

# 3:1 PRO Recovery ST

PREMIUM RECUPERATOR WITH ANTI-DOPING CERTIFICATE AND SCIENTIFIC STUDY\*

## VANILLA

- With 2 sources of Carbohydrates and Proteins
- With a plus of Glutamine (Kyowa Quality®)
- With its own scientific study\* that guarantees its effectiveness
- **With Informed-Sport Anti-Doping certificate**
- Easy absorption and delicious taste



**3:1 PRO Recovery ST** is a UNIQUE recovery of the highest quality that provides all the necessary nutrients to optimize recovery in sports in which strength-endurance predominates.

Its efficacy in attenuating loss of performance, fatigue and accelerating both recovery and post-training muscle function is scientifically proven by the University of Greenwich (Naclerio, F. et al., JSCR. 2020)\*.

These results are achieved because **3:1 PRO Recovery ST** has a premium blend of the best ingredients:

- **Carbohydrates:** combines 2 sources of high glycemic index, Dextrose and Maltodextrin, in a ratio 1/1, which is ideal to optimize energy recovery processes (glycogen replacement) after physical activity (Mata, F. et al., Euro-American Journal of Sports Sciences. 2.018).
- **Proteins:** UNIQUE combination of 2 sources of hydrolyzed (pre-digested) fast absorbing proteins, such as hydrolyzed beef (All Beef®) and hydrolyzed whey protein isolate (Optipep® Sport 90). These protein sources are of rapid assimilation (Wilson, J. et al., JISSN. 2006; Naclerio, F. et al. In preliminary studies of the quality and composition of the raw material All Beef® (2015) from Pennings, B. et al., AJCN. 2013) and high in essential amino acids, thus favoring post-training muscle recovery processes.

- We have also added **L-Glutamine**, because this amino acid, among other functions, seems to improve the functioning of the immune system because it serves as fuel (Calder, PC et al., AA. 1999), mainly to macrophages and lymphocytes.

In relation to this, the supplementation itself with whey proteins and hydrolyzed meat (All Beef®) can also benefit the immune system since, on the one hand, the amino acids of the whey protein are signaling, which, among others, regulate the function of lymphocytes (Bumrungpert, A. et al., JMF. 2018) and, on the other hand, the All Beef® meat protein has shown a greater adaptive response of the immune system, when ingested together with carbohydrates, due to a decrease in HNP1-3 (marker of humoral immunity), which indicates a lower risk of infection (Naclerio, F. et al., JAP. 2016).

This matrix of ingredients is specially designed to have an optimal absorption and that the arrival of all its nutrients, to the muscle cells, is fast and effective.

And like all Crown Sport Nutrition® products with spectacular taste and digestibility.

*\*Naclerio, F. et al. Effects of a multi-ingredient beverage on recovery of contractile properties, performance, and muscle soreness after hard resistance training sessions. The Journal of Strength & Conditioning Research. Feb. 2.020.*

**Instructions for use:** mix 59 g (approx. 1,5 scoops) or a single-dose sachet in 300 ml of water or sweet drinks, shake well and drink immediately after training to promote energy and muscle recovery. It is not 100% water soluble due to the very nature of All Beef Protein Concentrate. Shake lightly before each intake.

**Ingredients:** (34%) Dextrose, (34%) maltodextrin, (15%) hydrolyzed **whey** protein isolate (Optipep® Sports 90) (emulsifier: **soy** lecithin), (14%) hydrolyzed meat concentrate beef (All Beef®), (1.7%) L-glutamine (Kyowa Quality®), flavor and sweeteners: sucralose and acesulfame-K.  
Contains **milk** (including **lactose**) and **soy**.

#### Professional tips

- To enhance the recovery processes it is recommended to add about 5 g of powdered creatine monohydrate (**Creatine Monohydrate**) to the shake.
- To enhance muscle recovery processes, in sessions with greater muscle wasting, the additional co-ingestion of a **BCAA's 2:1:1 Instant** intake is recommended.

**Available flavors:** Vanilla.

**Available formats:** tin of 590 g (10 servings of 59 g) and single-dose sachet of 50 g.

NUTRITIONAL INFORMATION	Per 100 g	%NRV*	Per serving of 59 g	%NRV*	Per serving of 50 g	%NRV*
Energy	1.601 kJ 377 kcal		945 kJ 222 kcal		800 kJ 189 Kcal	
Fat	1,4 g		0,8 g		0,7 g	
• of which sat. fatty Acids	0,7 g		0,40 g		0,3 g	
Carbohydrates	64 g		38 g		32 g	
• of which Sugars	33 g		20 g		17 g	
Protein	27 g		16 g		14 g	
Salt	0,24 g		0,14 g		0,12 g	
L-Glutamine added	1.700 mg		1.003 mg		850 mg	
<b>VITAMINS</b>						
Vitamin B12	0,49 µg	20	0,29 µg	12	0,25 µg	10
Niacin (Vit. B3)	17 mg	106	9,80 mg	61	8,3 mg	52
<b>MINERALS</b>						
Phosphorus	153 mg	22	90,2 mg	13	76,4 mg	11
Iron (heme)	2,5 mg	18	1,50 mg	11	1,2 mg	9
Zinc	2,9 mg	29	1,7 mg	17	1,4 mg	14

\*% NRV: Nutrients Reference Values


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