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FITNESS BEER IS ACTUALLY GOOD FOR THE BODY

 SPORT & FITNESS

Lean Machine Ale is a low-calorie, nutrient-heavy alcoholic beer that is designed to boost muscle recovery after exercise.

A beer could perhaps be said to be the greatest way to unwind — something the UK's [Deskbeers](#) has tapped into with its Friday afternoon office delivery service. However, it's not the most healthy method of relaxation, thanks to the calories, its dehydrating qualities and the next-day hangover. [Lean Machine Ale](#) aims to change that, offering a variety of fitness-enhancing qualities.

Created by Canada-based VAMPT Brands, the beer is not only a healthy alternative to traditional ales, but is actually being marketed as a sports drink. At 0.5 percent ABV, the drink is classified as a light pilsner and won't get you drunk — instead it contains antioxidants and electrolytes that will help the body recover from exercise and replenish vital nutrients. A can of the beer is only 77 calories, but contains 7g of protein and seven different vitamins. The beverage also boosts the immune system and is gluten-free. Those wanting to sample the beer can pre-order a 24-pack for USD 150, which comes with USD 150 in Lean Machine shares, a hat and shirt, and an invitation a local launch party.

Lean Machine Ale is one of several brands that are redefining popular food and drink items and expanding the boundaries of what they can be. Are there other typically unhealthy foods that could be given a fitness makeover?

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