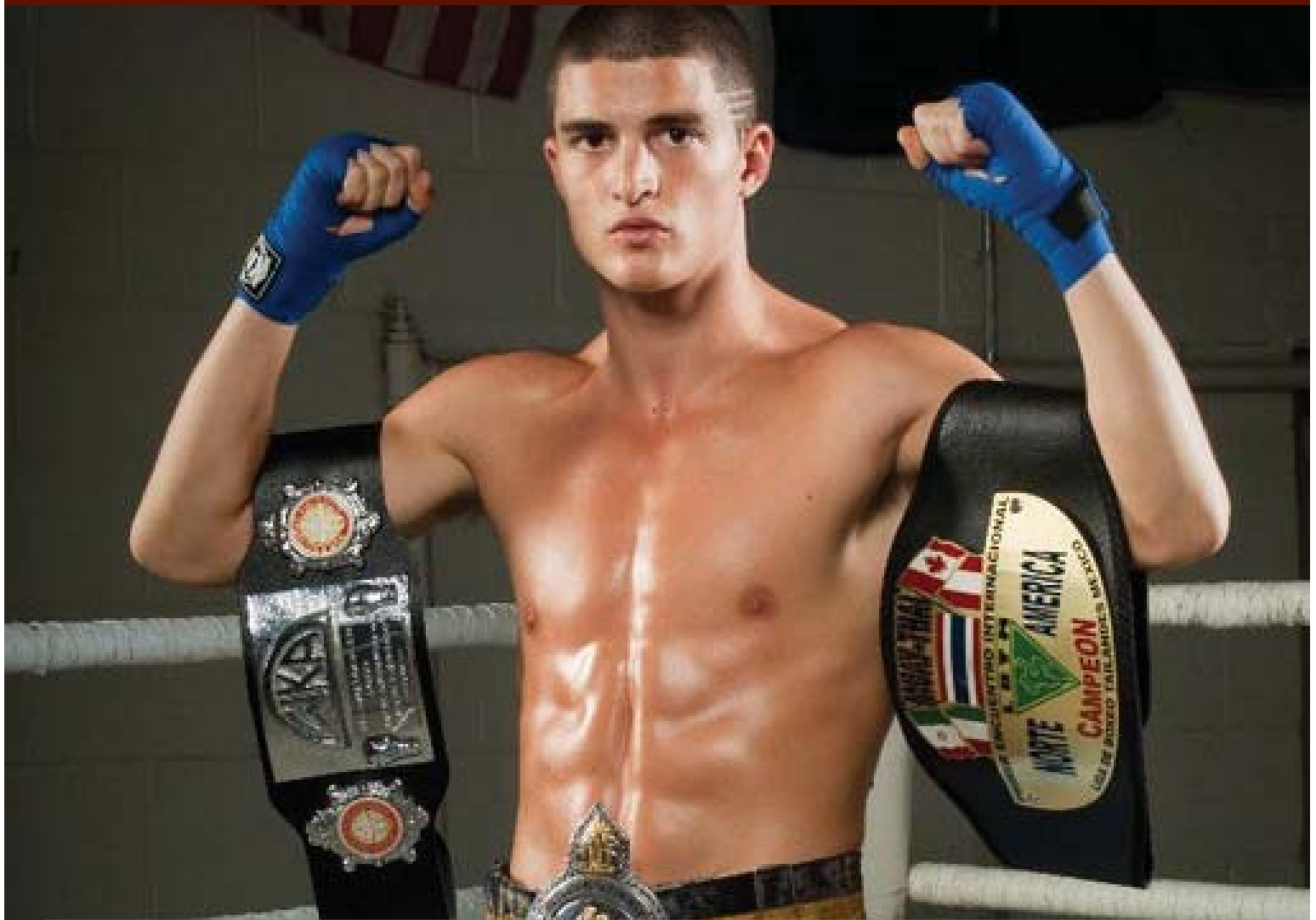


# nutrisport®

## POST-WORKOUT NUTRITION



*Train like a Beast. Recover like a Champion. NUTRISPORT® – Nutrition for Champions.*

For anyone who knows Muay Thai, they understand how physically demanding it is, particularly at the competitive level. Training requires commitment, hard work and involves a number of elements, including conditioning, endurance, Thai boxing technique, heavy bag work and pad work. Since training can involve six hours in my day, recovery from training is also important.

Since taking **NUTRISPORT®** Post-Workout bars, I have noticed my recovery time after

training is much faster and I feel stronger. If it can work for me, **NUTRISPORT®** can work for you too – whether you are a recreational athlete – or a competitive one.

### **MATT EMBREE**

2007 World Amateur Muay Thai Champion – Gold  
2008 WKA North American Amateur Muay Thai Champion  
2008 Northern Thailand Champion  
2010 Northern Thailand Champion



# nutrisport®

FOR WOMEN

FOR MEN

## POST-WORKOUT NUTRITION

There are certain basic principles that apply to everyone – whether you are an athlete or not – in order to maintain a healthy lifestyle.

- making healthy food choices, including eating less fat, particularly from saturated sources
- maintaining a healthy weight
- making exercise a regular part of your daily routine

If you are already committed to regular physical activity, you know the importance of healthy eating and its impact on endurance, speed, and strength. But it is not only important knowing what to eat. It is equally important knowing when to eat to optimize athletic performance, delay fatigue, and aid recovery. A healthy, balanced diet allows your body not only to perform at its best, but also to recover sufficiently to derive the maximum benefit from your hard work.

Nutritional science continues to be an evolving discipline, and plenty of research has been done on what to eat before you work out. Lately, more recognition has been given to the post-workout meal, particularly for the recreational athlete. The post-workout meal is important for both muscle building and losing body fat.

To maintain a lean body for life means raising your overall metabolic rate by building and maintaining lean muscle mass throughout your body. By consuming a good quality meal after every workout, you assist your body in repairing and building lean muscle. The more lean muscle you have, the greater your fat-burning potential. Lean muscle results in a higher metabolic

rate even when resting, enabling you to burn more calories 24 hours a day. You will find it much easier to lose fat, and much easier to stay lean over the long term.

During exercise, the body uses stored muscle glycogen (carbohydrates) to fuel the body. After an intense workout, muscle glycogen stores become depleted and need to be replenished. This makes muscles more receptive to accepting key nutrients which aid in muscle development and recovery.

Researchers believe that the ideal post-workout meal combines both protein and carbohydrates, and that there is a 30- to 60-minute window of time that exists after working out which is most beneficial to promote the rebuilding and repair of muscles.

NutriSport is a post-workout bar which has been specially formulated to increase the recovery process following an intense workout. NutriSport contains a special protein blend which new research shows prolongs amino acid absorption and increases the amount of muscle tissue that is rebuilt – thus promoting faster recovery after exercise.

NutriSport also provides a balance of carbohydrates to replenish glycogen stores as well as key nutrients to increase energy, reduce muscle stress and speed up the muscle recovery process.

Since men and women have different physiological responses to exercise, the nutritional requirements of a post-workout bar also vary. The nutritionists at NutriSport have developed these nutrition bars specifically for Men and Women that take into account these differences so that optimal performance and health can be achieved.



# nutrisport<sup>®</sup>

FOR WOMEN

FOR MEN

## POST-WORKOUT NUTRITION

### NUTRISPORT<sup>®</sup> FOR WOMEN

- High Quality Protein blend, which promotes the repair and rebuilding of muscle tissue.
- Fast absorbing Carbohydrates to effectively refuel depleted muscle glycogen.
- 24 Vitamins and Minerals replenishing crucial nutrients required for muscle growth.
- Panax Ginseng to enhance physical capacity and performance.
- Additional B Vitamins which are found to be frequently low in female athletes:

Vitamin B2- Required for energy production which helps reduce post workout fatigue. Vitamin B6- Vital for the body to produce proteins which aid in muscle growth. Folate & B12- supports red blood cell production for increased muscle tissue growth, repair and maintenance.

### NUTRISPORT<sup>®</sup> FOR MEN

- High Quality Protein blend, which promotes the repair and rebuilding of muscle tissue.
- Fast absorbing Carbohydrates to effectively refuel depleted muscle glycogen.
- Creatine to replenish lost energy and support increased lean muscle mass development.
- L-Glutamine which prevents muscle breakdown and aids in the production of new muscle.
- 24 Vitamins and Minerals replenishing crucial nutrients required for muscle growth.
- Panax Ginseng to enhance physical capacity and performance.
- Increased amount of Protein to accommodate men's larger body mass.

