

NUTRITION FACT SHEET

JUICE REVOLUTION SPORT RANGE



RELOADED Sport-Recovery

POST-WORKOUT // 100% NATURAL FRUIT JUICE 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 // Grape, Coconut water, Blueberries, Honey, Lemon. No preservatives, flavourants or colourants, no allergens.

PRODUCT FEATURES // Designed specifically to consume after workouts or competitive events, **RELOADED Sport-Recovery** contains a combination of whole food source antioxidants, carbohydrate and electrolytes, aimed at promoting re-hydration and recovery of muscle glycogen stores after intense workouts. RELOADED Sport-Recovery is a delicious and effective post workout refuel beverage.

THE RESEARCH // Recovery after prolonged and high-intensity exercise encompasses a complex range of processes that include; re-fuelling the muscle and liver glycogen stores, replacing lost fluids and electrolytes and allowing the immune system to process the damage caused by the exercise. Ensuring adequate carbohydrate stores before exercise and consuming carbohydrate during and/or after a prolonged or high intensity workout has been shown by research to reduce the disturbance to immune system markers. The carbohydrate reduces the stress hormone response to exercise, thus minimising its effect on the immune system, as well as supplying glucose to fuel the activity of many of the immune system white cells.

QUALITY ASSURANCE // **RELOADED Sport-Recovery**, is a 100% natural fruit juice blend made from coconut water and locally sourced grapes, lemons, honey and blueberries. The fruit is pre-washed in ozonated water - an environmentally friendly method considered most effective in removing harmful food pathogens. The juice is gently pressed out using a state of the art hydraulic cold press juicer with advanced technology that presses the portions of fruit no less than three times, ensuring the highest possible levels of nutrients are extracted. Lastly it is filtered and then blast frozen, locking in all the goodness until you're ready to enjoy Mother Nature's wholesome bounty.





ACTIVE INGREDIENTS

GRAPE JUICE // Studies show that grape juice intake improves the regulation of blood sugar, antioxidant capacity, and microvascular function, which may be due to its high concentration of polyphenols. With the highest glucose content of all fruits, grape juice is an excellent source of carbohydrate for re-fuelling after extended exercise.

COCONUT WATER // A natural source of carbohydrate and electrolytes, coconut water provides sugar, electrolytes such as potassium, sodium and chloride and numerous important nutrients like vitamin B and C. The low acidity of coconut water combined with well-balanced sugar content and isotonic mineral composition makes it extremely effective at promoting rehydration after intense exercise.

BLUEBERRIES // Blueberries are known for their high antioxidant content which neutralizes oxidative damage that leads to tissue destruction. A recent study showed that the superior anthocyanin (a flavonoid that gives the fruit its colour) content of blueberries may interact with the body's own antioxidant production, leading to an improved rate of recovery. In addition to increasing the level of antioxidant defence in the blood, blueberries have a positive effect on blood pressure and are a valuable source of vitamins.

Nutritional information			
Typical Nutritional Information	Per 100ml	Per serving 340ml	Per serving 500ml
Energy (Kj)	283.5	964	1417.6
Protein (g)	0.8	2.7	3.9
Carbohydrate (g)	17.3	59.0	86.3
as sugars (g)	14.5	49.2	72.4
Total fat (g)	0.2	0.8	1.1
Dietary fibre** (g)	0.6	2.2	3.2
Total sodium (mg)	35.0	119.1	175
Magnesium (mg)	6.1	20.7	30.4
Potassium (mg)	196.2	666.9	981.1

** 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 intensive exercise. The type and form of beverage providing carbohydrate and electrolytes that is suitable will depend on a number of factors, including your overall daily carbohydrate and energy requirements, length of the training session, gastric tolerance, access and availability of suitable food options and the length of time before your next training session.		

PRODUCT BENEFITS SUMMARY

- **Rehydration:** Provides fluids and electrolytes essential to promote re-hydration and replenishment of electrolytes depleted after high intensity and prolonged training lasting 1 hours or longer.
- **Muscle recovery:** Provides antioxidants and 86g per 500ml serving of easily digested carbohydrate 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, IGNITESport-Active, RELOADED Sport-Recovery, LEVEL UP Sport-Recovery and MUSCLE MEMORY Sport-Recovery

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