



UCAN & Florida Elite Partnership

Florida Elite Swimming is proud to announce our partnership with UCAN! A company that specializes in products that focuses on next-level nutrition. **“At UCAN, we believe in the combined power of innovation, science, and sports nutrition. We’re on a mission to empower athletes at all levels to achieve their personal best, and reach beyond their own expectations.”**

UCAN Story:

Jonah was born with a rare metabolic disorder that prevents him from breaking down the body’s natural source of stored energy—glycogen. This condition required him to be tube-fed every 2 hours to maintain normal blood sugar levels. Jonah’s parents teamed up with a group of innovative thinkers on a search for a revolutionary energy source to manage Jonah’s blood sugar.

<https://ucan.co/our-story/>

UCAN

Currently, UCAN is on the cutting edge of sports performance with its impressive products. They currently work with multiple athletes and influencers, including Olympic Gold medalist and USA superstar, Michael Andrew.

Coach G:

“For a while now, I’ve been looking for a product and brand for our kids that I can trust. Something that’s safe to consume and something that won’t spike and then crash in the system. When I read about UCAN not having sugar and how they are considered a food, plant-based product and NOT a supplement, I was sold.”

Katie from UCAN:

“So how can we help you?”

Coach G:



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“It’s simple really. I want to mix your vision with my own and the goal of the clubs.....and that’s simply to create elite level athletes, but mostly, to help educate young student athletes that it’s not so much about what we put in our bodies, but giving them them tools to understand what’s happening in terms of performance based on what we are consuming. No kid is too young to learn about that stuff and I think if we can bring awareness to these athletes, the more successful they can be.

UCAN & Florida Elite’s vision.

The two brands look to use FE as it’s first over athletic team sponsor to help raise awareness of how and how to reach peak performance. The goal is to educate swimmers and local clubs on the benefits of being conscious about what they are consuming and how that positively and negatively impacts performance and daily functions.

Coach G:

“It’s a neat brand because they have a product for everything! Before workout/meet, during workout/meet, and after workouts/meets. I think very few athletes realize that if you don’t Nutritionally set yourselves up, you won’t maximize your practice potential. If you’re ending your week with a bunch of missed max potential workouts, you’re leaving your month with a lot of missed opportunities of improvement and thus, hurting your ability to improve and perform at competitions.

Clinical trials

<https://ucan.co/clinical-trials/>

How to Use UCAN!



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Edge Energy

How to Use

- For optimal pre-workout energy, consume one pouch of Edge about 30 minutes before exercise.
- During longer workouts over 90 minutes, consume one pouch of Edge every 60 minutes during exercise.
- Edge is a healthy alternative to sugary on-the-go fuel sources like energy gels & chews.



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Energy Powder

How to Use

- Drink UCAN 30-45 minutes before your workout for sustained energy.
- For longer endurance training, drink 1 scoop of UCAN every 60-90 minutes for sustained energy.
- 1 scoop = 1-2 hours of sustained energy for exercise



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Energy + Protein How to Use

- Post-workout to repair & rebuild muscle and sustain energy.
- In the morning for a high protein breakfast that provides long-lasting energy.
- Anytime as protein shake; an ideal energy-sustaining meal replacement/healthy snack whenever you need to curb your hunger cravings.
- Blend with other healthy, lower sugar ingredients for an energy-sustaining meal replacement shake.



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Energy Bar

How to Use

- To fuel workouts optimally, eat one UCAN Energy Bar 30-90 minutes before your workout.
- To curb post-workout cravings, eat one bar immediately after workout to help get you to next meal without a crash.
- To get a daily boost of energy and to curb hunger, eat one bar for breakfast or between meals for feel-good energy.



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- To get a needed boost of energy wherever you go, toss on in your backpack or bag before you take off on your next outdoor adventure



Hydrate
How to Use



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- Drink 1 serving of UCAN hydrate every 1-2 hours before, during, or after exercise.
- For people leading active lifestyles, drink a serving a day to boost hydration and energy while avoiding sugary drinks.



Energy Mix & Almond Butter



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How to Use

- To start your day strong with a boost of energy and fuel your morning workout, eat one serving Energy Mix for breakfast.**
- To get an extra dose of energy or to curb hunger, eat one serving between meals for feel-good energy.**
- To get a needed boost of energy wherever you go, put a serving in your backpack or bag before you take off on your next outdoor adventure.**

SHOP THROUGH OUR TEAM LINK!!!

<https://ucan.co/share/FloridaEliteSwimming/>

affiliate username is: FloridaEliteSwimming

Why shopping through our link is important!

- Your 15% discount will automatically populate into someone's shopping cart, once they add an item.**
- Your referral URLs will ALWAYS be updated to reflect the sale offer being given by the brand, while still offering 10% off on all other products**



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- **Ex. Bar sale for 20% off bars. Your code will offer 20% off bars, while still offering 15% off all other UCAN products.**

Bundles and subscriptions are not eligible for an extra discount

- **Even if someone is buying a bundle, which is not code eligible, as long as they shop through our referral URL, we get will still get credit for the sale! If they don't shop through our link and try to type in your code, it will tell them codes are ineligible and not tag us to your order (unless you are already existing customer from a previous purchase)**