

# RECUPERO®

PRODUCT FOR ATHLETES WITH AMINO ACIDS, BCAA, CARBOHYDRATES, VITAMINS AND MINERALS



## RECOMMENDED FOR

### ALL KINDS OF SPORT

- Athletes who need to recover efficiently after performance
- People carrying out very intense training sessions

## WHEN TO USE RECUPERO®



## TAKE IT AFTER TRAINING OR COMPETITION TO REPLENISH ENERGY AND CELLULAR NUTRIENTS USEFUL IN THE RECOVERY PHASE

### INFORMATION

When the body takes all the necessary nutrients, the conditions for normal protein synthesis, efficient muscular recovery and the development of a good athletic condition are created, therefore it is advisable to follow a varied and balanced diet.

### FEATURES

Recupero is a product for athletes containing nutrients which carry out different functions useful after sports activities. The vitamins and the oligo-elements contained in Recupero carry out several functions, in particular they help to reduce tiredness and fatigue (Vit B2, B3, B5, B6, B12, C, Folate, Iron), they contribute to normal energy metabolism (Vit B1, B2, B3, B5, B6, B12, C, Biotin, Calcium, Magnesium, Iron), to protein and glycogen metabolism (Vit B6) and to regular muscular function (Ca, Mg, K). The ingredients contained in Recupero support also other functions, in particular they contribute to physiological protein synthesis (Mg and Zn), to normal cardiac function (B1) and to regular amino acids synthesis (Folate). Other ingredients contribute to regular formation of red blood cells (Vit B6, Fe), to normal oxygen transportation (Fe), to a correct neurotransmission (Ca), to normal electrolyte balance (Mg) and to the protection of cells from oxidative stress (Vit C, B2, Zn). It also contains B.C.A.A. useful in the athletes' diet. This product does not contain gluten (Gluten-free), therefore it is suggested also for people suffering from celiac disease or from gluten intolerance.

### INDICATIONS

The synergy of its nutrients makes the product useful in the recovery phase after sport activities.

### HOW TO USE AND RECOMMENDED DAILY DOSE

We recommend consuming the product about 20-30 minutes after the performance. Use 1 sachet (in 200 ml of water) after medium-duration exercise. Use 2 sachets (in 400-500 ml of water) after intense and prolonged exercise.

### INGREDIENTS

Maltodextrins, sucrose, acidifying agent: citric acid, dextrose, fructose, potassium citrate, calcium carbonate, L-leucin, L-alanine, magnesium oxide, aromas, sodium chloride, sodium citrate, creatine monohydrate, L-arginine pyroglutamate, creatine pyruvate, L-isoleucine, L-valine, L-lysine chlorohydrate, glycine, taurine, L-glutamine, glutamic acid, L-ascorbic acid (vitamin C), choline bitartrate, colouring agent: paprika extract, sweetener: acesulphame K, ornitin  $\alpha$ -ketoglutarate, iron fumarate, zinc citrate, emulsifying agent: sucrose esters of fatty acids, nicotinamide (vitamin PP), coating agent: hydroxypropyl methylcellulose, calcium D-pantothenate (pantothenic acid), pyridoxin chlorohydrate (vitamin B6), thiamine chlorohydrate (vitamin B1), riboflavin (vitamin B2), cyanocobalamin (vitamin B12), pteroyl-monoglutamic acid (folate), D-biotin (Vitamin B3 or H).

PACKAGING: 20 SACHETS, 16.5 g EACH

Warnings: food supplements are not intended to be used as a substitute for a varied diet but is intended to be used as part of a healthy, balanced diet and a healthy lifestyle. Do not exceed the recommended daily dosage. Keep out of reach of children under the age of 3. It is not recommended for children and during pregnancy and or for prolonged periods of time without medical approval. The expiry date applies to the product in its intact container when stored as directed. The product is tested free from Nandrolone and Testosterone with their precursors, free from beta-2 agonists, amphetamines and ephedrines.

### NUTRITIONAL INFORMATION

	per 100g	Per 2 sachets	%NRV dose
<b>Energy</b>			
kcal	351.4	116	-
kJ	1496	494	-
<b>Typical Values</b>			
Fat	0.01 g	0.003 g	-
of which saturates	0.01 g	0.003 g	-
Carbohydrate	69.19 g	2.83 g	-
of which sugars	31.04 g	10.24 g	-
Fiber	0.16 g	0.05 g	-
Protein	0 g	0 g	-
Salt (Nax2.5)	1.91 g	0.63 g	-
Vitamin C	363.6 mg	120 mg	150%
Vitamin PP	27.2 mg	9 mg	56%
Pantothenic acid	9.1 mg	3 mg	56%
Vitamin B6	3 mg	1 mg	71%
Vitamin B2	2.4 mg	0.8 mg	57%
Vitamin B1	2.1 mg	0.7 mg	64%
Folate	0.3 mg	100 mcg	50%
Vitamin B3	242.4 mcg	80 mcg	160%
Vitamin B12	1.5 mcg	0.5 mcg	20%
Potassium	909.1 mg	300 mg	15%
Magnesium	800 mg	264 mg	70%
Chloride	736 mg	243 mg	30%
Calcium	667 mg	220 mg	28%
Iron	29.7 mg	9.8 mg	70%
Zinc	21.2 mg	7 mg	70%
Creatine	1524 mg	503 mg	-
L-Leucine	1515 mg	500 mg	-
L-Isoleucine	757 mg	250 mg	-
L-Valine	757 mg	250 mg	-
L-Alanine	1515 mg	500 mg	-
L-Arginine pyroglutamate	909 mg	300 mg	-
Glycine	606 mg	200 mg	-
L-Lysine	606 mg	200 mg	-
Taurine	485 mg	160 mg	-
Glutamine	454 mg	150 mg	-
Glutamic acid	454 mg	150 mg	-
Choline	151 mg	50 mg	-
Ornithine $\alpha$ -ketoglutarate	152 mg	50 mg	-

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