

Recup-Relax - 100 veggie-capsules



Recup-Relax

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COM_VIRTUEMART_CART_PRICE
COM_VIRTUEMART_PRODUCT_VARIANT_MOD

COM_VIRTUEMART_PRODUCT_BASEPRICE_WITHTAX15,80 €

COM_VIRTUEMART_PRODUCT_DISCOUNTED_PRICE

COM_VIRTUEMART_PRODUCT_SALESPRICE_WITH_DISCOUNT

COM_VIRTUEMART_PRODUCT_SALESPRICE15,80 €

COM_VIRTUEMART_PRODUCT_SALESPRICE_WITHOUT_TAX14,36 €

COM_VIRTUEMART_PRODUCT_DISCOUNT_AMOUNT

COM_VIRTUEMART_PRODUCT_TAX_AMOUNT1,44 €

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Recup-Relax Herbal Anti-Stress- Formula

Stress is like poison for our body – whenever stress hormones are released they lower our energy, make us feel bad, and they are a cause of losing muscle tissue and gaining weight in body-fat. High hormone-levels have also a bad influence to our testosterone levels as stress hormones reduce the levels of testosterone in our body.

Therefore it is very important for our wellbeing and for our goals in the sport to avoid stress as much as possible, but unfortunately it is not

always possible. For situations of stress we developed this special anti stress hormone formula in where we selected herbs which are count as adaptogenes. Adaptogenes are substances which lower stress symptoms as they lower the stress-hormone levels. Less stress hormones are a great improvement of our wellbeing and helps us to reach our goals regarding muscle-gain, strength and weight loss. And it helps also against chronic fatigue and is a great anti-aging help.

Intense weight training and intense sport events in general are a big stress for our body and for this reason it is a big help to take a few capsules of Recup&Relax even 20 minutes before you finish your training, like you lower the stress hormone levels and you can take the maximum benefits and gains from your training.

Our Herbal anti-stress Formula contains following herbs:



Gynostemma Pentaphyllum



This plant is since many years used in the Chinese medicine as it contains high levels on adaptogenic saponins and many antioxidants making it an effective natural helper to beat the stress symptoms lower stress hormones and strengthen our immune system.

Ashwagandha



Ashwagandha also known as Indian ginseng comes from the original in India cultivated plant called *Withania somnifera*. This plant is considered since always in the Indian medicine Ayurveda as adaptogene. Aswagandha helps us to have more energy, makes our body more resistant against colds and infections, and increase sexual capacity and fertility.

Goji Berry

Besides many other health benefits, Goji Berries also contain substances which improves the body's ability to deal with stress, traumas, fatigues and anxiety.

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Astralagus

Our decision to include into our Anti-Stress Formula Astralagus is because it strengthens the immune system and it helps in healing of wounds and injuries one main cause of high stress hormone levels in the body – the faster the injuries are healed the less stress our body duffers.



Acerloa Cherry

Vitamin C helps to lower stress-hormone levels – therefore it is an important help whenever we want to lower release of stress hormones, and Acerola Cherries contain 20 times more vitamin C than Oranges



