

Torq Recovery:

- **Optimal blend of carbohydrate and protein**
- **Ribose, HMB and Glutamine for rapid recovery**
- **Silky smooth**
- **Natural Flavours**
- **No colours, artificial sweeteners or preservatives**
- **Available in two flavours, Banana & Mango and Chocolate Orange**
- **Also available the Torq Recovery Drink Mixer to aerate and mix your recovery formula effortlessly into a delightful smoothie.**

TORQ recovery is a highly advanced post-exercise nutritional drink formulation that has been designed to repair, recharge and refuel fatigued muscle tissue after heavy exercise. TORQ's unique matrix of Glucose Polymers, Fructose and Whey Protein Isolate stimulate the rapid absorption of carbohydrate to re-stock vital glycogen stores. TORQ's active ingredients, D-Ribose, HMB, L-Glutamine and blend of carefully selected vitamins and minerals work together to repair and recharge over-stressed muscle fibres. We believe TORQ recovery to be the most thorough and effective formulation of its kind on the market today - yet we flavour it NATURALLY and use no colours or artificial sweeteners. There is not a single ingredient within TORQ recovery's formulation that isn't derived from a NATURAL source, or doesn't naturally-occur within the human body.

It is generally accepted that consuming carbohydrate and protein at a 3:1 ratio within 15 minutes of finishing exercise will speed up glycogen synthesis (numerous authors have confirmed this). In other words, it will help you to store carbohydrate more effectively than consuming carbohydrate alone and/or waiting until this 15-minute window of opportunity has passed. It is also generally accepted that whey protein is faster acting and available more quickly than any other kind of protein, thus it provides the amino acids necessary for muscle repair with little delay. TORQ recovery represents this 3:1 blend of carbohydrate and high quality whey protein.

It is TORQ's unique blend of D-Ribose, HMB, L-Glutamine, vitamins and minerals that sets it apart from other recovery products on the market. D-Ribose and HMB are particularly expensive ingredients and it is not unusual for nutrition companies to claim that their products contain these components, whilst providing too small a dose to have a significant effect. Most other products don't contain them at all. We do not believe in compromise, so every serving of TORQ recovery contains a dose of D-Ribose, HMB and L-Glutamine that has been verified by the available research*.

For further information on D-Ribose and HMB, refer to the sections of this presentation entitled 'TORQ ribose' and 'TORQ HMB' respectively. Put simply, TORQ ribose rapidly re-charges the muscle cell with energy, whilst HMB acts like a bionic protein, helping to protect the muscle structure against muscle damage and quickly building new tissue that has been stimulated through the training process. It helps your muscles to grow.

L-Glutamine is present in the more advanced recovery products on the market and there's good reason for it. L-Glutamine is the most abundant amino acid in the body, in a large part because it is needed a lot by the brain, intestines, kidneys, lungs and immune system and also because you can manufacture your own. However, if you leave your body to produce its own supply, it will break down muscle tissue in order to make it available. Logic dictates that this is not desirable when you are a training athlete. Therefore, supplementation with L-Glutamine immediately after exercise stops the body scavenging for an alternative supply and eating into your well-earned muscle. It also ensures that plenty of L-Glutamine is available to fuel the immune system.

Numerous studies have considered the effects of L-Glutamine supplementation on immune function and although the findings are mixed, there appears to be enough evidence to support its worth*. Couple the benefits of L-Glutamine with HMB and it's clear that there are huge gains to be achieved by taking a supplement containing both of these.

Finally, the vitamins and minerals we blend into TORQ recovery are comprehensive. Heavy exercise takes an inevitable toll on the body and our recovery formulation wouldn't be complete without a generous serving of these essential micro-nutrients.

What is Fruit Pectin? You will note from our listings below that we use this ingredient in TORQ recovery to thicken it. Fruit Pectin is a natural extract of fruit that gives our product a luxurious creamy mouth feel and has been used in jam making for many years. We have harped on about the functionality of this product, but we also think you will find it very pleasant to drink.

Dose: For best results, use our TORQ recovery mixer bottle and cold refrigerated water. Add TORQ recovery powder to the appropriate amount of water (as illustrated in the table below) and shake vigorously for 30 seconds.

Usage: Consume TORQ recovery within 15 minutes of finishing exercise. During periods of particularly high load training or back-to-back racing, also consume 1gram per Kg body weight of NATURAL (unflavoured) TORQ energy 2 and 4 hours post exercise.

Servings Per Tub: (dependant on bodyweight):

- 500g: 3.5 to 6.5 servings
- 1.5kg: 10 to 20 servings
- 3kg: 20 to 40 servings
- 6kg: 40 to 80 servings

Ingredients (Chocolate Orange): Skimmed Milk Powder, Maltodextrin, Fructose, Whey Protein Isolate, Cocoa Powder, L-Glutamine (6%), Thickener (Fruit Pectin), D-Ribose (3%), HMB (3%), Natural Chocolate Flavour (2.4%), Natural Vanilla Flavour, Natural Orange Flavour (1%), Vitamin & Mineral Mix.

Suitable for Vegetarians

Nutritional Information (Per 100g): Energy 1452KJ / 348 KCal, Protein 21.5g, Carbohydrate 60.4g (of which sugars 41.3g), Fat 1.1g, (of which saturates 0.7g), Fibre 6.1g, Sodium 473mg, Niacin 1.6mg (9%)*, Vitamin E 1mg (13%), Pantothenic Acid 0.6mg (10%), Vitamin B6 0.3mg (13%), Riboflavin 0.2mg (14%), Thiamine 0.2mg (13%), Zinc 1.9mg (13%), Iron 1.8mg (13%), Vitamin A 100mg (13%), Folicin 25mg (13%), Biotin 19mg (8%), Vitamin D 0.4mg (8%), Vitamin B12 0.2mg (20%).

**(%) = Percentage of Recommended Daily Allowance

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1. Burke, E.R. PhD (1999). D-Ribose, what you need to know. Avery Publishing Group.
2. Burke, E.R. PhD (2002). Serious Cycling. Human Kinetics. Pages 167-169 (Ribose), 171-172 (L-Glutamine), 173-174 (HMB).
3. Paswater, R.A. PhD and Fuller, J. PhD (1997). Building Muscle Mass, Performance And Health With HMB. Keats Publishing.
4. Williams, M.H. PhD (1998). The Ergogenics Edge. Human Kinetics.