

# FitGen

## Youth Performance Supplements Parents Can Trust

## RECOVERY

### HOW DOES IT WORK?

Fitgen Recovery is a multi-saccharide recovery drink. It is an Amino acid and rehydration complex that assists with maximum muscle recovery after exercise and events.

### GLUTAMINE:

- Minimizes breakdown of muscle and improves protein metabolism.
- Speeds up muscle recovery after workout.
- Plays a key role in protein synthesis.
- May serve to boost your immune system.
- Improves nitrogen availability in the body.
- Increases muscle strength.
- Stimulates growth-hormone production that support new muscle growth.
- It's the most important component of muscle.

### BENEFITS:

- Intense Muscle Recovery
- Assists Intense Workout.
- Improves Anaerobic Capacity.
- Enhances Brain Function.
- Improves Bone Healing.
- Buffers Lactic Acid Build-up.
- Improves Performance.
- Improves Muscle Mass.
- Extreme Rehydration.

FitGen Recovery Orange

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