



5 MISTAKES

Athletes Make
When Taking CBD





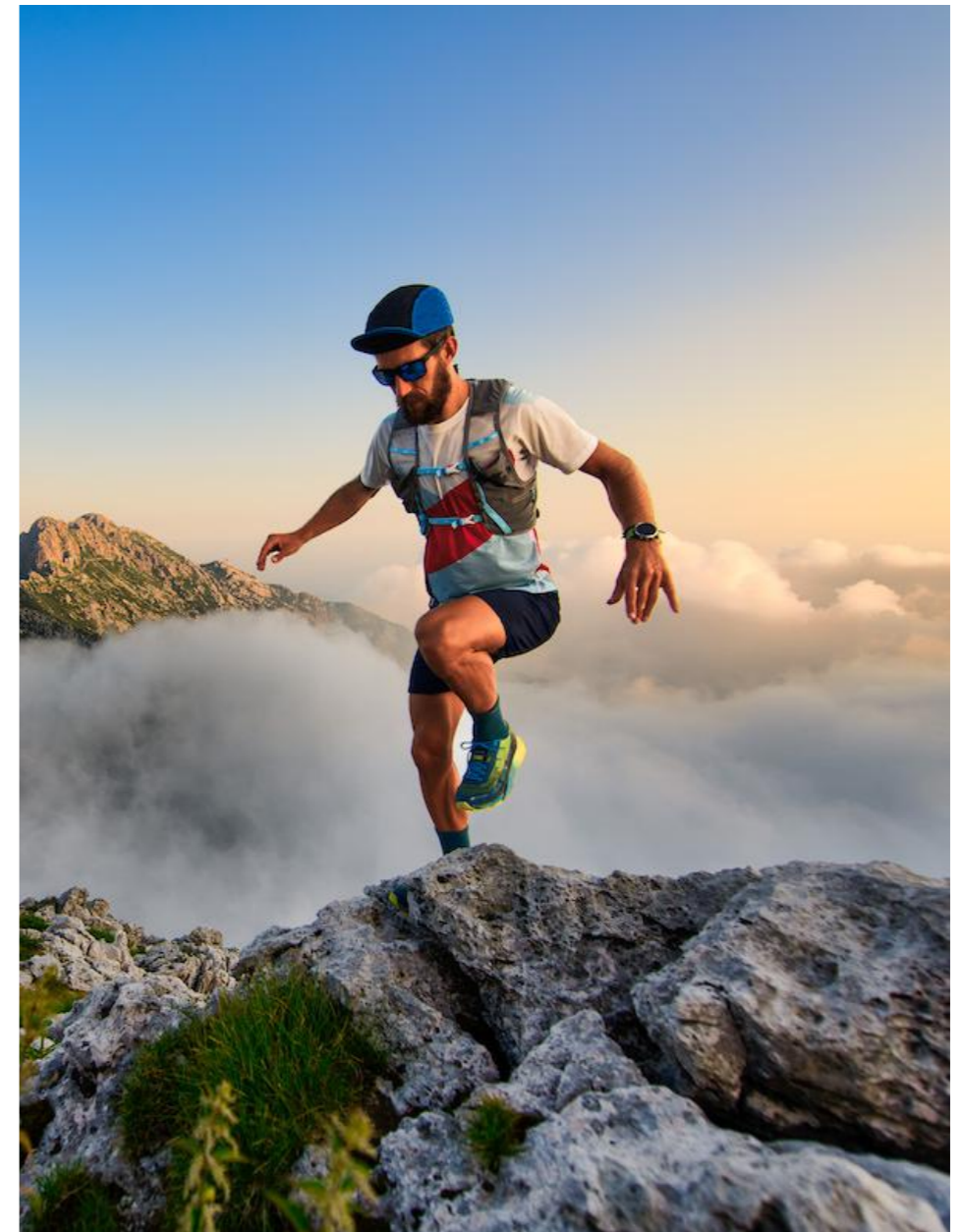
“LEARN FROM THE MISTAKES OF OTHERS. YOU CAN'T LIVE LONG ENOUGH TO MAKE THEM ALL YOURSELF.” - ELEANOR ROOSEVELT.

Athletes all over the country are flocking to add CBD to their training regimen, yet **most aren't getting nearly all the benefits they could from CBD.**

Our mission at Venga CBD is to take the confusion out of CBD for athletes and educate them on how to **maximize CBD's ability to aid in recovery, injury prevention and improved performance.**

By downloading this guide, you're already one step ahead of the competition. This is your secret weapon to get **1000% more performance out of CBD** for your training, racing, and recovery.

- The Venga CBD Team





MISTAKE 1

ATHLETES DON'T GET ENOUGH CBD



Endurance athletes put their bodies through so much more punishment than the average person and therefore need more CBD in their system.

But, like oils such as fish oil or olive oil, our bodies don't absorb CBD very well.

Here's the Mistake: Many CBD oils on the market today have an extremely low bioavailability rate. This means that very little (as little as 6% to 15%) of the CBD you take actually makes it into your bloodstream where it can make a difference in boosting your performance and speeding up your recovery time. The other 94% is unceremoniously expelled from your body. So while on paper it appears you're taking a fair amount, let's say 50mg per day, the lower bioavailability of the typical CBD oil results in somewhere between 3mg and 7.5mg actually getting absorbed into your bloodstream.

Here's the Solution: Venga CBD, because it's engineered for athletes, wrestled with this problem and implemented a proprietary process called **NanoCell** to produce water-soluble CBD oil. By choosing NanoCell CBD oil, your body is able to get up to 5X more CBD into your bloodstream. That "5X more" means you get an 85% bioavailability compared to the typical CBD oil that delivers between 6% to 15% -- a 500% increase!



500% Greater Bioavailability

MISTAKE 2

ATHLETE'S DON'T TAKE CBD CONSISTENTLY

Like many other substances and supplements, CBD's positive results compound over time as it builds up in the body. It's because of this steady build up over time that it is not uncommon for it to take up to 15+ days for results to start to show up.

Stick with it!

Here's the Mistake: Taking CBD occasionally or intermittently will, in all likelihood, cause an average everyday human to miss out on the positive compounding effects CBD has on the body. When you then factor in the inordinate amount of stress and strain an athlete routinely puts on their body, it's hopeless. Ain't happening!



Here's the Solution: To fully enjoy the wide range of benefits CBD can provide, a consistent delivery of CBD is required to sufficiently activate your body's Endocannabinoid System. CBD is NOT as effective if it's taken sporadically, one day here, one day there. Just like regular training is needed to perform well in your sport, if you want the results that come from taking CBD, then it must become a daily habit.

By consistently consuming CBD on a daily basis over a 60-day period, you position your body to fully realize its positive compounding effects, which, in turn, will pay dividends when it comes to your training and racing performance.

MISTAKE 3

ATHLETES DON'T USE CBD FOR ALL IT HAS TO OFFER

Each CBD product is like a tool, which is used under a certain set of circumstances to generate specific results. But if you only have one tool, then you're limited as to what you can accomplish. As anyone who has ever picked up a hammer can tell you, that tool has its limitations, things that it's not made for or, at the very least, not the best at.

Here's the Mistake: Athletes often select one CBD product and run with it, bike with it, lift with it, etc. It's their "go-to," which is not a bad thing, but it does limit the results they might otherwise enjoy.



Here's the Solution: It's essential that you find the right mix of CBD products that will help you crush your goals even when your mind and body might not be in full agreement. To ensure you maximize performance and speed-up recovery, an endurance athlete's CBD regimen should be a three pronged plan. With this in mind, we figured out how to cover 100% of your CBD needs with just 4 products.

Use CBD for
Training | Racing | Recovery

MISTAKE 4

ATHLETES ONLY TAKE CBD FOR ONE REASON



Restricting yourself to only one benefit is leaving 'endurance' performance on the table.

Here's the Mistake: When you evaluate each aspect of your endurance training regimen, you want to consider all relevant data so that you know what's working and what's not. It's the same with CBD.

But the mistake some athletes make is they ignore or just don't notice the wide range of CBD-based benefits enhancing their results. Such an omission could cause them to mistakenly undervalue its impact on their performance.

Here's the solution: Going beyond fighting inflammation and alleviating pain, CBD also provides a myriad of other benefits that you deserve to enjoy.

These benefits include such things as:

- Improved sleep quality that allows you to wake refreshed and rejuvenated
- Feeling less sore and fatigued after an intense workout or race
- Faster recovery time so you can get right back out there and do it all over again
- Less anxiety and improved mental focus so you can keep your head in the game



MISTAKE 5

ATHLETES DON'T TAKE IT ON-THE-GO

During a long training session or a grueling race, at the point when your body is screaming for relief, telling you it's time to quit or slow down, you start popping ibuprofen, pop, pop, pop.

Leave the ibuprofen at home.

Here's the Mistake: Among endurance athletes who put their bodies through the wringer on a regular basis, the percentage of those regularly making the mistake of taking OTC drugs like ibuprofen is extremely high. And taking ibuprofen and similar drugs during endurance training and events has been shown to cause acute kidney damage, with one study showing that Acute Kidney Injury (AKI) is a common issue encountered in over 34% of ultramarathoners.

If we wanted to pile-on by sharing a shortlist of a much longer list of harmful side effects, we would tell you about the headaches, the heartburn, the ulcers, the dizziness, the leg swelling, the liver and kidney malfunction, and the high blood pressure.



Here's the Solution: Venga CBD has designed a supplement specifically for athletes in the midst of a grueling event and in need of relief.

They're Aid Station Gummies, which are 25mg of pain-targeting, inflammation-reducing CBD that are perfect in packs or pockets for a convenient boost of CBD on-the-go, so you can perform your best.



Engineered for Endurance

To Crush Daily Training: It's the daily CBD you ingest and, because of its extremely high absorption rate, it serves as the foundational supplement of your CBD regimen. It's taken daily, sometimes more than once.

Ideal Daily Product: Water-soluble Venga Ultra Gels, gets up to 5X more CBD into your bloodstream

To Crush Localized Aches & Pains: CBD balm applied directly to your sore and aching muscles and joints, both before and after training or a race, aiding you in reducing both pain and inflammation and speeding up recovery.

Ideal Topical Product: Water-soluble Venga Recovery Balm, applied liberally over the target area in need of soothing, providing fast, deeply penetrating relief that lasts up to 3-4 hours.

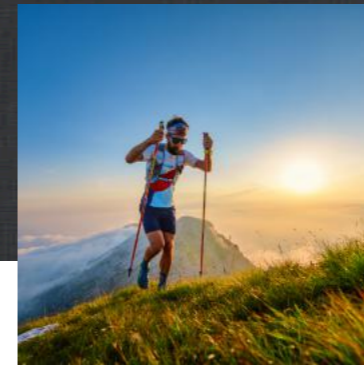
To Crush Racing: Products that travel well in a pack, pouch or pocket and are designed to give you an extra shot of CBD while you're on the trail, on your bike, in the gym, or when you're in the middle of a grueling race or extra-hard training session.

Ideal Racing Products: Venga Aid Station Gummies, designed for 1-2 gummies to be taken on-the-go every 2-3 hours as needed. Venga Energy Drink, designed to be taken as-needed during intense or long exercise.

To Crush Sleeping: CBD that you take nightly to help you fall asleep faster and stay asleep longer without the negative side effects of typical sleep aids.

Ideal Sleep Products: Venga Super Sleep, a proprietary blend of CBN, melatonin and water-soluble CBD to combat occasional sleeplessness.





For more information visit www.vengaCBD.com

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About Venga CBD

We know that the fittest people on the planet can also be the most broken. Injuries, pain, slow recovery and aging keep athletes from performing their best and in many cases out of the sport they love completely!

We've created a system of pain, performance and recovery products that are all natural and plant-based to help 60 million athletes suffer less and heal faster allowing them to thrive in their sport for life.