



AMINO RECOVERY

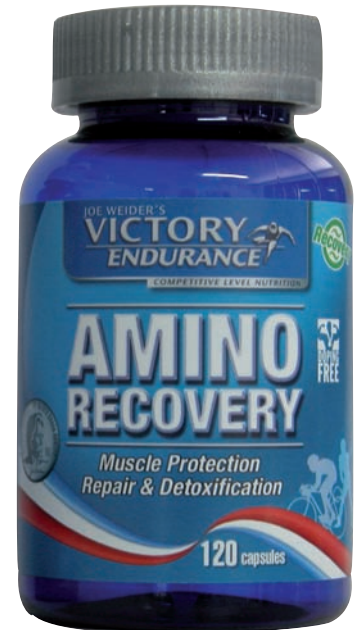
Protection/Recovery/Detoxification

Protective Mix: BCAA's + Glutamine

Recovery Mix: BCAA's + Glutamine + L-Arginine

Detoxifying action due to L-Arginine

With the goal of achieving the highest level of protection for the body and accelerating the period of recovery, Victory Endurance has engineered Amino Recovery. In addition to boosting recuperation after a workout, this supplement provides an important detoxification function through the following combination:



- **Branched-chain amino acids (BCAAs):** These are combinations of the amino acids Leucine, Isoleucine, and Valine, which contain recuperative and energetic properties. Why they are utilized: Before the training session, they work to protect and fortify the muscular mass. For endurance sports, they contribute energy without drawing upon glycogen reserves from the muscles, reducing the appearance of fatigue. After the training sessions, they accelerate the recovery process, reconstructing the damaged tissues that arise from intense workouts.

- **L-Arginine:** Among the various properties of this amino acid, one of the most important is the one that contributes to the body's course of detoxification. It participates in the urea cycle, which is fundamental to the disposal of residual toxins generated during physical exertion. During the workout, it plays a role in the vasodilatation (Increased blood flow to the muscles. Also known as "The Pump"), which improves the flow of oxygen and other nutrients to the muscles. It additionally exerts a restorative action in supporting the body's metabolism of proteins.

- **L-Glutamine:** This is an essential amino acid for protecting and repairing muscular tissue. It supports the body's glycogen reserves just as much as the wellbeing of the muscles. Furthermore, it raises the function of the immune system and reduces "OTS" (Over-Training Syndrome).

- **Vitamin B6:** Vital for the metabolism of amino acids and proteins.

	per 100g	per 4 cap.
Energy	1584 KJ 373 Kcal	45 KJ 10 Kcal
Protein	93,2 g	2,6 g
Carbohydrates	< 1 g	0 g
of which sugars	0 g	0 g
Fat	< 1 g	0 g
of which saturated	0 g	0 g
Fibres	0 g	0 g
Sodium	< 0,1 g	0 g
L-Leucine	29,1 g	820 mg
L-Isoleucine	14,5 g	410 mg
L-Valine	14,5 g	410 mg
L-Arginine	11,3 g	320 mg
L-Glutamine	11,3 g	320 mg
Vitamin B6	77,92 mg (3896%*)	2 mg (100%*)

* % RDA = Percentage of Recommended Daily

DIRECTIONS FOR USE:

Take 2 capsules prior to training and 2 capsules afterwards.

RECOMMENDATION:

For optimal muscular recovery, combine with the use of Total-Recovery.

PRESENTATION: Bottle of 120 capsules - 30 servings



FLEX FREE

Take care of yours joints and tendons

Prevents joint pain after long training sessions.

Natural alternative to pharmaceutical products.

Formula with multi-action protection for joints and tendons.

FLEX FREE is a supplement composed of a base of hydrolyzed collagen type I, II, and mucopolysaccharides. These components are of low molecular weight and, as a result, they are easily absorbed into the intestinal tract. These are vital substances for protection against the wear and tear of tendons and joint cartilage, produced by physical strain.



HOW THE COMPONENTS WORK:

- **Hydrolyzed collagen type I** builds and forms the tendons. Therefore, this ingredient bestows greater endurance and optimal flexibility in the face of long-term athletic activity; it helps to reconstruct and repair any damaged fibers. If our tendons are not in adequate shape, it can result in harmful fractures in the micro fibers of the tissue, which provokes inflammatory injuries such as tendonitis.
- **Hydrolyzed collagen type II** is the major building component of the cartilage. It acts as a form of 'glue', mending and holding together all the structures that form the joints, helping to maintain strength and elasticity.
- **Mucopolysaccharides** contribute to the cartilage's capacity to regenerate. They maintain good elasticity and lubrication, therefore sustaining the overall wellbeing of the joints.

	per 100g	per 2 cap.
Energy	1349 KJ 318 Kcal	18,89 KJ 4,45 Kcal
Protein	60 g	< 1 g
Carbohydrates	15 g	< 1 g
of which sugars	0 g	0 g
Fat	2 g	< 1 g
of which saturated	0 g	0 g
Fibres	0 g	0 g
Sodium	0,1 g	0 g

WHY TAKE FLEX FREE? In this day and age, dietary standards have progressed and, although our nutritional intake has become more diversified, it is still deficient in the foods rich in proteins from collagen and mucopolysaccharides. Accordingly, a supplement that offers this kind of nutrition becomes crucial for athletes who suffer great amounts of wear and tear on the tendons and joints as a result of their training regiments and competitions.

With these points in mind, the use of Flex Free is a vital ingredient for maintaining joint and tendon health over time. This kind of preparation ensures the highest levels of performance from the athlete day-in and day-out.

Flex Free, a safety product. A new study has indicated the safety of collagen type II. Source: Food and Chemical Toxicology, February 2007, Volume 45, Issue 2, Pages 315-321 "Acute and subchronic oral toxicity studies in rats of a hydrolyzed chicken sternum cartilage preparation", A.G. Schauss, D.J. Merkel, S.M. Glaza, S.R. Sorensonet.

DIRECTIONS FOR USE:

Take 1 capsule 2 times a day, ideally with food.

RECOMMENDATION:

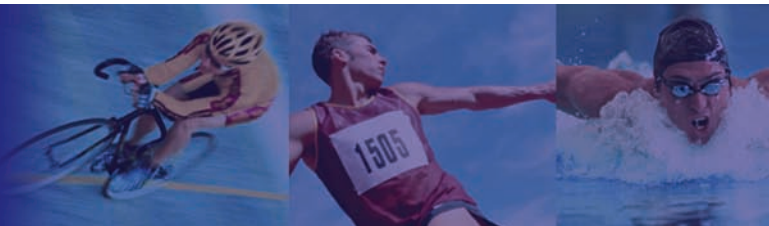
For maximum protection and performance, combine with All Day Energy.

PRESENTATION: Bottle of 90 capsules- 45 servings



MgB6

Muscular Relaxation



Raises muscular function.

The magnesium protects against cramping.

Unique formula to fortify and promote its effects.

Victory Endurance's **MgB6** is a product of magnesium and vitamin B6, combined in proper doses for the most desirable results. It is recommended for all types of athletes, both strength and endurance; there are huge advantages for each. However, it is especially important for the endurance athletes, where the ongoing physical demands create an inherent condition that depletes the magnesium levels much more quickly. The following is a guide to the functions of the ingredients:



- **Magnesium** is fundamental for muscular function because it acts as a cofactor in many cellular enzymes. It works alongside calcium in muscular contraction/relaxation and clotting of the blood (calcium promotes while magnesium inhibits). The magnesium supplement becomes fundamental for athletes in general, but for stamina-oriented athletes in particular. They are the ones who lose greater quantities of Mg through perspiration and physical strain, which can lead to muscular cramping. The condition is elevated further by the loss of potassium and the rest of the mineral salts (electrolytes). The MgB6 capsules are infused with magnesium citrate, which has been demonstrated to produce the highest level of absorption and assimilation for the muscles*.

- **Vitamin B6** is involved in the metabolism of proteins and fatty acids. It constructs parts of various enzymes and it plays a role in the formation of hemoglobin and myoglobin, which raise aerobic endurance. The combined use with magnesium is vital because it simultaneously improves the body's absorption and digestive assimilation on the cellular level. It also helps the body to prevent significant magnesium losses, which should be a major point of focus for any athlete.

**Reference: Walker et al., Magnesium Research 16: 183-191 (2003), in a study, it is demonstrated that magnesium citrate has a higher, more efficient level of bio-absorption than other preparations of magnesium.*

	per 100g	per 3 cap.
Energy	185 KJ 43,6 Kcal	5,4 KJ 1,3 Kcal
Protein	10,9 g	< 1 g
Carbohydrates	0 g	0 g
of which sugars	0 g	0 g
Fat	< 1 g	0 g
of which saturated	0 g	0 g
Fibres	0 g	0 g
Sodium	< 0,1 g	0 g
Vitamin B6	68,4 mg (3420%*)	2 mg (100%*)
Magnesium	10,9 g (3633%*)	300 mg (100%*)

* % RDA = Percentage of Recommended Daily

DIRECTIONS FOR USE:

Take 3 capsules before bed.

RECOMMENDATION:

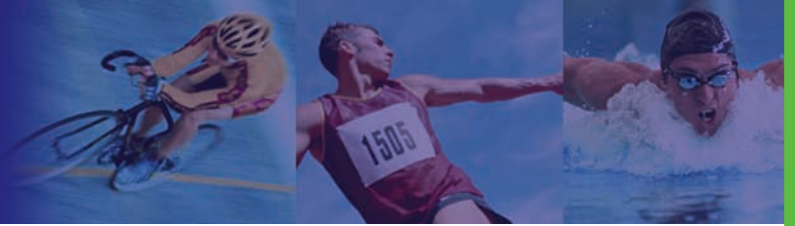
To increase the effectiveness, take before bed on an empty stomach.

PRESENTATION: Bottle of 90 capsules - 30 servings



TOTAL RECOVERY

Maximum Recovery



Advanced formula to maximise recovery after training.

Minimises muscle damage in endurance sports.

TOTAL-RECOVERY is a supplement specially designed for any athlete needing to maximise the recovery after intensive training sessions. Every one of its components has been selected and scientifically tested to achieve maximum recovery and thus improve performance in competitions or in daily training sessions.

Its amazing composition includes:



- **Carbo-Protein Optimum Complex:** The perfect combination of dextrose, whey protein isolate and hydrolysed whey protein serves to maximise the muscles' use of those nutrients, since the right conditions are created for these to reach the body's cells rapidly and bring about an immediate recovery.

- **Glutamine peptides and L-Glutamine:** Are essential amino acids in repairing muscle tissue and recovery. Also improves the functioning of the immune system and reduces "Over-Training Syndrome" (OTS).

- **Branched-chain amino acids (BCAAs):** These are amino acids that must be ingested as part of a person's diet or through an appropriate supplement. Essential to muscle growth and recovery. They also fight the feeling of tiredness or "central fatigue" caused by an imbalance between the concentration of BCAAs and Tryptophan.

- **Electrolytes:** In endurance sports, re-establish the electrolyte balance in cells is essential to producing good muscle response.

- **Vitamins:** These are necessary for good recovery, especially antioxidants in order to avoid oxidative stress produced by prolonged physical exertion.

DIRECTIONS FOR USE:

To guarantee maximum recovery and minimise muscle damage, take one portion immediately after exercise.

RECOMMENDATION:

To improve recovery can also be taken 30 mins. before the end of an extended training session (2-3 hours).

PRESENTATION: 750g Container - 15 servings

FLAVOURS: - Watermelon
- Chocolate Delight

	per 100 g	per Portion (50g)		per 100 g	per Portion (50g)
Energy	1445 Kj 340 Kcal	722,5 Kj 170 Kcal	Fat	0 g	0 g
Protein	22 g	11 g	of which saturated	0 g	0 g
Carbohydrates	63 g	31,5 g	Fibres	0 g	0 g
of which sugars	63 g	31,5 g	Sodium	0,33 g	0,17 g

	per 100 g	per Portion (50g)
Vitamin A	800 µg (100%*)	400 µg (50%*)
Vitamin D	5 µg (100%*)	2,5 µg (50%*)
Vitamin E	10 mg (100%*)	5 mg (50%*)
Vitamin C	60 mg (100%*)	30 mg (50%*)
Thiamin	1,4 mg (100%*)	0,7 mg (50%*)
Vitamin B2	1,6 mg (100%*)	0,8 mg (50%*)
Niacin	18 mg (100%*)	9 mg (50%*)
Vitamin B6	2 mg (100%*)	1 mg (50%*)
Folacin	200 µg (100%*)	100 µg (50%*)
Vitamin B12	1 µg (100%*)	0,5 µg (50%*)
Biotin	0,15 mg (100%*)	0,075 mg (50%*)
Pantothenic	6 mg (100%*)	3 mg (50%*)
Calcium	400 mg (50%*)	200 mg (25%*)
Phosphorus	100 mg	50 mg
Potassium	200 mg	100 mg
Iron	14 mg (100%*)	7 mg (50%*)
Magnesium	300 mg (100%*)	150 mg (50%*)
Selenium	35 µg	17,5 µg
Manganese	0,8 mg	0,4 mg
Zinc	15 mg (100%*)	7,5 mg (50%*)
Copper	150 µg (100%*)	75 µg (50%*)
Iodine	1 µg	0,5 µg
BCAAs (L-Leucine, L-Isoleucine, L-Valine)	2,40 g	1,20 g
Glutamine (L-Glutamine & Glutamine peptides)	6,40 g	3,20 g

* % RDA = Percentage of Recommended Daily