

## Ultra fast recovery lemon flavor 12 sachets x 50 gr

EAN: 8436594150586 FABRICANTE: VIT.O.BEST



Latest generation ultra-fast recovery product made from 23 g of protein hydrolysate and Cluxter Dextrin™ in a 1:1 ratio.

### DESCRIPTION

- Latest generation muscle recovery (faster and more effective).
- Protein hydrolysate + highly branched cyclic dextrin (Cluster Dextrin™) (1:1 ratio).
- Helps increase and maintain muscle mass.
- It helps to recover glycogen reserves.
- Convenient single-dose format.

It is one of the most effective recovery products to date. The quality of its nutrients helps to considerably increase the rate of recovery of muscle glycogen after exercise and decrease the destruction of muscle tissue during prolonged exercise sessions.

- **Highly branched cyclic dextrin (Cluster Dextrin™):** next-generation carbohydrate, low molecular weight, and rapid digestion and assimilation <sup>1,2</sup>, which promotes the recovery of energy stores after exercise.
- **Protein hydrolysate:** high contribution of amino acids and rapidly absorbed peptides <sup>3,5</sup>.
- **Creatine Magna Power®:** helps to recover muscle creatine phosphate (CRP) stores (the most important energy source) that are completely depleted during exercise<sup>4</sup>.
- **Methionine + Ashwagandha:** helps to provide effective control of cortisol after great efforts and to facilitate muscle recovery and rest after prolonged exercise sessions, reducing muscle pain and discomfort <sup>6</sup>.
- **Rhodiola:** powerful anti-inflammatory and antioxidant that helps prevent muscle damage and promote muscle recovery, as well as that of the nervous system after prolonged exercise <sup>6</sup>.
- **Zinc:** in its bisglycinate form (much more effective), it contributes to the recovery of the immune system during intense exercise, when it tends to become depressed.

### Ultra Fast Recovery from Vitobest®:

- Get an effective and fast post-exercise recovery.
- Achieve maximum muscle recovery.
- Obtain rapid availability of amino acids.

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<https://bio-farma.es/buy/ff/vit-o-best/ultra-fast-recovery-lemon-flavor-12-sachets-x-50-gr>



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- Recover muscle glycogen stores (energy).

### Product claims:

- Proteins contribute to increasing muscle mass.
- Proteins help maintain muscle mass.
- Proteins contribute to the maintenance of normal bones.
- A total intake of 4 g of carbohydrates per kg of body weight within four hours (or at most six) after the end of high-intensity or long-duration physical exercise that leads to muscle fatigue and depletion of glycogen stored in skeletal muscles contributes to the recovery of normal muscle function (contraction).

### Literature:

- <sup>1</sup> "Fluids Containing a Highly Branched Cyclic Dextrin Influence the Gastric Emptying Rate." Takii, H. et al.
- <sup>2</sup> "Effects of ingesting highly branched cyclic dextrin during endurance exercise on rating of perceived exertion and blood components associated with energy metabolism." Furuyashiki I, T. et al.
- <sup>3</sup> "Effect of Whey Protein Hydrolysate on Performance and Recovery of Top-Class Orienteering Runners." Hansen, M.
- <sup>4</sup> "Resistance Training Supplements and their Potential Benefit." Hayes, L.D. et al.
- <sup>5</sup> "Protein Hydrolysates in Sports and Exercise: A Brief Review". Manninen, A.H.
- <sup>6</sup> "Examining the effect of Withania somnifera supplementation on muscle strength and recovery: a randomized controlled trial." Wankhede, S. et al.

**Allergens:** milk. Gluten free.

**Ingredients:** hydrolyzed **whey** protein isolate (Lacprodan® HYDRO.clear), highly branched cyclic dextrin (Cluster Dextrin™), magnesium creatine chelate (Creatine Magna Power™), acidulant: anhydrous citric acid, lemon juice powder, L-Methionine (Ajinomoto®), rhodiola root dry extract ( *Rhodiola rosea* ), magnesium lactate, flavoring: lemon, sweetener: sucralose, ashwagandha root dry extract ( *Withania somnifera* ), zinc bisglycinate and colorant: E-102.


### Composition

per 50 g

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Hydrolyzed whey protein isolate (Lacprodan® HYDRO.clear)	23 g
Highly branched cyclic dextrin (Cluster Dextrin™)	19.79 g
Magnesium Creatine Chelate (Creatine Magna Power™)	3 g
Creatine Monohydrate	2.52 g
Magnesium (Mg) *(64%)	240 mg
L-Methionine (Ajinomoto®)	0.5 g
Dry extract of rhodiola root ( <i>Rhodiola rosea</i> )	
3% rosavins, 1% salidroside	0.37 g
Magnesium lactate	0.1 g
Magnesium (Mg)	10 mg
Ashwagandha root ( <i>Withania somnifera</i> ) dried extract	
5% withanolides	0.02 g
Zinc bisglycinate	0.01 g
Zinc (Zn) *(30%)	3 mg
*% Nutrient Reference Value (NRV)	

### Nutritional Information per 50 g per 100 g

<b>Energy value</b>	<b>714.28 kJ</b>	<b>1428.56 kJ</b>
	<b>170.72 kcal</b>	<b>341.43 kcal</b>
<b>Fats</b>	<b>0.03 g</b>	<b>0.05 g</b>
of which saturated	0.03 g	0.05 g
<b>Carbohydrates</b>	<b>20.14 g</b>	<b>40.28 g</b>
of which sugars	19.34 g	38.67 g
<b>Proteins</b>	<b>21.18 g</b>	<b>42.36 g</b>
<b>Salt</b>	<b>0.03 g</b>	<b>0.06 g</b>

**Directions for use:** Take 1 serving (50 g) of the product mixed in 350 ml of water after exercise.

