

RECUPERO EXTREME®

ENERGY FOOD SUPPLEMENT WITH BCAA, L-ALANIL-
L-GLUTAMINE, L-GLUTAMINE, SENSORIL®, VITAMINS AND ELECTROLYTES



TO IMPROVE RECOVERY



TAKE IT AFTER VERY INTENSE PHYSICAL EXERTION TO RESTORE NUTRIENTS, ENERGY AND TO IMPROVE YOUR ATHLETIC CONDITION.

LEU **PepForm**®
Leucine Peptides

Sensoril®

RECOMMENDED FOR

- People training very hard
- People desiring to recover effectively after a very intense physical activity
- This product is suitable for all sports requiring great physical and muscular efforts

WHEN TO USE RECUPERO EXTREME®



Warnings: this product is intended to be used as part of a varied and balanced diet and of a healthy lifestyle. Do not exceed the recommended daily dosage. Do not use in pregnancy and in children or for long periods without any medical advice. Expiration date applies to the product in its intact container when stored as directed. °Curcuma extract is used to colour the powder: in case of alteration in liver, biliary or calculi function of the biliary ways, use of the product is not recommended; if you are taking medicines, it is appropriate to hear the opinion of a doctor.

*This product is free from Nandrolone and Testosterone with their precursors, amphetamines and ephedrine.

PACKAGING:

- RECUPERO EXTREME JAR 400 g (with measuring scoop)
- RECUPERO OXTREME - 16 sachets, 50g/each

ETHICSPORT'S EXPERIENCE

It is known that in conditions of physical stress, the hypothalamus activates a cascade starting in the brain and ending with the release of stress-related hormones, such as cortisol. When you train hard, stress becomes systemic and cortisol level remains chronically high. In this case, there is a very high incidence of stress-related symptoms and the body struggles to recover.

EthicSport's R&D staff has designed an advanced formula aimed at optimizing recovery after very intense and stressful training sessions or competitions.

INDICATIONS

The nutrients contained in Recupero Extreme® make the product useful in the recovery phase after very intense sports activities, and facilitates a rapid replenishment of nutrients and energy.

FEATURES

The nutrients contained in Recupero Extreme® support recovery after intense physical performance. Thanks to group B Vitamins (B1, B6, B12) and electrolytes, this product contributes to the reduction of tiredness and fatigue (B6, B12), normal muscle function (Ca, Mg, K), normal energy-yielding metabolism (B1, B6, B12, Ca, Mg), normal protein and glycogen metabolism (B6). Recupero Extreme® provides a high B.C.A.A. content and the dipeptide L-Alanyl-L-Glutamine (AlaGln). This product contains Sensoril®, extracted from Withania S., known as an adaptogenic tonic, useful to combat physical and mental fatigue and facilitate psycho-physical relaxation. This product does not contain gluten (Gluten Free), therefore is suitable also for people suffering from celiac disease or gluten intolerance.

HOW TO USE AND RECOMMENDED DAILY DOSE

SACHET: Dissolve 1 sachet in approx. 250 ml of water. Consume 15-30 minutes after intense exercise.

JAR: Dissolve 50 [2 measuring scoop] in approx. 250 ml of water. Consume 15-30 minutes after intense exercise.

INGREDIENTS

Sucrose, Maltodextrin DE6, Dextrose, Acidity regulator: citric acid, Malic acid, L-Leucine, Flavouring, L-Glutamine, L-Isoleucine, L-Valine, Potassium citrate, Calcium carbonate, Magnesium citrate, Sodium citrate, °Curcuma extract 0,6%, L-Alanyl-L-Glutamine (Sustamine®), sodium hydrogen carbonate, emulsifier: sucrose esters of fatty acids, L-Ascorbic acid (Vitamin C), Anti caking agent: Silicon dioxide; Sensoril® [Ashwagandha (Withania somnifera (L.) Dunal) roots and leaves e.s. tit. 10% Withanolide], Pyridoxine hydrochloride (vitamin B6), Thiamine hydrochloride (vitamin B1), Cyanocobalamin (Vitamin B12). °Curcuma extract is used to colour the powder

NUTRITIONAL INFORMATION

	Per 100g	1 Sachet (50 g)
Energy		
kJ	1319	660
kcal	310	155
Typical Values		
Fat	0 g	0 g
of which sugars	0 g	0 g
Carbohydrate	74 g	37 g
of which sugars	52 g	26 g
Fiber	0 g	0 g
Protein	0 g	0 g
Salt (Nax2.5)	0.65 g	0.33 g
Ascorbic acid	160 mg (200% NRV)	80 mg (100% NRV)
Thiamine	0.55 mg (52% NRV)	0.27 mg (26% NRV)
Pyridoxine	0.7 mg (50% NRV)	0.35 mg (25% NRV)
Cyanocobalamin	1.24 mcg (50% NRV)	0.62 mcg (25% NRV)
Magnesium	188 mg (50% NRV)	94 mg (25% NRV)
Potassium	600 mg (30% NRV)	300 mg (15% NRV)
Calcium	600 mg (76% NRV)	300 mg (38% NRV)
L-Leucine*	4 g	2 g
L-Isoleucine*	2 g	1 g
L-Valine*	2 g	1 g
L-Glutamine*	2.5 g	1.25 g
L-Alanyl-L-Glutamine	500 mg	250 mg
Sensoril® [Ashwagandha e.s.]	160 mg	80 mg

0 proteins because there are only free amino acids

NRV: Nutrient Reference Values (adults) according to Reg. (EU) No 1169/2011

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