

Does *your* sports drink address all 7 major metabolic processes for peak performance and recovery?

Didn't think so.

That's why you need *LivingFuel InSportRecovery™*, the most scientifically advanced, high-performance sports drink on earth.

Some sports drinks rehydrate you. Others replenish glycogen stores. Still others aid in muscle recovery. But until now, there hasn't been a single sports drink that addresses all of the seven major metabolic processes that are involved in peak performance and recovery. The newest breakthrough in sports drinks, InSportRecovery, does just that. ISR addresses all three energetic pathways to ATP including Aerobic (Kreb cycle), and Anaerobic (glycolysis) and (creatine phosphate). As an all-in-one sports, energy, and recovery drink, it supports you in *every* phase of performance. And that means you can train harder. Perform Better. Recover Faster.

InSportRecovery, fast acting, highly digestible, and anti-cramping, is formulated for maximum energy and performance and endurance. Its breakthrough formula ensures maximum bioavailability of nutrients and superfood ingredients that work together synergistically. Use InSport Recovery before, during, and after your workouts and competitions ... and watch your performance soar.

With its advanced formula based on the very latest sports and nutrition science, every serving of InSportRecovery:

1. **Hydrates.** Water is the foundation of hydration, but involves much more than just water; your body also requires specific minerals like potassium, magnesium, sodium and more for optimum functioning and performance. In fact, water alone can be counterproductive. Research shows that water alone can have a diuretic effect while the presence of carbohydrate, protein, electrolytes and amino acids in fluids helps the body more easily attain proper hydration balance.ⁱ InSportRecovery replaces the loss of essential electrolyte and trace minerals needed to help regulate temperature and support cardiac, muscle, and nerve function. A study published in *Exercise and Sport Sciences Reviews* demonstrated that athletes who consume liquids enhanced with carbohydrates and electrolytes while working out can train for longer periods of time and take longer to reach the point of fatigue.ⁱⁱ
2. **Restores glycogen.** During moderate to intense exercise, your body uses muscle glycogen for fuel. Replacing it is essential for optimal exercise recovery. According to a study published in the *Journal of Sports Science and Medicine*,ⁱⁱⁱ adding protein to a carbohydrate supplement enhances the efficiency of muscle glycogen storage and helps limit post-exercise muscle damage. The carb/protein ratio along with essential amino acids in InSportRecovery is precisely balanced to optimize recovery.



InSportRecovery is a perfectly balanced carbohydrate/protein performance fuel with all the minerals, vitamins, amino acids, and antioxidants needed for training, competition, and fast recovery.

3. **Quenches oxidation.** Exercise increases oxidative stress. In fact, muscles used during exercise will generate 100 times the free radicals compared to a resting state. According to a study performed at the University of North Carolina,^{iv} antioxidants delivered in a carbohydrate drink can help to counteract this damaging effect, reducing muscle damage and muscle soreness after workouts. InSportRecovery is the only formula designed to help the body quench all five major classes of reactive oxygen species by including the most potent broad-spectrum antioxidants such as vitamins C and E, quercetin, alpha lipoic acid, MSM, and more.
4. **Mitigates inflammation.** Athletes who train at high intensity or for long periods of time can experience damaging chronic inflammation, which can hinder performance and recovery. Studies, such as one conducted at the University of Connecticut's Human Performance Laboratory,^v demonstrate that a formula containing branched chain amino acids, taurine, anti-inflammatory plant extract, and B vitamins, help mitigate inflammation (thus decreasing pain) and boost strength, power, and energy. Based on this research, InSportRecovery provides these powerful anti-inflammatory ingredients and more.
5. **Helps balance the hormones needed for recovery.** Exercise actually breaks down muscle tissue. You get stronger when your body rebuilds it. Your body uses anabolic hormones for this repair process, which is virtually the same process it uses for wound healing. According to a study published in *Open Access Journal of Plastic and Reconstructive Surgery*,^{vi} protein and certain amino acids play a large role in anabolic healing and rebuilding. That's why InSportRecovery includes egg white protein, SuperEssentials Aminos® Proprietary Complex that contains all the essential amino acids including: L-Leucine, L-Glutamine, and L-Arginine, major contributors to the anabolic repair process.
6. **Supports a healthy immune response.** It's no secret among athletes that rigorous training can impair immune function. By giving your body specific, proven nutrients, you can maintain healthy immune function. Research performed by Vanderbilt University and the U.S. Marine Corps demonstrated that carb/protein sports drinks can play an important role in optimizing health for athletes. Given after vigorous exercise, they reduced bacterial infections by 28%. Another study showed that "nutritional supplementation with glutamine, carbohydrate, antioxidants, or PG-inhibitors may, in principle, influence exercise-associated immune function."^{vii} InSportRecovery provides those nutrients that are shown to support a healthy immune system: carbohydrate and protein, along with amino acids and antioxidants.
7. **Promotes structural recovery.** To build a strong structure, you need quality raw material. The building blocks of muscle are amino acids. A study at James Madison University illustrates just how important protein and amino acids are: study participants who consumed a carb/protein drink had 83% less muscle damage than those who used a carb-only drink. InSportRecovery provides amino acids in the form of egg white protein and in its SuperEssentials Aminos® Proprietary Complex.

InSportRecovery contains NO soy, dairy, gluten, stimulants, artificial colors, artificial sweeteners, or artificial flavors.

ⁱ <http://www.traceminerals.com/research/electrolytes>

ⁱⁱ Coggan AR, Coyle EF. **Carbohydrate ingestion during prolonged exercise: effects on metabolism and performance.** *Exercise and Sport Sciences Review.* 1991; 19:1-40.

ⁱⁱⁱ Ivy JL. **Regulation of Muscle Glycogen Repletion, Muscle Protein Synthesis and Repair Following Exercise.** *Journal of Sports Science and Medicine.* September 2004.

^{iv} Bryer SC, Goldfarb AH. **Effect of high dose vitamin C supplementation on muscle soreness, damage, function, and oxidative stress to eccentric exercise.** *International Journal of Sport Nutrition and Exercise Metabolism.* 2006 Jun; 16(3): 270-80.

^v Dunn-Lewis C, et al. **A multi-nutrient supplement reduced markers of inflammation and improved physical performance in active individuals of middle to older age: a randomized, double-blind, placebo-controlled study.** *Nutrition Journal* 2011, **10**:90

^{vi} Demling, RH. **Nutrition, Anabolism, and the Wound Healing Process: An Overview.** *Open Access Journal of Plastic and Reconstructive Surgery.* 2009; 9:e9.

^{vii} Pedersen BK, et al. **Exercise and the immune system—influence of nutrition and ageing.** *Journal of Science and Medicine in Sport.* 1999 Oct;2(3):234-52.