

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

Carbohydrate complex (sucrose, glucose, maltodextrin DE9) 71%, acidulants: citric acid, malic acid; L-leucine, flavorings, L-glutamine, L-isoleucine, L-valine, potassium citrate, calcium carbonate, magnesium citrate, sodium bicarbonate, PepForm[®] Leucine peptides (hydrolyzed whey protein, L-leucine), 40% total L-leucine content, sodium tricitrate, L-alanyl-L-glutamine, anti-caking agent: silicon dioxide; L-ascorbic acid (Vitamin C), Sensoril[®] (Ashwagandha (Withania somnifera L. Dunal) root and aerial parts extract, standardized to 10% withanolides), beetroot extract, beta-carotene, pyridoxine hydrochloride (Vitamin B6), thiamine hydrochloride (Vitamin B1), cyanocobalamin (Vitamin B12).

NUTRITIONAL INFORMATION

	Per 100g	1 Sachet (50 g)
Energy		
kJ	1224	612
kcal	288	144
Typical Values		
Fat	0 g	0 g
of which sugars	0 g	0 g
Carbohydrate	72 g	36 g
of which sugars	51 g	25 g
Protein	0 g	0 g
Salt (Nax2.5)	1.3 g	0.65 g
Ascorbic acid (Vitamin C)	210 mg (263% NRV)	105 mg (131% NRV)
Thiamine (Vitamin B1)	0.55 mg (50% RNV)	0.27 mg (25% RNV)
Pyridoxine (Vitamin B6)	0.7 mg (50% NRV)	0.35 mg (25% NRV)
Cyanocobalamin (Vitamin B12)	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
PepForm [®] Leucine Peptides of which L-Leucine:	800 mg 320 mg	400 mg 160 mg
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