



## Sponser Relax & Recover 120g can



Daily sleep is central to health and performance. The body uses the daily off-time specifically for the regeneration of its central functions. For example, nerve cells in the brain are newly linked - important for learning processes - proteins are formed, hormones are released and the immune system is strengthened. But the energy systems also reorganize themselves so that you feel refreshed and rested the next day.

CHF 35.10

Studies show that nutrition as a whole, but also individual substances in food, can affect the quality of sleep and relaxation.

RELAX & RECOVER contains nutrients that contribute to the reduction of fatigue and tiredness and normal well-being. In addition to the classic minerals magnesium, zinc and iron in this regard, the preparation contains the following additional ingredients

**L-tryptophan:** naturally occurring essential amino acid found mainly in milk. Among other things, it is a component of the neurotransmitter hydroxytryptophan (5-HT), which is involved in the regulation of the sleep-wake rhythm.

**Lactium®:** Special peptide from milk protein with a high content of L-tryptophan. It has been investigated in 6 clinical studies related to stress management.

**L-Theanine:** from green tea: green tea is traditionally associated with a calming effect. Studies suggest that this is due not only to catechins but also to L-theanine.

**Saffron extract:** Worry and stress are sleep-inducing and increase cortisol levels. Saffron extract also contains so-called secondary plant compounds, e.g. crocin and safranal, which had a positive effect [Crocus sativus L.] on sleep quality and mental health in studies (1-3).

**Ginseng:** known from traditional Asian herbal medicine, contains polyphenols and antioxidants, especially ginsenosides.

Benefits:

- Supplemented with iron, zinc and magnesium.
- Night Time Support: natural plant and milk protein supplement to promote recovery.
- Iron and magnesium contribute to the reduction of fatigue and tiredness and normal energy



metabolism

- Zinc to protect cells from oxidative stress.
- Magnesium supports normal functioning of the nervous system

Application: To support the relaxation and recovery phase after hard training and/or competition, as well as during periods of increased mental stress (training, exams, job).

Recommended dosage: Take in phases of high stress, always in the evening. Stir 1 portion into 250 ml water.

Packaging unit: 120g tin

Flavor: Orange-Peach

Content: 120g