

# DOSEAGE Instructions

Mix before you train **Keep in the fridge for your return**

**consume within 20 minutes of finishing exercise**

**Mix with water not milk Milk will slow down absorption**

REGO Recovery has been designed to provide rapidly absorbed protein and carbohydrate, together with a structured dose of vitamins and minerals, to help rapidly rebuild and repair muscles. Simply add up to 1 litre of water to 100g of REGO Recovery and shake well ensuring lid is firmly closed. For easy mixing turn bottle upside down and tap base. Drink after strenuous exercise or as required. REGO Recovery is best served chilled for over 30 minutes. Always ensure adequate hydration during exercise and consume a well balanced diet.



## 4 GREAT FLAVOURS

banana chocolate vanilla strawberry

### INGREDIENTS (Strawberry)

Carbohydrate (60%)[Maltodextrin produced by partial hydrolysis of a special variety of Maize, Fructose], Soya Protein Isolate (30%), Electrolyte mix (6%)[Calcium Lactate, Sodium Chloride, Calcium Phosphate, Magnesium Oxide], Emulsifiers (Xanthan Gum, Soya Lecithin), Natural Strawberry Flavouring, Colour (Beetroot red), Sweetener (Aspartame), Vitamin Premix(<1%), Natural Vanilla Flavouring, Acid (Citric Acid), Phytonutrients (<1%) [Naringin bioflavonoids].

Suitable for Vegans, Gluten free

NUTRITIONAL INFORMATION (Strawberry)					
Serving Size 100g, eg 500g contains 5 serving of up to 1litre each					
Typical Values	per 100g (1Litre)	per 10g (100ml)	Typical Values	per 10g (100ml)	% RDA RDI
Energy	1487kJ/350kcal	149kJ/35kcal	Vitamins (continued) per 100g		
Protein	26g	2.6g	Thiamin	1.2 mg	0.1 mg 88%112%
Carbohydrate	59g	5.8g	Riboflavin	1.4 mg	0.1 mg 90% 88%
of which: sugars	13 g	1.3 g	Niacin	17 mg	1.7 mg 98%173%
Fat	1.3 g	0.1 g	Folic Acid	176 µg	18 µg 88%176%
of which saturates	0.3 g	-	Vitamin B6	1.8 mg	0.2 mg 92%115%
Fibre	1.5 g	0.1 g	Vitamin B12	1 µg	0.1 µg 94% 47%
Sodium (32mmol/l)	731 mg	73 mg	Biotin	50 µg	5.0 µg 33% -
			Pantothenic Acid	3.5 mg	0.4 mg 59% -
Typical Values	per 100g (1Litre)	per 10g (100ml)	% RDA RDI		
Minerals					
Vitamins	per 100g				
Vitamin A	280 µg	28 µg	36% 38%	Calcium	700 mg 70 mg 87% 87%
Vitamin D	2.3 µg	0.2 µg	47% 99%	Phosphorus	235 mg 24 mg 30% -
Vitamin E	6.6 mg	0.7 mg	66% 66%	Iron	10 mg 1.0 mg 75% 86%
Vitamin C	56 mg	5.6 mg	94% 141%	Magnesium	266 mg 27 mg 89% 83%
				Zinc	12 mg 1.2 mg 80% -
				Iodine	39 µg 4 µg 26% 28%
				Potassium	44 mg 4.4 mg

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# First for Recovery



## ADAPT IMPROVE PROGRESS



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leaders in sports nutrition



# REGO recovery

# SIS

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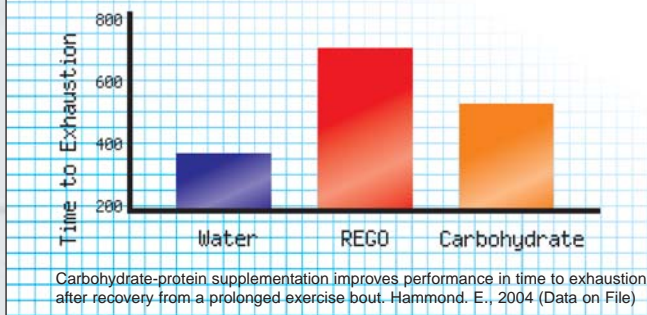


**Bradley Wiggins**  
Olympic Champion  
**3 medals**  
**1 Olympics**  
**That's Recovery!**

- ADAPT**
- IMPROVE**
- PROGRESS**



REGO promotes better Recovery than Water or Water and Carbohydrate (PSP22)



## First for Recovery

The idea of a post exercise specific drink was so radical when launched it made the front cover of European New Foods magazine. The original REGO formula has been refined over 10 years - increasingly copied but seldom equalled.



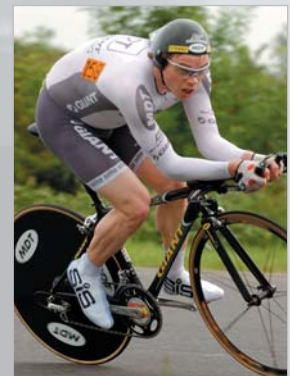
refuel boost immune function  
re-hydrate repair muscle  
protect health  
promote adaptation

- 26G OF FIRST CLASS PROTEIN PER SERVING**  
fast acting protein high in glutamine and lactose free to repair muscle, and promote carbohydrate replacement
- MULTIPLE ENERGY SUBSTRATES**  
to maximise refuelling of muscle and liver glycogen stores
- BALANCED ELECTROLYTES**  
including Sodium and Potassium to optimise hydration
- ANTI-OXIDANT VITAMINS & PHYTONUTRIENTS**  
to protect against free radical damage
- CO-FACTORS**  
including B vitamins, Magnesium, Zinc and Phosphorous essential for energy production

**DRUG FREE!**  
ALL SCIENCE IN SPORT PRODUCTS ARE UK PRODUCED AND COMPLY TO A STRICT INGREDIENT AND PRODUCTION AUDIT TO ENSURE THEY ARE FREE FROM IOC BANNED SUBSTANCES.

" by taking your advice of carbohydrate loading with PSP22, using GO-Gels and refuelling with REGO, I managed a PB of 3:06:25 in the London Marathon this year, thanks for your advice and your products"  
G.P., Oxford

" I've been using Science in Sport recovery drinks; it really has made a difference. It's also helped me lose weight, as I don't graze so much after rides."  
Michael Hutchinson  
Multi National Time Trial Champion



**First for Recovery**  
**Tested by Scientists, Proven by Athletes**

**SIS** leaders in sports nutrition  
SCIENCE IN SPORT