

NUTRITION FACT SHEET

JUICE REVOLUTION SPORT RANGE



LEVEL UP Sport-Recovery

POST-WORKOUT // 100% NATURAL PEANUT BUTTER SMOOTHIE

INTRODUCTION // Juice Revolution's new sports range is the first cold-pressed raw fruit and vegetable juice drink scientifically designed for sports people in South Africa. In response to demand from the sporting community, founder Fiona Stander in collaboration with established registered dietitian Cara Humphrey Kruger (BSc Dietetic, Sports Nutrition) developed five drinks that provide pre, post and during- workout nutrition for athletes and sports enthusiasts.

INGREDIENTS // Full fat yoghurt, Low fat milk, Peanut oil, Peanuts, Banana, Raw honey, Vanilla extract. No preservatives, flavourants or colourants.

PRODUCT FEATURES // Designed specifically to consume after workouts or competitive events, **LEVEL UP Sport-Recovery** contains a combination of whole food protein and carbohydrates which provide a wide range of nutrients aimed at promoting muscle repair, recovery and rehydration after intense workouts. LEVEL UP Sport-Recovery is a delicious and effective post workout refuel beverage.

THE RESEARCH // Prolonged and high-intensity exercise causes a considerable breakdown of muscle protein and consuming the nutrients can enable faster muscle repair and recovery post-workout. During the recovery phase, there is a reduction in catabolic (breakdown) processes and a gradual increase in anabolic (building) processes, which continues for at least 24 hours after exercise. Recent research has shown that early intake after exercise (within the first hour) of essential amino acids from good quality protein foods helps to promote the increase in protein rebuilding. Consuming protein in beverages, meals and snacks even after this "window of opportunity" will further promote protein synthesis, though the rate at which it occurs is less studies show. Among other benefits, the consumption of milk after endurance exercise significantly increases skeletal muscle synthesis and is effective at maintaining muscle glycogen during the recovery period.

QUALITY ASSURANCE // **LEVEL UP Sport-Recovery** is a 100% natural peanut butter smoothie made from locally sourced hormone-free dairy yoghurt and milk, cold processed peanut oil, raw peanuts, banana, honey and vanilla extract. After careful blending the smoothie is blast frozen, locking in all the goodness until you're ready to enjoy Mother Nature's wholesome bounty.





ACTIVE INGREDIENTS

DAIRY MILK AND YOGHURT // Dairy milk and yoghurt contain the BCAA's leucine, isoleucine and valine as well as the remaining seven essential amino acids, all of which serve to preserve and repair muscle tissue. Research has shown that leucine is particularly important to muscle growth, as your muscles readily convert leucine into energy during exercise, which prevents the breakdown of muscle tissue. Milk also contains lactose, a natural sugar which your body uses to replenish your energy stores. Milk has a high water content which provides proper hydration to improve muscle recovery and is high in the electrolytes, sodium and potassium, which improve re-hydration by retaining the fluids you consume post workout.

PEANUT OIL // Peanut oil contains resveratrol, a polyphenol antioxidant, which studies suggest increases the production of the vasodilator hormone, nitric oxide. Peanut oil contains valuable amounts of the antioxidant vitamin E. which protects cell membranes from harmful oxygen-free radicals.

PEANUTS // Peanuts are packed full of proteins for hard-core athletes and active persons which help repair damaged tissues and cells. Peanuts contain high amounts of arginine, an amino acid which is a precursor for nitric oxide which opens blood vessels, allowing for better blood flow and circulation throughout the body and especially to active muscles.

BANANA // Scientific studies have shown that in addition to their favorable sugar profile, bananas also have phenolics such as dopamine that help reduce free oxygen radicals produced during high intensity exercise. Bananas enhance recovery time by reducing inflammation and improving an athlete's ability to handle oxidative stress.

Nutritional information			
Typical Nutritional Information	Per 100ml	Per serving 340ml	Per serving 500ml
Energy (Kj)	576.2	1959	2880.9
Protein (g)	4.6	15.6	22.9
Carbohydrate (g)	14.8	50.4	74.2
as sugars (g)	12.5	42.6	62.6
Total fat (g)	6.6	22.5	33.0
Dietary fibre** (g)	1.0	3.5	5.1
Total sodium (mg)	41.5	141.2	207.4
Calcium (mg)	97.4	331.3	487.0
Magnesium (mg)	21.8	74.2	109.0
Potassium (mg)	158.1	537.7	790.4

** Method of Analysis - AOAC -991.43

Recommended use	340ml	500ml
After workout	Consume 1-2 servings directly after exercise or an event	Consume 1 serving directly after exercise or an event
It is important to ingest the right combination of nutrients 30 minutes to 1 hour after exercise as recovery after a prolonged and high-intensity exercise encompasses a complex range of processes: the replacement of fluid and electrolytes lost in sweat; manufacture of new muscle protein and red blood cells; re-fuelling of the muscle and liver glycogen (carbohydrate) stores and allowing the immune system to process the damage caused by the exercise.		

PRODUCT BENEFITS SUMMARY

- **Rehydration:** Provides fluids and electrolytes essential to promoting re-hydration and replenishment of electrolytes depleted after high intensity and prolonged training or competitive events lasting 2 hours or longer.
- **Muscle repair:** Provides 23g per 500ml serving of protein including BCAA's for muscle repair and recovery.
- **Muscle recovery:** Provides antioxidants and 74g per 500ml serving of easily digested carbohydrate to promote recovery of muscle glycogen depleted after high intensity.

The Juice Revolution Sports Range is a product of the Juice Revolution Company; the full range consists of: **BEET IT Sport-Prep, IGNITE Sport-Active, RELOADED Sport-Recovery, LEVEL UP Sport-Recovery and MUSCLE MEMORY Sport-Recovery.**

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