



Method 5 Fitness

M5 Performance: Recovery

Total body recovery



What is it?

- M5 Recovery is designed for total body recovery after exercise. This uniquely formulated product helps with muscle recovery, reduces muscle and joint soreness, while also providing highly bioavailable proteins and vitamins to replenish nutrients in the muscles lost after exercise.



Problem

- Strenuous activity is rough on the body. Physical exercise depletes the body of nutrients, leaves behind micro-tears in muscles, and can be hard on your joints and cartilage. One of the principle reasons people discontinue their workout program is due to aches, pains, stiffness and body fatigue.

Solution

- M5 Recovery provides you all-natural, total body recovery after any form of exercise or strenuous activity. M5 Recovery's three unique nutrient blends will replenish nutrients and reduce muscle and joint soreness, leaving you feeling great. Speed up your recovery process with key amino acids and highly bioavailable protein to repair muscle tears and increase muscle synthesis. If you're looking for the perfect one-two punch, fuel your body with M5 Pre-Workout and begin rebuilding immediately with M5 Recovery. Your body will thank you!

What's in it for me?

- 3 unique blends deliver total body recovery after exercise*
- Aids in muscle recovery and reduces fatigue*
- Helps reduce muscle soreness*
- Helps reduce minor joint pain associated with wear and tear from exercise*
- Safe, all-natural, no artificial sweeteners or colors

Active Ingredients, Proven Benefits

- **Muscle Support Blend:** A unique combination of Egg White Protein, Glutamine, Branch Chain Amino Acids (BCAAs), L-Leucine, Sodium and Potassium to help speed up muscle repair and replenish electrolyte balance. Egg White Protein is a highly bioavailable source of protein and is rapidly digested by the body to increase amino acid delivery to your muscles.

Glutamine enhances the body's ability to secrete human growth hormone (HGH), which assists in metabolizing body fat and helps support new muscle tissue growth. BCAAs (L-Leucine, L-Isoleucine, L-Valine), Sodium, Potassium and an additional shot of L-Leucine are vital to muscle recovery.

- **Joint Support Blend:** Glucosamine, Quercetin, Boswellin, White Willow extract, and Turmeric combine to help build connective tissue in joints and muscles. This blend is used by the body to create a protective cushion of cartilage tissue around joints and helps the body maintain inflammation levels in already normal range*.
- **Vitamin Blend:** This complete vitamin blend is crucial for replenishing vitamin levels in the body after exercise or strenuous activity of any kind. The blend contains Vitamins A, D3, E, B1, B2, B6, B12, and C; Biotin; Folic Acid; Niacinamide (B3); and Pantothenic Acid (B5). B Vitamins play an important role in cell metabolism; as well as in the metabolism of lipids, proteins, and carbohydrates. What strenuous activity takes out of you, the M5 Recovery vitamin blend puts back in you.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.