

# 3:1 Recovery+

## PREMIUM RECUPERATOR WITH A PLUS OF NUTRIENTS

### CHOCOLATE

- 3:1 ratio between carbohydrates (2 sources) and Protein (Whey)
- With a plus of Leucine and Glutamine (Kyowa®)
- With an extra of vitamins and minerals
- **With Informed-Sport anti-doping certificate**
- Easy absorption and delicious flavors



**Gluten Free**

**3:1 Recovery+** is a recuperator of the highest quality that provides all the necessary nutrients to optimize recovery in sports in which strength-resistance predominates.

Its composition is balanced in such a way that it provides a 3/1 ratio between carbohydrates and proteins that according to the scientific studies (Margolis, LM. et al., MSSE. 2,020) is the ideal ratio to enhance both energy and muscle recovery processes, in addition to promoting a hormonal profile (Kraemer, WJ. et al., JAP. 1998) suitable for optimizing these processes after training or competition.

Its extraordinary formula consists of:

- **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:** contains as the only protein source, whey protein isolate (WPI). This protein source is rapidly assimilated (Wilson, J. et al., JISSN. 2006) and, due to its high amount of essential amino acids, favors post-workout muscle recovery processes, especially when ingested in a drink containing the carbohydrates dextrose and maltodextrin (which is the mixture discussed in the previous point) (Zawadzki, KM. et al., JAP. 1992). The addition of protein facilitates the repair and recovery of the exercised muscle (Saunders, MJ. Et al., JSCR. 2007).
- **L-Leucine:** why have we added a plus of this important amino acid? Well, to reach the so-called "Leucine threshold". Since this threshold is essential to activate the physiological systems of post-training recovery (protein synthesis via mTOR) (Phillips, SM. Et al., Nutrition and

Metabolism. 2016), which together with the rest of essential amino acids, from the proteins mentioned above, we will make them optimal.

- **L-Glutamine:** 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 very supplementation with isolated whey proteins (WPI) benefits the immune system, since the amino acids of this protein are signalers, which, among others, regulate the function of lymphocytes (Bumrungpert, A. et al., JMF. 2.018).
- **Vitamins:** added up to at least 15% of the NRV to facilitate all body recovery processes.
- **Minerals:** We have only added the necessary minerals (Sodium, Potassium, Magnesium and Calcium) to promote rehydration after training.

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.

And without forgetting that **3:1 Recovery+** is 100% safe by having the **anti-doping certification by Informed-Sport.**

**Ingredients (Chocolate):** (33%) Dextrose, (33%) maltodextrin, (18%) **milk** protein (**whey** protein isolate), defatted cocoa powder, (2.2 %) L-leucine, (1.4%) L-glutamine (Kyowa Quality®), sodium citrate, flavoring, magnesium salt of citric acid, calcium salt of citric acid, vitamin mix (L-ascorbic acid, D- biotin, DL-alpha-tocopheryl acetate, nicotinamide, retinyl acetate, calcium D-pantothenate, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, phyloquinone, thiamine hydrochloride, riboflavin, pteroralmonoglutamic acid), sweeteners: sucralose, acesulfame-K. Contains **milk** (including **lactose**). May contain traces of **soy**.

**Instructions for use:** Mix 50 g (1 heaping scoop or 1 shachet) of product with 250 ml water, shake well and drink immediately after physical activity.

**Available flavors:** Chocolate and Red Fruits.

**Available formats:** Tin of 750 g (15 servings) and single-dose sachet of 50 g.

NUTRITIONAL INFORMATION	Per 100 g	%NRV*	Per 50 g	%NRV*
Energy	1.511 kJ		755 kJ	
	356 kcal		178 kcal	
Fat	1,0 g		0,5 g	
• of which sat. fatty Acids	0,6 g		0,3 g	
Carbohydrates	64 g		32 g	
• of which Sugars	33 g		17 g	
Protein	21 g		11 g	
Salt	0,89 g		0,45 g	
<b>AMINO ACIDS ADDED:</b>				
L-Leucine	2,21 mg		1,11 mg	
L-Glutamine	1,43 mg		0,71 mg	
<b>VITAMINS</b>				
Vitamin A	240 µg	30%	120 µg	15%
Vitamin D	1,5 µg	30%	0,75 µg	15%
Vitamin E	3,8 mg	32%	1,9 mg	16%
Vitamin K	23 µg	31%	11 µg	15%
Vitamin C	24 mg	30%	12 mg	15%
Thiamin	0,35 mg	32%	0,17 mg	15%
Riboflavin	0,43 mg	31%	0,21 mg	15%
Niacin	5,1 mg	32%	2,5 mg	16%
Vitamin B6	0,43 mg	31%	0,21 mg	15%
Folic acid	60 µg	30%	30 µg	15%
Vitamin B12	0,75 µg	30%	0,38 µg	15%
Biotin	15 µg	30%	7,5 µg	15%
Pantothenic acid	1,8 mg	30%	0,88 mg	15%
<b>MINERALS</b>				
Sodium	360 mg		180 mg	
Potassium	358 mg	18%	179 mg	9%
Calcium	235 mg	29%	117 mg	15%
Magnesium	140 mg	37%	70,1 mg	19%


\*% NRV: Nutrients Reference Values


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 [crownsportnutrition.com](http://crownsportnutrition.com)

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