



Recovery

Stock #3662-2 (14.8 oz.)

Recovery is an electrolyte-replacement drink mix designed to increase energy and endurance, reduce muscle fatigue, and speed recovery time. Recovery rehydrates the body and restores electrolytes and carbohydrates lost during physical exertion. Electrolytes—soluble minerals present in both body fluids and the blood stream—are lost via perspiration and must be replaced, especially sodium and potassium. These minerals must occur in the proper ratio to maintain cellular functions. Recovery also restores the body's pH levels to minimize muscle pain and soreness.

Recovery is recommended for use during and after physical activity or in the event of excessive perspiration. Recovery contains no saturated fat and only 50 calories in each serving. There are approximately 28 servings per canister. Each serving of Recovery provides a carbohydrate-electrolyte solution, vitamins, amino acids and antioxidants, including:

L-carnitine is an amino acid needed for efficient fatty acid metabolism, which results in cellular energy production. Fatty acids are the primary fuel for energy production in the heart muscle, thus normal heart function depends on sufficient levels of L-carnitine. Athletes commonly take L-carnitine to improve energy levels for optimum exercise performance; however, individuals suffering from chronic fatigue may also find L-carnitine helpful for increasing energy levels.¹⁻⁵

Glycine enhances energy use in the cells and is important for muscle cell metabolism. Glycine is converted in the body to creatine, which helps maintain ATP (adenosine triphosphate), the source of energy for muscle contraction.^{5,6}

L-aurine helps regulate heartbeat and promotes the pumping action of the heart. Taurine also influences blood sugar levels and regulates potassium levels in the heart. Taurine deficiency may contribute to elevated blood pressure in people with hypertension. Preliminary findings show that taurine supplementation reduces both systolic and diastolic blood pressure.^{2,5,7,8}

Vitamin A (beta-carotene) is necessary for growth and repair of body tissues, stimulates immune function, and helps protect against cardiovascular disease. Vitamin A is also a powerful antioxidant.^{6,9,10}

Vitamin B1 (thiamin) plays an essential role in carbohydrate metabolism, a major source of cellular energy, and is needed by every cell in the body to form ATP, the molecule that provides energy for the cells. Vitamin B1 also acts as a coenzyme in the conversion of glucose into energy.^{6,9,10}

Vitamin B2 (riboflavin) functions as a necessary component for the metabolism of fats and helps convert carbohydrates into ATP. Vitamin B2 is also necessary for thyroid hormone metabolism, which influences energy production.^{2,9,10}

Vitamin B6 (pyridoxine hydrochloride) is needed for carbohydrate, fat and protein metabolism, as well as for the release of stored glycogen for energy. Vitamin B6 also helps maintain the balance of sodium and potassium in the body and promotes the formation of red blood cells.^{6,9}

Vitamin B12 (cyanocobalamin) is best-known for its role in healthy blood formation, but it is also essential for the metabolism of carbohydrates, fats and protein. Insufficient levels of vitamin B12 can lead to pernicious anemia, which involves symptoms including fatigue, weakness and lightheadedness.^{6,9,10}

Vitamin C (ascorbic acid) is an important anti-stress antioxidant and vital nutrient for adrenal function. Vitamin C also strengthens the collagen structures of the blood vessels to prevent hemorrhaging and easy bruising. Research indicates that a majority of patients with heart disease (70-80%) exhibit very low blood levels of vitamin C. In addition, a recent study published in *Lancet* provides evidence that vitamin C intake increases lifespan by reducing the chances of dying from cardiovascular disease.¹¹⁻¹⁴

Biotin is needed for carbohydrate, fat and protein metabolism, and assists in the utilization of other B vitamins.^{9,10}

Chromium stimulates enzymes associated with energy metabolism and the synthesis of cholesterol, fatty acids and protein. Chromium also enhances the effectiveness of insulin.^{6,9,10}

Folic acid assists protein metabolism and is necessary for the production of red blood cells, healthy tissue growth, energy production and proper brain function.^{6,9,10}

Inositol is necessary for hair growth and production of lecithin, and is involved in the digestion and absorption of fats. Inositol also helps reduce cholesterol and prevents hardening of the arteries.^{6,9,10}

Magnesium plays a crucial role in numerous metabolic functions, including all reactions involving ATP, and is therefore, essential for the production and use of energy. Magnesium is also necessary for the proper transmission of nerve impulses and demonstrates a protective effect against stress-induced physiologic damage—magnesium deficiency increases the risk of stress-induced cardiovascular damage.^{1,15-18}

Niacinamide (vitamin B3) functions as a coenzyme to assist in the metabolism of fats and is needed for releasing

energy from carbohydrates. Niacin also helps improve circulation and is essential for healthy functioning of the nervous system.^{2,9,10}

Phosphorus assists calcium in building bones and teeth and stimulates muscle contraction. Phosphorous is also involved in the metabolism, storage and regulation of energy within the body.^{6,9,10}

Potassium helps control heart, kidney and nervous system activity. Potassium is also essential for maintaining fluid balance within the cells.^{6,9,10}

Sodium promotes normal fluid levels in the cells and helps maintain the health of the blood, lymph, muscular and nervous systems.^{2,9}

Recovery also contains fructose, citric acid, natural orange flavor, maltodextrin, rice syrup solids and xanthan gum.

References:

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