

3:1 Vegan Recovery+

PREMIUM VEGAN RECUPERATOR WITH A PLUS OF NUTRIENTS

CHOCOLATE



- 3:1 ratio between carbohydrates (2 sources) and Protein (Pea)
- With a plus of Essential Amino Acids and Glutamine (Kyowa®)
- With an extra of vitamins and minerals
- Easy absorption and delicious flavors
- Allergens Free and Suitable for Vegans

3:1 Vegan Recovery+ is a recuperator of the highest quality that provides all the necessary nutrients to optimize recovery in endurance sports.

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 protein source, our exclusive and unique micronized pea protein. This protein source, although it is of vegetable origin, being micronized it is rapidly assimilated (Overduin, J. et al., F&NR. 2.015) and, in addition, being fortified with 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., NM. 2016), which together with the rest of essential amino acids (from the pea protein plus added) we will make them optimal.

- **Essential Amino Acids (EAAs):** we have fortified the formula with some essential amino acids (**L-Threonine, L-Lysine, L-Isoleucine and L-Methionine**) for complement the aminogram of the pea protein, which, being of vegetable origin, has a lower percentage in some of them, what are known as limiting amino acids. With this, we achieve an amino acid profile of high Biological Value, that equals to that of the most common sources of animal origin protein such, for example, dairy (Whey).
- **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 supplementation with proteins benefits the immune system, since the amino acids themselves are signallers, 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.

Ingredients (Chocolate): (33%) Maltodextrin, (32%) dextrose, (17%) micronized pea protein, defatted cocoa powder, (2,6 %) L-leucine, (1,4%) L-glutamine (Kyowa Quality®), sodium citrate, flavoring, magnesium salt of citric acid, calcium salt of citric acid, (0,4%) L-threonine, (0,36%) L-lysine HCl, (0,28%) L-isoleucine, vitamin mix (L-ascorbic acid, D- biotin, DL-alpha-tocopheryl acetate, nicotinamide, retinyl acetate, calcium D-pantothenate, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, phylloquinone, thiamine hydrochloride, riboflavin, pteroralmonoglutamic acid), (0,2%) L-methionine, sweeteners: sucralose, acesulfame-K.

Instructions for use: Mix 50 g (1 heaping scoop) of product with 250 – 300 ml water, shake well and drink immediately after physical activity.


Available flavors: Chocolate.

Available formats: Tin of 750 g (15 servings).

NUTRITIONAL INFORMATION	Per 100 g	%NRV*	Per portion of 50 g	%NRV*
Energy	1.546 kJ 365 kcal		773 kJ 182 kcal	
Fat	2,6 g		1,3 g	
• of which sat. fatty Acids	1,0 g		0,5 g	
Carbohydrates	63 g		31 g	
• of which Sugars	32 g		16 g	
Protein	21 g		11 g	
Salt	1,2 g		0,61 g	
AMINO ACIDS ADDED:				
L-Leucine	2,63 g		1,32 g	
L-Glutamine	1,43 g		0,71 g	
L-Threonine	0,40 g		0,20 g	
L-Lysine	0,36 g		0,18 g	
L-Isoleucine	0,28 g		0,14 g	
L-Methionine	0,20		0,10 g	
VITAMINS				
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	31 mg	39	16 mg	20
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	60,0 µg	30	30,0 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
MINERALS				
Sodium	480 mg		240 mg	
Potassium	292 mg	15	146 mg	7
Calcium	172 mg	22	86 mg	11
Magnesium	140 mg	37	69,8 mg	19

*% NRV: Nutrients Reference Values


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