

## Total Recovery Watermelon 1,250 g

EAN: 8414192309407

FABRICANTE: VICTORY ENDURANCE



*Maximum Recovery. Advanced formula to maximize recovery after training. In endurance sports it minimizes muscle damage.*

### DESCRIPTION

**TOTAL RECOVERY** is a supplement specially designed for all those athletes who need to maximize their recovery after an intense training session. Each of its components has been selected and scientifically tested to achieve good recovery and thus improve performance in competition or daily training.

Its magnificent composition is made up of:

- **Carbo-Protein Optimun Complex** : a correct combination of dextrose, whey protein isolate and hydrolyzed whey protein allows maximizing the use of these nutrients by the muscles, since the right conditions are created for them to quickly reach the cell and produce immediate recovery.
- **Glutamine Peptides and L-Glutamine** : essential amino acid for muscle tissue repair and recovery. It also improves immune function and reduces "overtraining syndrome."
- **Branched chain amino acids (BCAA's)** : These are essential amino acids that must be ingested in the diet or through adequate supplementation. They are essential for muscle growth and recovery. They also combat the feeling of tiredness or "central fatigue" caused by an imbalance between the concentration of BCAA's and Tryptophan.
- **Electrolytes** : In endurance sports, restoring the cell's salt balance is essential for a good muscular response.
- **Vitamins** : They are necessary for a good recovery, especially antioxidants to avoid oxidative stress caused by prolonged efforts.

### Instructions for use

Mix 50g of powder (3/4 scoop) with 300ml of water. To ensure maximum recovery and minimise muscle damage, take one serving immediately after exercise.

### Recommendations

It can also be taken 30 minutes before finishing a long workout (2-3 hours).

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### Ingredients

Dextrose, **whey** protein isolate<sup>1</sup>, L-glutamine, hydrolysed **whey** protein<sup>1</sup>, acid: citric acid; flavouring (watermelon flavour), magnesium hydroxide, glutamine peptides, L-leucine, L-valine, L-isoleucine, sweetener: sucralose; Sodium chloride, L-ascorbic acid (vitamin C), iron(III) diphosphate, niacin (nicotinamide), zinc oxide, calcium D-pantothenate (pantothenic acid), pyridoxine hydrochloride (vitamin B6), thiamine 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** . May contain traces of gluten, soya and egg. Azorubine: may have an adverse effect on activity and attention in children.

### Nutritional information

	For 50g
Energy	822 kJ/ 194 Kcal
Fats	0 g
- of which saturated	0 g
Carbohydrates	34 g
- of which sugars	34 g
Proteins	14 g
Salt	0.09 g
BCAAs	2.85 g
Glutamine (L-Glutamine and Glutamine Peptides)	2.6 g
Vitamin A	400 µg (50%*)
Vitamin D	2.5 µg (50%*)
Vitamin E	6 mg (50%*)
Vitamin C	40 mg (50%*)
Thiamine	0.55 mg (50%*)
Vitamin B2	0.7 mg (50%*)
Niacin	8 mg (50%*)

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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%*)
Magnesium	188 mg (50%*)
Iron	7 mg (50%*)
Zinc	7 mg (50%*)
Copper	0.5 mg ((50%*))
Manganese	1 mg (50%*)
Selenium	27.5 µg (50%)
Iodine	75 µg (50%*)

\*% NRV: Reference intake of an average adult.

### What are its benefits?

Ideal for replenishing energy stores and replenishing reserves to recover better between long-duration or high-load training sessions.

### Carrying?

Each of its components has been scientifically selected and tested. With a perfect ratio of Proteins, Carbohydrates, Glutamine, Amino Acids (BCAA), Electrolytes and Vitamins. Making it a complete muscle recovery product for endurance athletes.

### Are they a safe supplement?

Yes, they are a permitted and safe supplement. You just need to pay attention to allergens. They may contain traces of lactose, gluten and egg.

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