

PRESS RELEASE

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Decibel Nutrition Takeover Bear Grylls Survival Race 2016

Decibel Nutrition will help survivalists and obstacle course race enthusiasts turn it up and power warrior spirit across the country, thanks to a bold new partnership with the Bear Grylls Survival Race 2016.

Injecting Decibel's train harder, faster, louder attitude across the three events and London final, the premium supplement and lifestyle brand will bring its celebrity ambassadors and revolutionary Protein Water to Cambridge, Edinburgh and Manchester before an all-out push for glory across a full weekend in the capital's urban wilderness in October.

Former Radio 1 DJ and Decibel brand ambassador, Kissy Sell Out will set the heartbeats racing with a high-octane play list throughout all five race days. Expect warrior-worthy anthems and pulsating beats as competitors face the elements and real-world survival scenarios from the arctic, jungle, mountain and desert across the most physically demanding and mentally challenging 5k or 10k course.

Ex-special forces turned celebrity personal trainer and Decibel ambassador, Rob Edmond will also be on hand as master of ceremonies at a number of the events. Expect his own brand of military style fitness challenges designed to push competitors and fitness fans to their limits and beyond.

Decibel ambassadors, Josh Patterson and Amy Willerton will also be taking part in the events for Team Decibel. Made in Chelsea's Josh Patterson will look to earn his survival stripes in Cambridge on 20 August, supported by a 30 strong contingent of Team Decibel, while former Miss Great Britain, Amy Willerton will release her inner survivor and put her skills to the test in Manchester on 24 September.

Attendees will have the chance to meet Team Decibel survivors in the Decibel zone after each race.

Lone wolves and team warriors alike will also have the chance to sample the revolutionary protein supplement, [Protein Water](#). A light, refreshing, zero sugar and low calorie alternative to traditional protein shakes, Protein Water is available in three game-changing flavours (Cola, Wild Berries and Watermelon and Peach) for faster recovery and muscle growth.

See Team Decibel at Bear Grylls Survivor Races 2016:

Cambridge: 20 August, 2016

Edinburgh: 3 September, 2016

Manchester: 24 September 2016

London (FINAL): 8-9 October 2016

Those who haven't yet booked Bear Grylls Survivor Race 2016 tickets can use code DECIBEL to get 40% off at <http://www.beargryllssurvivalrace.com>

Find out more at <http://www.decibelnutrition.com> or on Twitter, Facebook and Instagram @Traindecibel

About Decibel Nutrition

Decibel Nutrition is a premium lifestyle and fitness supplement brand. It provides cutting edge fitness supplements as well as a wealth of expert exercise and nutritional advice.

Its diverse product offering includes a powerful, 36 ingredient Pre-Workout and a selection of deliciously flavoured protein supplements, all with the brand's signature low calorie, low sugar and minimal carb ingredients list. Each boasts high glutamine and amino acid profiles.

New for 2016, Decibel's revolutionary Protein Water defies the typical protein shake approach and delivers a lighter, hydrating alternative despite packing 30grams of whey protein isolate per serving.

Purposely designed for gym goers to grow and maintain muscle while keeping a lower body fat percentage, Decibel products promote a strong, athletic and aesthetically pleasing physique.

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