

# TOTAL RECOVERY

## Maximum Recovery

- Advanced formula to maximise recovery after training

- Minimises muscle damage in endurance sports

**TOTAL RECOVERY** is a supplement specially designed for any athlete needing to maximise the recovery after intensive training sessions. Every one of its components has been selected and scientifically tested to achieve maximum recovery and thus improve performance in competitions or in daily training sessions.

- **Carbo-Protein Optimun Complex:** The perfect combination of dextrose, whey protein isolate and hydrolysed whey protein serves to maximise the muscles' use of those nutrients, since the right conditions are created for these to reach the body's cells rapidly and bring about an immediate recovery.
- **Glutamine peptides and L-Glutamine:** Are essential amino acids in repairing muscle tissue and recovery. Also improves the functioning of the immune system and reduces "Over-Training Syndrome" (OTS).
- **Branched-chain amino acids (BCAAs):** These are amino acids that must be ingested as part of a person's diet or through an appropriate supplement. Essential to muscle growth and recovery. They also fight the feeling of tiredness or "central fatigue" caused by an imbalance between the concentration of BCAAs and Tryptophan.
- **Electrolytes:** In endurance sports, re-establish the electrolyte balance in cells is essential to producing good muscle response.
- **Vitamins:** These are necessary for good recovery, especially antioxidants in order to avoid oxidative stress produced by prolonged physical exertion.

**Ingredients:** Dextrose, Whey Protein Isolate<sup>1</sup>, L-Glutamine, Whey Protein Hydrolysate<sup>1</sup>, Acid: Citric Acid; Flavouring, Magnesium hydroxide, Glutamine Peptides, L-Leucine, L-Valine, L-Isoleucine, Sweetener: Sucralose; Sodium Chloride, Ascorbic Acid (Vitamin C), Iron(III)Diphosphate, Niacin (Nicotinamide), Zinc Oxide, Calcium-D-Pantothenate (Pantothenic Acid), Pyridoxine Hydrochloride (Vitamin B6), Thiamin Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2), Pteroylmonoglutamic Acid (Folic Acid), D-Biotin (Biotin), Cyanocobalamin (Vitamin B12), Cholecalciferol (Vitamin D3), Retinyl Acetate (Vitamin A), Colours: Azorubine, Beta-Carotene; Manganese Sulphate, Copper Carbonate, Potassium Iodide, Sodium Selenite. <sup>1</sup> Contains milk and lactose

**INSTRUCTION FOR USE:** 1 serving after prolonged intense workout.

**PRESENTATION:** Tin 1250g, 750g and sachettes 50g.

**FLAVOURS:** - **1250g:** Watermelon and Chocolate

- **750g:** Watermelon, Chocolate, Orange, Summer Berries and Banana.

- **Sobres 50g:** Watermelon.



Nutritional Information	per Sevig (50g)
Energy	822 kJ/ 194 Kcal
Fat	0 g
- of which sat. fatty Acids	0 g
Carbohydrates	34 g
- of which Sugars	34 g
Protein	14 g
Salt	0,09 g
BCAAs	2,85 g
Glutamine (L-Glutamine & Glutamine Peptide)	2,6 g
Vitamin A	400 µg (50%*)
Vitamin D	2,5 µg (50%*)
VitaminaE	6 mg (50%*)
Ascorbic Acid	40 mg (50%*)
Thiamin	0,55 mg (50%*)
Riboflavin	0,7 mg (50%*)
Niacin	8 mg (50%*)
Vitamin B6	0,7 mg (50%*)
Folic Acid	100 µg (50%*)
Vitamin B12	1,25 µg (50%*)
Biotin	25 µg (50%*)
Pantothenic Acid	3 mg (50%*)
Potassium	49 mg (2%*)
Calcium	55 mg (7%*)
Iron	7 mg (50%*)
Magnesium	188 mg (50%*)
Selenium	27,5 µg (50%*)
Manganese	1 mg (50%*)
Zinc	5 mg (50%*)
Copper	0,5 mg (50%*)
Iodine	75 µg (50%*)