



RECOVERY

HOW DOES IT WORK?

WHEY CONCENTRATE

grass-fed, non-denatured,
and quick absorbing

CARNITINE

makes ATP required
for protein synthesis

CO-ENZYME Q-10

may improve efficiency of
mitochondrial function

RIBOSE

may increase cellular
ATP synthesis

CHONDROITIN & GLUCOSAMINE

promotes joint and
ligament health

GLUTAMINE

protein synthesis, immune
health and stress reduction

ATP RECOVERY

At some point after a workout, you will feel like you've recovered but at the cellular level it could take hours or days to fully recovery. SFH Recovery is designed to re-energize your cells by increasing your ATP levels (Adenosine Triphosphate – the energy powerhouse of the cell). The purpose is to help your tired muscles recover, maintain joint health and flexibility while decreasing the negative effects of free radical oxidants. A muscle cell reloaded with ATP will quickly synthesize new muscle.

LEUCINE/ISOLEUCINE

promotes protein synthesis
and muscle repair

CREATINE

helps replenish muscular energy
(ATP) at the cellular level

TAURINE

energy effector



No added sugar to
minimize insulin spikes.

Learn more at SFH.COM