

# ELEVATE RECOVERY

## WORKOUT RECOVERY FORMULA

Power through recovery with our advanced ready-to-mix formula, designed to refuel, repair, and recharge your body after every workout. Packed in convenient, delicious stick packs, this formula is your go-to solution for faster recovery and better performance.

### PeptiStrong™

PeptiStrong™, a bioactive peptide blend, supports muscle recovery by reducing muscle protein breakdown and enhancing muscle protein synthesis. Clinical studies show it aids in improving muscle strength and overall physical performance, making it a crucial component for faster recovery after strenuous exercise.

<https://www.nuritas.com/products/peptistrong/>

### CherryPURE® Tart Cherry Extract

CherryPURE®, derived from tart cherries, is rich in anthocyanins and antioxidants that naturally reduce inflammation and oxidative stress. It is clinically shown to alleviate muscle soreness, accelerate recovery times, and improve sleep quality, all of which are critical for optimal workout recovery.

<https://www.advancedingredients.com/products/cherrypure>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4647629/>

### Black Cumin Seed Extract

Black cumin seed extract is packed with thymoquinone, a potent compound known for its anti-inflammatory and antioxidant effects. This helps combat post-exercise inflammation, minimize oxidative damage, and promote faster healing of stressed muscles, enhancing overall recovery.

[https://www.researchgate.net/profile/Mastour-Al-Ghamdi/publication/287760233\\_anti-inflammatory\\_analgesic\\_and\\_antipyretic\\_of\\_NS/links/5679287508ae3d488d27fcad/anti-inflammatory-analgesic-and-antipyretic-of-NS.pdf](https://www.researchgate.net/profile/Mastour-Al-Ghamdi/publication/287760233_anti-inflammatory_analgesic_and_antipyretic_of_NS/links/5679287508ae3d488d27fcad/anti-inflammatory-analgesic-and-antipyretic-of-NS.pdf)

### Creatine Monohydrate

Creatine monohydrate replenishes ATP, the primary energy currency of your muscles, which gets depleted during high-intensity workouts. By restoring energy reserves, it helps improve workout performance and supports muscle repair, ensuring you're ready for your next training session.

### L-Glutamine

L-Glutamine is a key amino acid that aids in repairing muscle tissue damaged during exercise. Additionally, it supports gut and immune health, which are often compromised during intense training cycles, ensuring a holistic approach to recovery.

### Vitamin D3

Vitamin D3 enhances calcium absorption and promotes muscle function, reducing the risk of strains or injuries. It also boosts immune health and has been linked to improved muscle recovery and strength, making it an essential nutrient for active individuals.

### Supplement Facts

Serving Size: 1 sachet | Servings Per Container: 15

|                                                                                                                                           | Amount Per Serving | %Daily Value |
|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------|
| Vitamin D (as Cholecalciferol)                                                                                                            | 25 mcg             | 125%         |
| <b>Elevate Recovery Complex</b>                                                                                                           | <b>8.08 g</b>      | <b>†</b>     |
| Creatine Monohydrate, PeptiStrong™ PLUS (Vicia faba) Fava Bean Peptides, L-Glutamine, CherryPURE® Tart Cherry Powder, Black Seed Extract. |                    |              |

† Daily Value not established

**Other Ingredients:** Natural Flavors, Citric Acid, Reb M Stevia Extract, Natural Colors.

