



# Muscle Recovery 750 g Sport Live Drasanvi

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## Description

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After working out, the body needs to recover. It is thus critical to provide the body with those nutrients consumed during exercise. Drasanvi's Recovery Drink offers high molecular weight carbohydrates, such as amylopectin, and vegetable proteins with a 3:1 ratio.

## Ingredients

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Amylopectin (Contains SULPHITES) 32.880 mg, Pea Protein 7.000 mg, Rice Protein 4.000 mg, **Hydrolysed Marine Collagen (Contains FISH)** 3.000 mg, Flavour (*Watermelon Flavour*), Coconut Water (*Cocos nucifera*) 1.000 mg, Omega 3 100 mg, Sweetener (*Sucralose*)

## Directions

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Consume 2 scoops (50 g) dissolved in 500 ml of water after physical exercise. Food intended for adults who have performed high-intensity or long-term physical exercise that leads to muscle fatigue and depletion of glycogen stored in skeletal muscles

## Presentation

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Contains 750 g (26.46 oz)

## Warnings

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Food supplement based on vegetable proteins, collagen and DHA with sweetener.

Food supplements should not be used as a substitute for a balanced diet. Do not exceed the expressly recommended daily dose. Keep out of the reach of small children Store in a cool, dry place. Contains fish The beneficial effect is obtained by consuming carbohydrates from all sources at a total intake of 4 g per kg of body weight, in doses taken within four hours (or at most six) after the end of exercise high-intensity or long-duration exercise leading to muscle fatigue and depletion of glycogen stores in skeletal muscles

## Additional Information

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### **Amylopectin Carbohydrates**

We exclusively use Amylopectin by Cargill as a source of carbohydrates. Its major role is to replenish the muscle and liver glycogen stores. Amylopectin is a type of carbohydrate with a high molecular weight and low osmolarity. These properties minimize the risk of stomach problems and improve the body's response rate.

## Vegetable Proteins

Protein is crucial for muscle recovery after exercise. Drasanvi has selected vegetable proteins to balance protein consumption. According to the WHO, 75% of the protein intake should come from vegetable sources and 25% from animal foods. In addition, Drasanvi's vegetable proteins contain minerals, are easier to digest and reduce the production of uric acid, a common metabolite from vegetable protein consumption.

## Enriched with low molecular weight Hydrolyzed Marine Collagen

Marine Collagen is a protein of animal origin, with a very specific amino acid sequence. Collagen is the chief component in articular cartilage, muscles and tendons. Drasanvi incorporates Marine Collagen, which is backed up by assimilation studies, versus other collagen sources.

## Coconut water

This product is enriched with coconut water. Regular recovery drinks are made of variable ratios of carbohydrates and proteins. However, the consumption of additional nutrients is necessary in order to achieve optimal results. Drasanvi has added coconut water, which is rich in several electrolytes, including potassium.

## Nutrition Facts

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Per 100 g

|                    | <b>Per 100 g</b>         | <b>Per daily dose (50 g)</b> |
|--------------------|--------------------------|------------------------------|
| Energetic value    | 1.563,98 KJ (373,8 Kcal) | 782 KJ (186,9 Kcal)          |
| Fats               | 0,2 g                    | 0,1 g                        |
| of which saturated | 0 g                      | 0 g                          |
| Carbohydrates      | 64 g                     | 32 g                         |
| of which sugars    | 1 g                      | 0,5 g                        |
| Proteins           | 29 g                     | 14,5 g                       |
| Salt               | 0,18 g                   | 0,09 g                       |

# Allergen Information

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Fish, Sulphides,

# Certifications

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