

RECOVERA[®]

**CONTROL
YOUR ENERGY.**

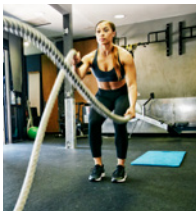


RECOVERA®

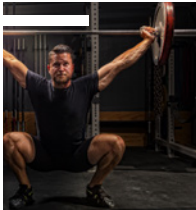
CONTROL YOUR ENERGY.



POWER



SHAPE & TONE



HARDCORE



ENDURANCE

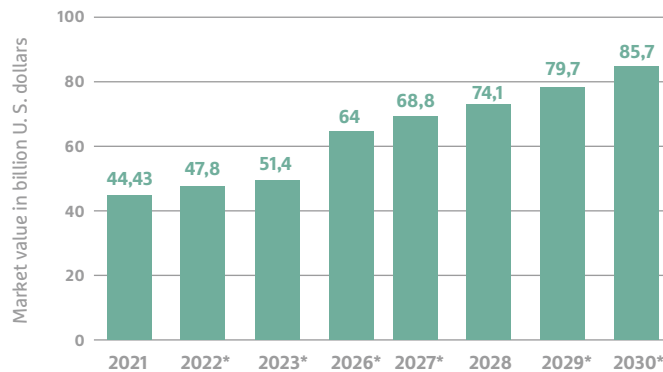


HEALTHY LIFESTYLE

The sports nutrition market is growing globally. An increasing number of health-conscious consumers adopt a proactive approach towards exercise and nutrition. To optimize performance, recovery and weight, consumers are increasingly seeking to control their body energy. Performance-oriented exercisers are looking to manage their ability to replenish muscle glycogen, to optimize shape and tone or to build lean muscle. Moreover, everyday exercisers want to better manage their daily glucose levels with a focus on long-term health and wellness.

SPORTS NUTRITION MARKET WORLDWIDE FROM 2021 TO 2030

(in billion U. S. dollars)



Source: <https://www.statista.com/statistics/450168/global-sports-nutrition-market/>

Sourcing and manufacturing

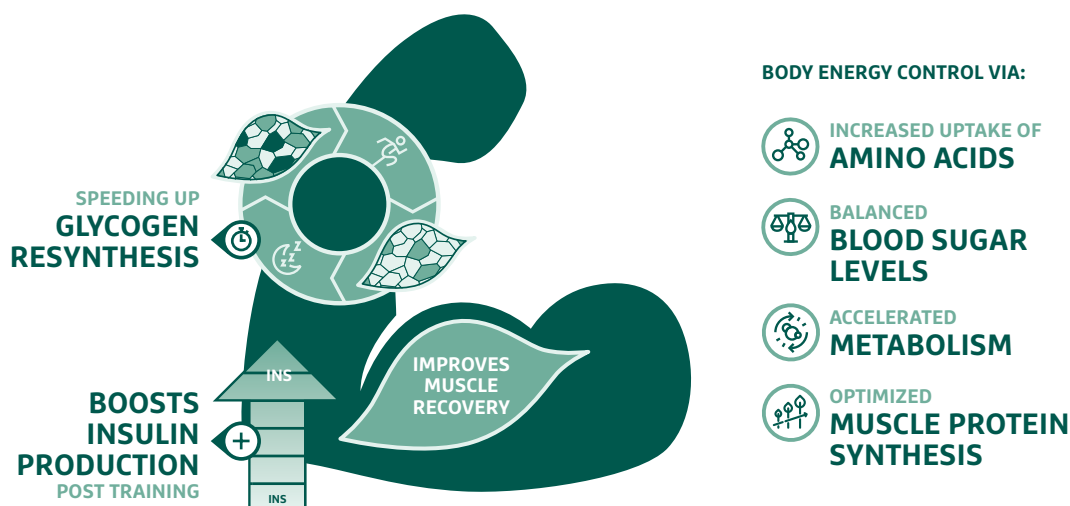
RECOVERA is based on the cactus plant *Opuntia ficus-indica*, commonly known as prickly pear, which is sourced from controlled cultivation structures. Uniquely, both the cladodes and the fruit skins are processed for **RECOVERA**. Our expertise in extracting the efficacy from botanicals ensures that each batch meets the highest quality standards.



PRICKLY PEAR
Opuntia ficus-indica

Energy control with confidence

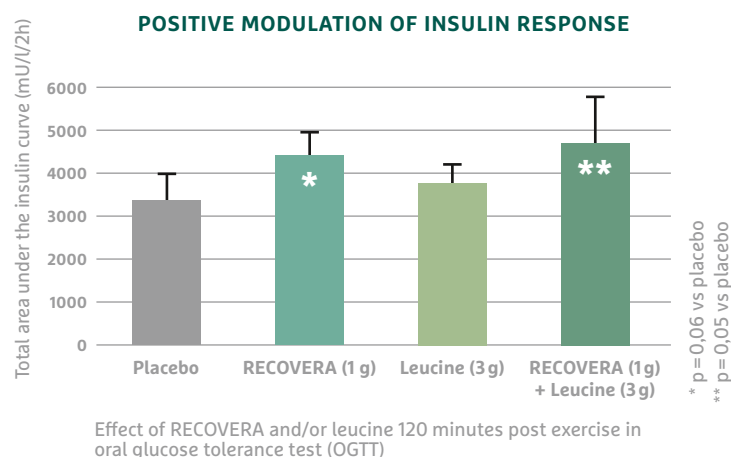
RECOVERA potentiates the role of insulin in the body and decreases blood glucose concentration after meal, which helps to reduce lethargy and fatigue. **RECOVERA** supports increased uptake of amino acids into the muscle and optimizes post-exercise adaptation (muscle protein synthesis).



Benefits of RECOVERA

Our research results show:

- A positive effect on stimulating insulin secretion in addition to decreasing blood glucose in healthy sports people.
- An optimal dose is 1,000 mg, however, 400 mg will stimulate insulin secretion and significantly lower blood glucose levels.
- An important synergistic effect with leucine, whereby there is greater release of insulin than leucine alone.



1 REF: Van Proeyen K, Ramaekers M, Pischel I, Hespel P. Opuntia ficus-indica ingestion stimulates peripheral disposal of oral glucose before and after exercise in healthy men. Int J Sport Nutr Exerc Metab. 2012 Aug;22(4):284-91. Epub 2012 Jul 4. PubMed PMID: 22805855.

2 REF: Deldicque L, Van Proeyen K, Ramaekers M, Pischel I, Sievers H, Hespel P. Additive insulinogenic action of Opuntia ficus-indica cladode and fruit skin extract and leucine after exercise in healthy males. J Int Soc Sports Nutr. 2013 Oct 21;10(1):45. doi: 10.1186/1550-2783-10-45. PubMed PMID: 24144232

RECOVERA is the only prickly pear extract combining cladode and fruit skins of *Opuntia ficus-indica*, carefully extracted to preserve the precious active compounds. RECOVERA potentiates the role of insulin and supports energy management and blood glucose control.

At a glance:

- ✓ Stimulates insulin secretion pre- and post-exercise
- ✓ Decreases blood glucose levels especially post meal
- ✓ Increases nutrient uptake
- ✓ Optimises recovery through muscle glycogen storage
- ✓ Supports lean muscle growth especially in protein combinations
- ✓ Is versatile to use in several formats and formulations

Various applications:

- | | |
|---|---|
|  Instant powders |  Soft gel capsules |
|  Gummies |  Capsules |
|  Bars |  Shots |

More benefits:

- ✓ Vegan version available
- ✓ Non-GMO
- ✓ No artificial colors or flavors
- ✓ Preservative-free
- ✓ Water-soluble powder



PRICKLY PEAR EXTRACT
Opuntia ficus-indica

BOTANICAL PART(S) USED:
Cladodes and fruit skins

EXTRACT COMPOSITION:
Native Opuntia Ficus-Indica extract, Hydrolyzed Collagen (excipient); Vegan version: Pea Protein Hydrolysate (excipient)

INTELLECTUAL PROPERTY BASED ON WO2009060024:
Extract formulation of Opuntia ficus-indica

Awarded:



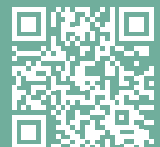
Would you like to try RECOVERA?

Discover our wide range of concepts tailored to different consumer groups: from power exercisers up to anyone living a healthy life. We are looking forward to hearing from you.

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