

RIPSTIX™

RECOVER POST-WORKOUT™

During exercise our muscles are put under great stress and may respond in one of two possible ways:

1. They can react negatively by treating the impact as temporary suffering; in this scenario, lactic acid buildup remains in the muscle tissue longer resulting in sorer muscles, diminished muscle growth, and a personal aversion to continue exercising.
2. They can react positively by treating the exercise as a mode of stimulating muscle growth. Lactic acid is flushed out of muscles resulting in quicker recovery, increased muscle growth, and a desire to continue exercising because of a more positive overall experience.

The key difference between these two scenarios is largely determined by the nutrients that are present for our muscles to feed on after physical exertion.

To help individuals improve their exercise results, experience, and recuperation, Zija has formulated Ripstix Recover. This delicious post-workout supplement drink mix utilizes powerful antioxidant properties to help remove lactic acid from the muscles before it turns into a reactive oxygen species. It also contains key compounds like Branch Chain Amino Acids (BCAAs) in an ideal ratio, which help muscles respond positively to the pumping, stretching and tearing that occurs during workouts. Additionally, Ripstix Recover delivers glucosamine, which provides lubrication and protection to joints and cartilage that are subject to extra weight and strain during exercise.



SUPPLEMENT FACTS

30 SERVINGS PER CONTAINER

Serving Size

1 Packet (5.8g)

Amount Per 1 Packet

CALORIES

24

% DV *

0 %	Total Fat 0g
0 %	Saturated Fat 0g
0 %	Trans Fat 0g
0 %	Cholesterol 0mg
0 %	Sodium 2mg
1 %	Total Carbs 4g
0 %	Dietary Fiber 0g
-	Sugars 0g
4 %	Protein 2g

*Percent Daily Value is based on a 2,000 calorie diet

INGREDIENTS: Natural Flavor, Citric Acid, L-Leucine, L-Isoleucine, L-Valine, Glucosamine HCl, Stevia, Silica, Stearic Acid, Chlorophyllin, Korean Ginseng.

DIRECTIONS:

Mix Ripstix Recover with 8-18 oz of cold water, shake well, and drink within 30 minutes of completing your exercise.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.