



Just Whey Recovery

RED 8 | R81046, R81047



- Great tasting blend of protein and carbohydrate for energy and muscle recovery
- Contains high carbohydrate content to support endurance athletes and recovery process
- Contains Leucine – an amino acid utilised in muscle recovery

SUITABLE FOR

- Individuals seeking a post workout recovery protein shake
- Individuals engages in high intensity or endurance based sports where it is beneficial to consume carbohydrate with protein

DIRECTIONS FOR USE

Blend 90g (approx 7 level scoops) of Just Whey Recovery with water or milk.

Best taken immediately after exercise or supplemented accordingly with nutrition requirements through the day.

Maximum servings per day 3.

FREE FROM

- Gluten
- Soy
- Artificial sweetener
- Artificial colouring

FLAVOURS

- Chocolate
- Vanilla

CAUTIONS

- Contains milk products.
- Should be used in conjunction with an appropriate physical training or exercise program
- Not a sole source of nutrition and should be consumed in conjunction with a nutritious diet
- Not suitable for children under 15 years of age or pregnant women unless advised by a healthcare practitioner

ADDITIONAL INFORMATION

Protein and Exercise Recovery

During strenuous exercise some protein in the muscle are broken down. There is some research suggesting that taking protein within half an hour of finishing exercise may help the process of building and repairing muscle. The amount of protein required maybe as little as 6g. Taking protein with some source of carbohydrate has been shown to be beneficial because the carbohydrate will increase insulin levels which stimulate the uptake of protein into the muscle.

PACK SIZES

- R81046 - 1kg - Chocolate
- R81047 - 1kg - Vanilla

ACTIVE INGREDIENTS

Dextrose Monohydrate

Whey Protein Isolate

Whey Protein Concentrate

Cocoa (Chocolate Flavour only)

L-Leucine

Nature identical flavouring

Natural Sweetener (Chocolate Flavour only)

Cream Powder (Chocolate Flavour only)