

Recoverben® - the innovation for sports nutrition



- ✿ Today, people take sports really serious and want to get the best effect out of their effort. They are looking for sports nutrition products to improve their training.
- ✿ Recoverben is an innovative, natural, organic sports nutrition ingredient.
- ✿ *In vitro* and human studies demonstrated that Recoverben helps the body to defend oxidative stress related to physical exercise. Moreover, it is able to prevent loss of muscle strength and reduces muscle soreness.
- ✿ It improves recovery after exercise and thereby supports physical performance, motivation for sports and may prevent overtraining.
- ✿ Recoverben is scientifically proven and approved to be used in functional foods, beverages and food supplements.

Recoverben® - supports sports concepts for:

- ✿ Strength exercise and functional fitness
- ✿ High intensity training
- ✿ General physical activity and team sports
- ✿ Body building

These statements have not been evaluated by FDA and EFSA.
The product is not intended to diagnose, treat or cure any disease.

Recoverben® - product information

- Recoverben is obtained by water extraction out of organic certified *Aloysia citriodora* leaves, an annual edible herbaceous plant native to South America.
- Aloysia citriodora* is a member of the family Verbenacea. Common names are:
Lemon verbena, Lemon beebrush (UK, US)
Verveine citronnelle, Hierba Luisa, Zitronenverbene (EU)
- Recoverben is a clear water soluble fine brownish powder standardized on total polyphenols. It has a high ORAC level of over 170.000 µmol TE / 100g.
- Its recommended daily dosage of 400 mg can be incorporated into food supplements, foods and beverages.
- Recoverben's production facility and manufacturing process comply with the highest international standards of safety, hygiene and quality control and is GMP certified.
- Recoverben is made in Germany. It complies with highest quality and traceability standards, completed by phytochemical characterization and stability data.
- Recoverben has been tested for banned substances by LGC's world-class sports anti-doping laboratory. Within the limitations of the analysis, none of the listed drugs were found.



Main specifications:

Appearance:	Fine brownish powder with a characteristic odor
Solubility:	Freely soluble in 100 g/L in water
Loss on drying:	< 5.0 %
Particle size:	100% <1000µm ≥85% <500µm
Foreign matter:	not detected
Total Polyphenols:	≥ 18%
Microbiology Ph. Eur. 8ed Cat. 5.1.4:	complies
Pesticides (EC) NO396/2005:	complies
Heavy metals (EC) NO1881/2006:	complies

