

NUTRITION FACT SHEET

JUICE REVOLUTION SPORT RANGE



MUSCLE MEMORY Sport-Recovery

POST-WORKOUT // 100% NATURAL CHOCOLATE MILK

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 // Low fat milk, Almonds, Cacao, Raw honey, Vanilla extract. No preservatives, flavourants or colourants.

PRODUCT FEATURES // Designed specifically to consume after workouts or competitive events, **MUSCLE MEMORY 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. MUSCLE MEMORY 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. 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. 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 // **MUSCLE MEMORY Sport-Recovery** is a 100% natural chocolate milk made from locally sourced hormone-free dairy milk, raw untreated almonds, cacao powder, honey and pure vanilla extract. The nutritious blend is blast frozen, locking in all the goodness until you're ready to enjoy Mother Nature's wholesome bounty.





ACTIVE INGREDIENTS

DAIRY MILK // Milk contains 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 high water content which provides proper hydration to improve muscle recovery and is high in the electrolytes, sodium & potassium, which improve re-hydration by retaining the fluids you consume post workout.

ALMONDS // Clinical studies show that almond nutrients, which include an array of antioxidants, could increase antioxidant defense and protect susceptible macromolecules against oxidation locally and systematically in individuals with enhanced oxidative stress. In addition, when compared ounce for ounce, almonds are the tree nuts highest in protein, fiber, calcium, vitamin E, riboflavin and niacin; and the best source of 6 of the 13 nutrients for which there are Daily Recommended Values.

CACAO // Cacao is high in phytonutrients (flavonoids), which are powerful antioxidants with anti-inflammatory and immune system benefits.

Nutritional information			
Typical Nutritional Information	Per 100ml	Per serving 340ml	Per serving 500ml
Energy (Kj)	418.1	1421.6	2090.6
Protein (g)	4.6	15.7	23.2
Carbohydrate (g)	10.9	37.1	54.6
as sugars (g)	8.0	27.1	39.8
Total fat (g)	4.3	14.6	21.5
Dietary fibre** (g)	2.0	6.8	9.9
Total sodium (mg)	41.3	140.4	206.5
Calcium (mg)	122.9	417.8	614.4
Magnesium (mg)	30.8	104.9	154.2

** 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 1-2 hours before beginning exercise or an event
Before workout	Consume 1 serving 1-2 hours before beginning 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 promote 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 branch chain amino acids for muscle repair and recovery.
- **Muscle recovery:** Provides antioxidants and 55g per 500ml serving of easily digested carbohydrate per serving to promote recovery of muscle glycogen depleted after high intensity workouts.

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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