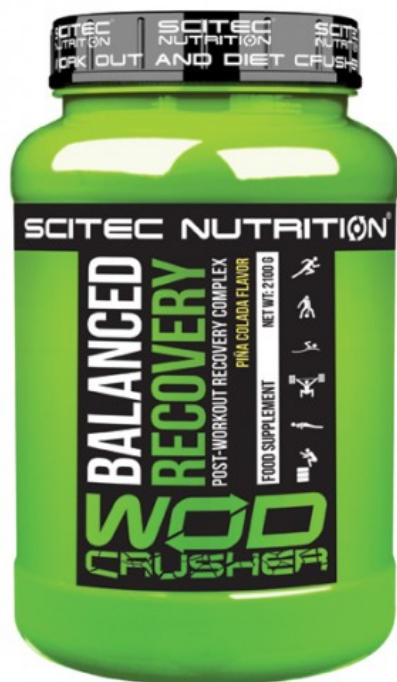


Scitec Nutrition BALANCED RECOVERY



Product Categories: [Wod Crusher](#)

Product Page: <https://topsupplement.co.uk/product/balanced-recovery>

Product Variants

- Scitec Nutrition BALANCED RECOVERY - Chocolate Hazelnut (#712)
- Scitec Nutrition BALANCED RECOVERY - Pina Colada (#713)
- Scitec Nutrition BALANCED RECOVERY - Strawberry Cream (#714)

Product Summary

Directions

Mix 1 serving (70 g) in 400 ml water. Best time to use is after a workout. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such!

Allergen info

Made from milk protein. Manufactured in a facility that processes milk, soy and egg proteins, and gluten, peanuts! Contains soy lecithin!

Warnings

Keep out of reach of children! don't exceed the recommended daily dosage!

Flavor

Chocolate Hazelnut, Strawberry Cream, Piña colada

Size

2100 g - 30 servings

Product Description

Most intense exercise regimens – including CrossFit® and other high-intensity functional training styles – burn up a lot of carbohydrates and tear down muscle tissue, therefore efficient recovery requires reloading carbohydrates and protein or amino acids, as well as some other micronutrients such as electrolytes, and of course water. Managing inflammation can be useful as well. Especially critical is this nutritional support post-workout if additional exercise sessions are scheduled for the same day!

WOD CRUSHER's BALANCED RECOVERY post-workout recovery formula is engineered to provide significant and balanced support with its advanced proteins and carbohydrate matrix, plus several useful extra ingredients as fortification!

ADVANCED PROTEINS: our formula is based on what is regarded as the best of the best – hydrolysed whey protein, which is an enzymatically “pre-digested” protein, it's already broken down to some extent in similar fashion to digestion, therefore its absorption and utilization is the greatest. Whey protein is the industry standard even in the CrossFit® world, since its biological value is the highest! Protein's role is well-known, but in highlights: protein can contribute to the maintenance or

growth of muscle mass, and to the maintenance of normal bones!*

ADVANCED CARBOHYDRATE MATRIX: in a specific ratio to protein, we provide a carbohydrate matrix that features different release-time carbs. Fast and sustained release characteristic substances are both included, among them Palatinose™ and Highly Branched Cyclic Dextrin!

EXTRA AMINO ACID support: we added the amino acid Taurine, which is a semi-essential amino acid that acts as a lipid membrane stabilizer in the body and can aid various anti-oxidant defense systems.

EXTRA IMMUNE support: Vitamin C helps to protect cells from oxidative stress and contributes to normal collagen formation for the normal function of cartilages, bones, blood vessels, gums, teeth and skin*. Vitamin C also contributes to maintain the normal function of the immune system during and after intense physical exercise (the beneficial effect is obtained with a daily intake of 200 mg in addition to the recommended daily intake of Vitamin C)!*

BALANCED RECOVERY also contains electrolytes (Potassium, Chloride, Sodium, Calcium, Magnesium). Potassium contributes to normal muscle function, helps with the normal functioning of the nervous system and the maintenance of normal blood pressure!*

Bromelain is a pineapple extract, a mixture of protein-digesting enzymes called proteases.

**These statements have been scientifically proven by the European Food Safety Authority (EFSA) and authorized by the European Commission (EC).*

Product Gallery

