance and endurance.

**Blood flow to the muscle tissues is increased through:**

- Enhanced blood micro-circulation - Advanced Equine Solutions’s proprietary ingredient causes vasodilation (widening of the blood vessels) and increased blood flow to tissues in the body that are not receiving enough glucose, fats or other nutrients.
- Relaxed blood vessels and improved blood flow - stimulates the enzyme ‘endothelial nitric oxide synthase’ (eNOS) for enhanced generation of Nitric Oxide (key mediator signaling dilation of blood vessels to ensure optimal blood flow to and from muscle tissues) from the precursor molecule L-arginine.

**Why Buffit Paste?**

Buffit Paste is the most scientifically advanced lactic acid buffer paste available in the world today. The proprietary ingredients potent mode of action is over 400% stronger than any other lactic acid buffer ingredient on the market. Buffit Paste directly extends lactic acid thresholds in horses and racing camels by increasing delivery of blood flow to muscle tissues, the strengthening of blood vessels and the support of tissue regeneration. The increased blood flow leads to an increase in the level of oxygen stored in the muscle tissues (myoglobin) and an increase in blood flow to stored sugars (muscles).

Lactic acid in muscles extends the lactic acid threshold as lactic acid build up only occurs once the muscle has exhausted all stored glycogen.

**Blood flow to the muscle tissues is increased through:**

- Electrolytes help to preserve the correct balance of fluids in cells and are involved in muscle function and the processing of wastes. Electrolytes are necessary after exercise to replenish spent minerals and is vital for rehydration.
- L-Glutamine - Plays in integral role in biochemical functions relating to protein synthesis, cellular energy, nitrogen-donations for anaerobic processes, carbon donation and nonoxic transport of ammonia in blood circulation.
- L-Carnitine - Required for transport of fatty acids during the breakdown of lipids (fats) for the generation of metabolic energy.
- Branched-Chain Amino Acid (BCAA) - Essential Amino of Leucine, Isoleucine and Valine that metabolise in the muscle instead of the liver. BCAA stimulates the building of protein in muscle and reduces muscle fibre breakdown which prevents muscle fatigue.
- Eucalyptus Oil - distilled from the leaves of the Eucalyptus Polybractea (more commonly known as the Blue Mallee Eucalyptus), this potent oil has the highest Cineole* content properties.

**What is Lactic Acid?**

Lactic acid is a chemical compound that plays a role in various biochemical processes affecting performance in horses and camels and is used to release energy to the body without the involvement of oxygen - a process called anaerobic glycolysis. Lactic acid operates as a temporary fuel source during intense physical activity.

**Product Fact Sheet**

**What Does Relieve-it Achieve?**

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**How does Lactic Acid affect performance?**

During exercise, muscles metabolise glucose (sugar) into energy. Muscles receive glucose continually through the blood, and also have their own stores of sugar (called glycogen). Lactic Acid builds up after the stored glycogen in muscles is used up. As lactic acid builds up in the muscles this leads to fatigue and severe muscle soreness which reduces the effectiveness of muscle activity.

**What is Legal in Performance Animals?**

Relieve-it is 100% drug and chemical free. It contains no banned substances and does not swab. All users must adhere to the rules of racing that apply in their country or state.

**Directions for Use:**

- Performance Doseage: Administer 30-60 minutes before competition. All users must follow the rules and regulations of the governing bodies in your country.
- Maintenance Doseage: Administer regularly 3 times a week for build up of lactic acid resistance
- Storage: Buffit Paste should be stored at room temperature. Do not freeze. Do not expose to sunlight.

**Sizes & Availability:**

- Sizes available: Buffit Paste is available for purchase in single 30ml syringes, 3-Packs and 10 Packs.
- Pre-packaged: Buffit Paste is available for purchase in single 30ml syringes, 3-Packs and 10 Packs. + 61 2 9588 9230 • F + 61 2 9588 9031 • W www.equineperformance.net.au © All Rights Reserved