

Complete Repair – Enhanced Athletic Formula for Better Performance & Recovery.

COLLAGEN | BORON | SILICA | MSM | GREEN TEA | HIGH PROTEIN | NUTRIENT DENSE

COMPLETE REPAIR

LOW GI MEAL / SPORT RECOVERY FORMULA

TESTOSTERONE BOOST
JOINT & BONE HEALTH
ENERGY & VITALITY
IMMUNE SUPPORT
DETOX & DE-STRESS
BOOST ATP & NITRIC OXIDE
INFLAMMATION MANAGEMENT

Superfood infused
with ASHWAGANDHA &
TULSI EXTRACT | ELLAGIC & URSOLIC ACID

0% CHOLESTEROL

BCAA'S &
HIGH PERFORMANCE
AMINO ACIDS

3000mg BHB Ketones per serving

COLLAGEN PROTEIN HYPO-ALLERGENIC

16.6g per serving

GLUTEN & WHEAT FREE NO SUGAR LOW GI

470 KJ Sugar-free Energy per serving

COMPLETE REPAIR

Verry Berry

Contains Crucial Carb Replenishment

350g #FuelYourPerformance

Complete Repair – is a scientific breakthrough in how to **fuel the body before, during and after exercise** and to assist with muscle formation, strength and recovery, **mitochondrial biogenesis, and energy**. Further enhanced with antioxidants, and ingredients to manage focus and reduce stress, and to **protect the athlete's DNA**.

This product is the **ultimate in inflammation management** either while you exercise or as a recovery meal post exercise for muscle repair and reduced inflammation. Ideal for the serious athlete and for multi-stage events. Weekend Warriors love this product given its energy enhancing properties and overall health benefits from the multiple ingredients. Complete Repair can be used as a meal replacement in many delicious smoothie varieties.

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A **vegan version of Complete Repair** is available, and it is **diabetic friendly**.

Alan Van Schoor – Multiple Cape Epic Competitor and Winner of the Wines to Whales MTB Race (Masters Category):

“Complete Repair by Nutr8deli is the Bomb!! I use it for my race days and long rides (200kms+ and/or 2500m+ climbing) and I have never had better inflammation management. I use it as a pre ride meal for increased energy, and then half-way I start sipping on the Complete repair again to prepare my body for recovery it needs to be able to tackle the next stage in a race – it has worked to solve my cramping and at the same time my recovery is next level.”

Unparalleled Energy and Recovery!

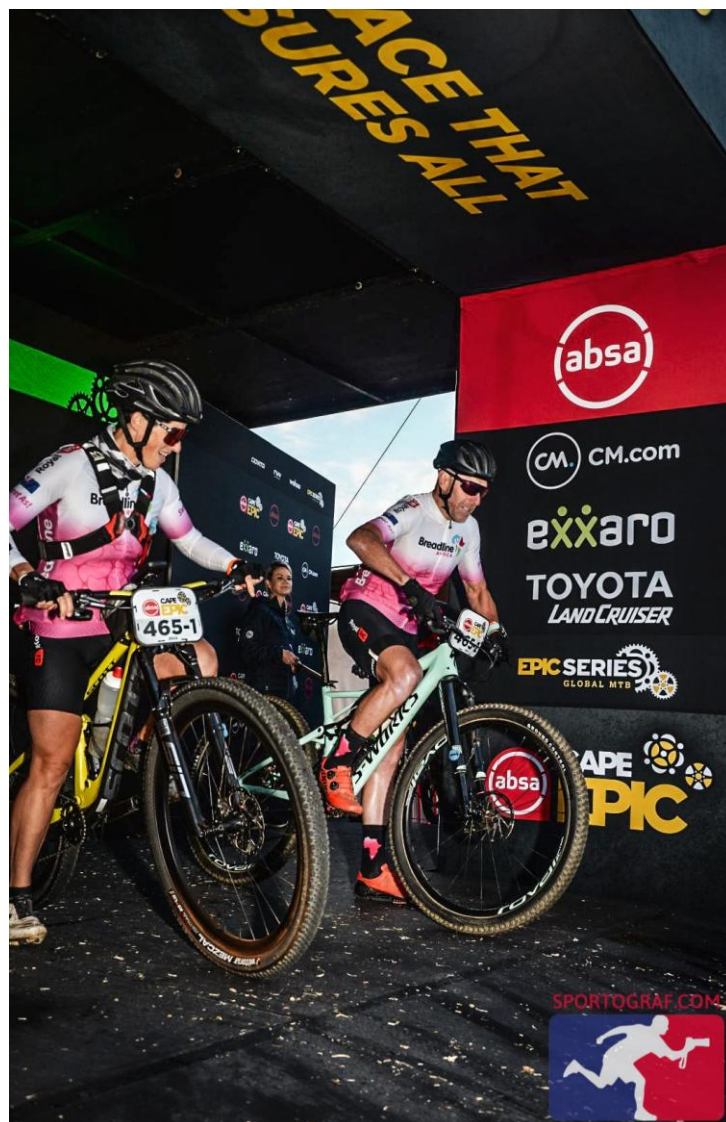
Usage recommendations:

Take 35gs in 250-300ml water 30 minutes before exercise. If you are doing a long and arduous race, then take another portion of Complete Repair halfway through the event for additional hydration, additional protein for muscle recovery, (includes superfood ingredients, BCAAs and ketones to replenish reserves). Can also be taken purely as a recovery drink post exercise.

#TheUltimateRecoveryDrink

#Nutr8Deli

#CompleteRepair



How it Works:

Oat Flour: is a source of complex carbohydrates, providing a steady release of energy for sustained physical activity. It also contains dietary fibre, which aids digestion and helps regulate blood sugar levels.

Protein (Whey (Rice in the vegan version)) is crucial for muscle repair and growth, making it essential for athletes. Whey, rice, and soy proteins offer different amino acid profiles, providing a well-rounded source of essential amino acids.

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BHB Ketones: Beta-hydroxybutyrate (BHB) is a type of ketone body that the body uses for energy. When combined with carbohydrates, the ketones are used initially during exercise creating a glycogen store in the liver while the body processes the carbohydrates. These carbs are then released for energy when the ketones are depleted – giving longevity to the athlete's energy levels in a low Gi formula.

Collagen Peptides: Collagen is a protein which contains specific amino acids that are beneficial for joint and connective tissue health. This can be especially helpful for athletes who put stress on their joints and need to support their overall musculoskeletal system, and for overall tissue repair after exercise.

Vegetable Fiber, Guar Gum, Xanthan Gum: These are all types of dietary fibre and thickeners that can contribute to digestive health and satiety, helping athletes feel full and aiding in nutrient absorption.

Ashwagandha: is an adaptogenic herb that has been used for centuries in traditional medicine, it plays several roles in the context of the Complete Repair formula:

- **Stress Management:** Ashwagandha is often used for its potential to help the body manage stress, both physical and mental. Intense exercise can place stress on the body, and ashwagandha's adaptogenic properties help the body respond to this stress more effectively.
- **Cortisol Regulation:** Cortisol is a hormone released in response to stress. While cortisol is necessary for various physiological functions, excessive levels can be detrimental, potentially leading to muscle breakdown and impaired recovery. Research suggests that ashwagandha might help regulate cortisol levels.
- **Energy and Vitality:** Ashwagandha is sometimes used to promote a sense of energy and vitality. Athletes may find this particularly beneficial during periods of intense training and recovery.
- **Inflammation Reduction:** Ashwagandha has been studied for its potential anti-inflammatory effects. Exercise-induced inflammation can contribute to muscle soreness and delayed recovery, and reducing inflammation could aid in the recovery process.
- **Endurance and Muscle Strength:** Research suggests that ashwagandha might have a positive impact on endurance and muscle strength. This could be advantageous for athletes looking to enhance their performance.
- **Immune Support:** Ashwagandha has been investigated for its potential to support immune function, which can be important for athletes who often experience temporary immune suppression after intense exercise.

Green Tea - has health benefits, many of which could be relevant to athletes and individuals looking to support their overall well-being

- **Antioxidant Properties:** Green tea is rich in catechins, which are antioxidants that help protect cells from oxidative stress and damage caused by free radicals.

Intense exercise can generate oxidative stress, and antioxidants like those found in green tea might aid in reducing exercise-induced damage.

- **Anti-Inflammatory Effects:** Some compounds in green tea, such as epigallocatechin gallate (EGCG), have been studied for their anti-inflammatory properties. Athletes often experience inflammation due to strenuous workouts, and reducing excessive inflammation can contribute to faster recovery.
- **Cognitive Function:** Green tea contains caffeine, albeit at lower levels compared to coffee. This caffeine content can potentially enhance alertness, focus, and cognitive function. This could be particularly useful for athletes looking to maintain mental clarity during training and recovery.
- **Metabolism and Fat Oxidation:** Green tea is often associated with modest increases in metabolic rate and fat oxidation. While the effects may not be extremely significant, they could be beneficial for athletes aiming to manage their body composition.
- **Heart Health:** Some studies suggest that green tea consumption is associated with improved cardiovascular health due to its potential to lower LDL cholesterol levels and promote healthy blood pressure.
- **Adaptogenic Properties:** Green tea contains compounds that might have adaptogenic properties, helping the body adapt to stressors, including physical stress from exercise.

Tulsi Extract: Tulsi, also known as Holy Basil, is an herb with a long history of use in traditional medicine. In the Complete repair formula, Tulsi extract plays several potential roles:

- **Adaptogenic Properties:** Similar to ashwagandha, Tulsi is considered an adaptogen.
- **Antioxidant Effects:** Tulsi contains compounds like flavonoids and polyphenols that have antioxidant properties.
- **Anti-Inflammatory Properties:** Some research suggests that Tulsi has anti-inflammatory effects, which could potentially aid in reducing exercise-induced inflammation and muscle soreness.
- **Immune Support:** Tulsi has been traditionally used for immune support. Athletes, especially those participating in intense training, might be more susceptible to temporary immune suppression. Tulsi's immune-supporting properties could be advantageous.
- **Stress Reduction:** Tulsi is believed to have a calming effect and might help alleviate stress and anxiety. This can be helpful for athletes who experience mental stress related to competition and performance.
- **Respiratory Health:** Tulsi is sometimes used to support respiratory health, which can be important for athletes who engage in endurance activities or train in environments with air quality challenges.

Magnesium Sulphate: Contains Magnesium and sulphate ions which enable:

- **Muscle Function:** Magnesium is essential for muscle function, including muscle contraction and relaxation. It works in conjunction with calcium to regulate muscle contractions. Adequate magnesium levels can help prevent muscle cramps and spasms, making it beneficial for athletes who engage in intense physical activity.
- **Energy Production:** Magnesium is involved in energy metabolism, including the conversion of carbohydrates, fats, and proteins into usable energy. It helps activate enzymes that are crucial for **ATP (adenosine triphosphate) production**, the body's primary energy currency.
- **Nerve Function:** Magnesium plays a role in nerve signaling and neurotransmitter release. It helps regulate the transmission of electrical impulses between nerve cells, which is important for muscle coordination, reflexes, and overall nervous system function.
- **Electrolyte Balance:** Magnesium is an electrolyte, along with sodium, potassium, and calcium. Electrolytes are essential for maintaining fluid balance, nerve function, muscle contractions, and heart rhythm. Adequate magnesium levels contribute to overall electrolyte balance.
- **Bone Health:** Magnesium is a component of bone tissue and is crucial for bone health and maintenance. It works synergistically with calcium and other minerals to support bone strength and density. Athletes require strong bones to withstand the stress of physical activity.
- **Heart Health:** Magnesium is important for cardiovascular health. It helps regulate heart rhythm, blood pressure, and blood vessel function. Adequate magnesium intake may reduce the risk of cardiovascular disease and support overall heart health.
- **Anti-Inflammatory Effects:** Some research suggests that magnesium may have anti-inflammatory properties, which can be beneficial for athletes recovering from exercise-induced inflammation and muscle soreness.
- **Stress Management:** Magnesium is sometimes referred to as the "relaxation mineral" due to its role in promoting relaxation and reducing stress. It can help calm the nervous system and improve sleep quality, which is important for recovery and overall well-being.

Moringa Extract: is a plant that has gained attention for its potential health benefits. It is rich in vitamins, minerals, antioxidants, and bioactive compounds. In the context of the formula, moringa extract plays several potential roles:

- **Nutrient Density:** Moringa is known for being a nutrient-dense plant, containing vitamins (such as vitamin A, vitamin C, and various B vitamins), minerals (like calcium, magnesium, and potassium), and protein.

- **Antioxidant Properties:** Moringa is a good source of antioxidants, including flavonoids and polyphenols. These antioxidants help protect cells from oxidative stress caused by free radicals, which can be generated during intense exercise.
- **Anti-Inflammatory Effects:** Some research suggests that moringa has anti-inflammatory properties. Reducing inflammation can contribute to faster recovery and potentially alleviate muscle soreness.
- **Energy Support:** The vitamins and minerals in moringa can contribute to energy metabolism, which is important for athletes needing sustained energy during workouts and recovery.
- **Immune Support:** Moringa contains compounds that might have immune-supporting properties, which can be beneficial for athletes who want to maintain immune function during intense training.
- **Digestive Health:** Moringa contains dietary fiber and compounds that might promote digestive health. This can contribute to overall well-being and nutrient absorption.

MSM (Methylsulfonylmethane): commonly known as MSM, is a naturally occurring compound that contains sulfur. MSM play several potential roles:

- **Joint Health:** MSM is often used to support joint health and alleviate joint discomfort. It is believed to help with the formation of connective tissues and cartilage. This could be particularly relevant for athletes who put stress on their joints during training and competition.
- **Anti-Inflammatory Properties:** MSM has been studied for its potential anti-inflammatory effects.
- **Sulfur:** is an essential component of various amino acids, vitamins, and enzymes in the body. It plays a role in various metabolic processes, including those related to muscle protein synthesis and energy production.
- **Collagen:** MSM is sometimes used to support skin health and collagen production.
- **Gut Health:** Some research suggests that MSM might have a positive impact on gut health by supporting the integrity of the gut lining.

Bacillus Coagulans: is a type of probiotic bacterium that has gained attention for its potential health benefits, particularly for digestive health. The Roles it plays in the context of the formula are:

- **Digestive Health:** Bacillus coagulans is a probiotic, which means it's a beneficial bacterium that can support a healthy balance of gut flora. Probiotics like Bacillus coagulans help maintain a healthy gut environment by promoting the growth of beneficial bacteria and inhibiting the growth of harmful bacteria. This can contribute to improved digestion, reduced bloating, and regular bowel movements. Happy gut, happy athlete!
- **Immune Support:** The gut plays a crucial role in immune function, and a healthy gut microbiota is essential for a robust immune system. Probiotics like Bacillus

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coagulans may help modulate immune responses and support immune function, potentially reducing the risk of infections and promoting overall health.

- **Reduced Inflammation:** Some research suggests that certain probiotics, including *Bacillus coagulans*, may have anti-inflammatory effects. By promoting a healthy gut environment and modulating immune responses, probiotics can help reduce inflammation, which is beneficial for overall health and may have implications for athletes managing exercise-induced inflammation.
- **Support for Antibiotic Use:** Probiotics are often recommended during and after antibiotic treatment to help restore the balance of gut bacteria disrupted by antibiotics. *Bacillus coagulans* can contribute to maintaining gut health and reducing digestive side effects associated with antibiotics.
- **Gut-Brain Axis:** Emerging research suggests that the gut microbiota can influence brain function and mental health through the gut-brain axis. Probiotics like *Bacillus coagulans* may play a role in supporting mental well-being and cognitive function.
- **Digestive Disorders:** *Bacillus coagulans* has been studied for its potential benefits in managing digestive disorders such as irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), and diarrhea. It may help alleviate symptoms and improve gut health in individuals with these conditions.

Pomegranate Extract (Ellagic Acid): Ellagic acid is one of the polyphenols found in pomegranates and is considered a major bioactive compound responsible for many of the fruit's potential health benefits. It's known for its antioxidant and anti-inflammatory properties. Key benefits of Ellagic acid in respect of the Complete Repair formula include:

- **Antioxidant Properties:** Ellagic acid is a potent antioxidant that helps neutralize free radicals in the body. Intense exercise can lead to an increase in oxidative stress, which may contribute to muscle fatigue and tissue damage. Antioxidants like ellagic acid can help mitigate oxidative stress and support overall health.
- **Anti-Inflammatory Effects:** Inflammation is a natural response to exercise-induced muscle damage, but excessive or prolonged inflammation can hinder recovery. By reducing inflammation, ellagic acid may aid in post-exercise recovery.
- **Cardiovascular Health:** Some research suggests that ellagic acid may have benefits for cardiovascular health, such as improving blood flow and reducing the risk of cardiovascular disease. A healthy cardiovascular system is crucial for optimal athletic performance.
- **Immune Support:** Ellagic acid may support immune function, which is important for athletes who engage in rigorous training that can temporarily suppress the immune system. Maintaining a robust immune system can help prevent illness and support consistent training.
- **Joint Health:** Its antioxidant and anti-inflammatory properties may contribute to overall joint health and mobility, which is important for athletes, especially those involved in high-impact activities.

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- **Muscle Recovery:** While ellagic acid does not directly promote muscle growth or recovery, its ability to reduce oxidative stress and inflammation may indirectly support muscle recovery processes after intense exercise.

Sodium Chloride, Potassium Chloride, Zinc, Iodine, Selenium: These are essential minerals that play roles in hydration, electrolyte balance, and overall metabolic processes. Adequate intake of these minerals is important for maintaining optimal performance and preventing cramping. Key roles the minerals play in this formula include:

- **Sodium Chloride (Salt):** Sodium and chloride are electrolytes that help regulate fluid balance in the body. They are essential for nerve signaling, muscle contractions, and maintaining proper blood pressure.
- **Magnesium Sulfate:** Magnesium is involved in over 300 enzymatic reactions in the body. It's crucial for muscle and nerve function, energy production, protein synthesis, and bone health.
- **Potassium Chloride:** Potassium is an electrolyte that helps balance fluids, supports nerve and muscle function, and helps maintain proper heart rhythm.
- **Boron:** Boron is important for bone health as it aids in the metabolism of calcium, magnesium, and vitamin D. It might also have a role in supporting joint health.
- **Calcium:** Essential for bone health and maintaining strong teeth. It's also involved in muscle contractions, nerve function, blood clotting, and enzyme activity.
- **Zinc:** Supports immune function, wound healing, and DNA synthesis. It's involved in numerous enzymatic reactions and plays a role in maintaining skin health.
- **Iodine:** Necessary for the production of thyroid hormones, which regulate metabolism, energy production, and overall cellular function.
- **Selenium:** An antioxidant mineral that's important for immune function and thyroid health. It helps protect cells from oxidative stress.

Vitamins (A, B1, B2, B3, B5, B6, B9, B12, C, D, E, Biotin): Vitamins are essential micronutrients that support various bodily functions, including energy production, immune function, and recovery. Athletes have increased nutrient needs, and these vitamins can help meet those requirements. Key roles the vitamins play in this formula:

- **Vitamin A:** Supports vision, immune function, and skin health. It's also important for the health of epithelial tissues (skin and mucous membranes) and plays a role in gene expression.
- **Vitamin B1 (Thiamine):** Aids in energy metabolism by helping the body convert carbohydrates into usable energy. It also supports nervous system function.
- **Vitamin B2 (Riboflavin):** Plays a role in energy production and supports the metabolism of fats. It's also involved in maintaining healthy skin and vision.

- **Vitamin B3 (Niacin):** Essential for energy production and supports nervous system function. It plays a role in DNA repair and contributes to skin health.
- **Vitamin B5 (Pantothenic Acid):** Supports energy metabolism and is involved in the synthesis of hormones and neurotransmitters. It's also important for skin health.
- **Vitamin B6 (Pyridoxine):** Supports protein metabolism, neurotransmitter synthesis, and immune function. It's involved in the production of haemoglobin and aids in nerve function.
- **Vitamin B9 (Folate/Folic Acid):** Essential for DNA synthesis and cell division. It's crucial during periods of rapid growth and development, such as pregnancy.
- **Vitamin B12 (Cobalamin):** Supports energy metabolism, red blood cell formation, and nerve function. It's also involved in DNA synthesis.
- **Vitamin C:** A powerful antioxidant that supports immune function and helps the body absorb iron from plant-based foods. It's also important for collagen production, wound healing, and skin health.
- **Vitamin D:** Important for bone health as it helps the body absorb calcium. It also plays a role in immune function, cell growth, and overall well-being.
- **Vitamin E:** An antioxidant that helps protect cells from oxidative stress. It supports immune function and plays a role in skin health.
- **Biotin (Vitamin B7):** Supports metabolism, helps maintain healthy skin, hair, and nails, and is involved in cell growth and repair.

Bamboo Extract (70% Silica), Boron, Calcium: These are minerals that contribute to bone health. Athletes put stress on their bones, so maintaining bone density and strength is crucial.

Bamboo Extract (70% Silica): Silica, also known as silicon dioxide, is a naturally occurring compound found in the earth's crust, in various minerals, and in plants. In dietary supplements and health products, silica is often included for its potential benefits on skin, hair, nails, and overall health. In the context of the Complete Repair formula, silica plays several potential roles:

- **Bone Health:** Silica is involved in the formation and maintenance of bone tissue. It aids in the deposition of minerals like calcium and contributes to bone strength. This can be important for individuals, including athletes, who want to support bone health.
- **Joint Health:** Silica is a component of connective tissues such as tendons, ligaments, and cartilage. Adequate silica intake might contribute to joint health and flexibility.
- **Connective Tissue Support:** Silica's role in supporting the structure of various connective tissues could contribute to overall structural integrity and health.
- **Collagen Production:** Silica is sometimes associated with promoting the production of collagen, which is important for skin elasticity, wound healing, and overall tissue repair.

- **Antioxidant Properties:** Silica might have antioxidant effects, which can help protect cells from oxidative stress and support overall health.

Boron: Boron has anti-inflammatory properties and may help reduce symptoms of inflammatory conditions, such as joint pain and discomfort. Athletes who experience joint stress during training might benefit from compounds that support joint and bone health.

- **Hormone Regulation:** research indicates that Boron influences hormone levels, particularly **testosterone** and oestrogen. Testosterone is important for muscle growth and recovery, so maintaining **healthy hormone levels** could indirectly support post-exercise recovery and muscle repair.
- **Cognitive Function:** There is some evidence that boron might have a positive impact on cognitive function and brain health. This could potentially aid athletes in maintaining mental clarity and focus during training and recovery.
- **Antioxidant Properties:** Boron has antioxidant properties, which can help reduce oxidative stress caused by intense exercise. This oxidative stress can contribute to muscle damage, inflammation, and delayed recovery.

Calcium: Aside from playing a vital role in bone strength, calcium also contributes to the formula in the context of:

- **Muscle Function:** Calcium is involved in muscle contraction and relaxation. During muscle contraction, calcium ions are released from storage sites within muscle cells, allowing the muscle fibers to contract. This process is essential for movement, exercise performance, and overall muscle function.
- **Nerve Signaling:** Calcium plays a role in transmitting nerve impulses throughout the body. It helps regulate the release of neurotransmitters, which are chemicals that allow nerve cells to communicate with each other. Proper nerve signaling is crucial for coordinating muscle contractions, reflexes, and other physiological processes.
- **Enzyme Activation:** Calcium acts as a cofactor for many enzymes involved in various biochemical reactions in the body. These enzymes play roles in energy metabolism, DNA synthesis, hormone production, and other essential functions.
- **Cellular Function:** Calcium ions also regulate cellular processes such as cell division, cell signaling, and cell membrane stability. They help maintain the proper balance of ions inside and outside cells, which is critical for cellular function and overall health.

Leucine, Isoleucine, Valine: These amino acids are considered essential, meaning the body cannot produce them and they must be obtained from the diet. Branch Chain Amino Acids play a role in muscle recovery, protein synthesis, and reducing muscle breakdown, in addition to enhancing energy production during intense exercise. The balance of the required amino acids in this formula are derived from the protein and collagen sources.

How does this formula help protect the Athlete's DNA?

Several components in the formula can contribute to DNA health through various mechanisms. Here's how some of the ingredients may support DNA health:

- **Antioxidants:** Many of the vitamins, minerals, and plant extracts in the formula, such as vitamin C, vitamin E, selenium, and polyphenols from ingredients like green tea and pomegranate extract, act as antioxidants. Antioxidants help neutralize free radicals, which are unstable molecules that can damage DNA and lead to cellular aging and disease. By reducing oxidative stress, antioxidants support overall DNA health.
- **Vitamins and Minerals:** Essential vitamins and minerals, including vitamin A, vitamin B9 (folate), vitamin B12, zinc, and magnesium, play crucial roles in DNA synthesis, repair, and stability. For example, folate is important for preventing DNA damage and supporting cell division, while zinc and magnesium are involved in DNA repair mechanisms.
- **Protein and Amino Acids:** The protein content in the formula provides amino acids, which are the building blocks of proteins. Amino acids are essential for DNA synthesis and repair, as they are incorporated into new DNA strands during cell division and help maintain the integrity of DNA molecules.
- **Probiotics and Gut Health:** *Bacillus coagulans*, a probiotic bacterium in the formula, promotes a healthy gut environment. The gut microbiota plays a role in DNA health by influencing inflammation, immune function, and nutrient absorption. A balanced gut microbiota can support overall physiological health, including DNA integrity.
- **Collagen Peptides and Connective Tissue Health:** Collagen is a structural protein that provides support to tissues, including skin, bones, and cartilage. Collagen peptides in the formula support connective tissue health, which indirectly contributes to overall health and potentially DNA health by maintaining tissue integrity and function.
- **Anti-Inflammatory Effects:** Ingredients such as curcumin (from turmeric) and certain vitamins and minerals have anti-inflammatory properties. Chronic inflammation can contribute to DNA damage and cellular dysfunction. By reducing inflammation, these components help protect DNA and promote overall cellular health.

How do the superfood extracts in this formula contribute to DNA health and telomeres protection?

Several superfood extracts in the formula can contribute to DNA health and potentially offer protection for telomeres. Here's how some of these superfood extracts may support DNA health and telomere protection:

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- **Pomegranate Extract:** Pomegranate extract contains polyphenols such as ellagic acid, which has antioxidant properties. Antioxidants help neutralize free radicals that can damage DNA and accelerate cellular aging. By reducing oxidative stress, pomegranate extract may support DNA health and contribute to telomere protection and have positive effects on telomere length and function.
- **Green Tea Extract:** Green tea extract is rich in catechins, particularly epigallocatechin gallate (EGCG), which are potent antioxidants. EGCG has been studied for its potential to protect DNA from oxidative damage and promote cellular health. It may also have anti-aging effects that could extend to telomere protection.
- **Moringa Extract:** Moringa is known for its high content of vitamins, minerals, and antioxidants. Compounds like quercetin and kaempferol found in moringa extract have antioxidant and anti-inflammatory properties, which can help support DNA integrity and cellular health, potentially impacting telomere health as well.
- **Bamboo Extract (70% Silica):** Silica is not directly linked to DNA health or telomere protection, but it is essential for connective tissue health, including skin, hair, and nails. Healthy connective tissues indirectly contribute to overall well-being, and maintaining tissue integrity can support cellular health in general.

In summary, the Complete Repair product formula benefits the athlete in many ways, including protein synthesis, production of energy, inflammation management and overall health. It also lends itself to the Nutr8 Moniker of **“We protect the Athlete’s DNA!”**

Complete Repair is well complimented by:

1. **S3 Energy:** A Formula to assist the body to create nitric oxide and ATP for enhanced energy throughout the duration of the exercise with heightened mitochondrial performance, cellular biogenesis, and nutrient bioavailability.

Directions:

- To test resilience to the S3 formula – specifically in the context of the intense vasodilation it fosters, take 1 capsule the first time you try the product. Once your tolerance is acceptable, take 3 capsules 30 minutes before exercise and 2 more capsules every 90 minutes (into a run) or every 2 hours (into a cycle). Other athletes who participate in intense sport for shorter duration, 3 capsules (30 minutes before the event) will suffice.



2. **Vo2 Vortex (not diabetic friendly):**

Vo2 Vortex, like Complete Repair, contains a slew of ketones, BCAAs, carbohydrates, vitamins, minerals and select superfood extracts. We call the formula our **Nutr8-ion platform** as it feeds and hydrates the athlete at the same time, increasing the power and stamina of the athlete and leading to maximal intensity and duration of energy and effort. The low osmolality formula ensures almost immediate hydration as the structure of the drink osmoses directly into the cells.



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