

- Help physical recovery following exercise and overindulgence†
- Replenish electrolytes and vitamins†
- Renewed energy and sense of well being†

## What they Are:

The enlyten Recovery strips are designed to help you recover from exercise and athletic activities, as well as deal with the symptoms of overindulgence. They include electrolytes to aid in hydration, vitamins and herbs to help with mental focus and energy, and prickly pear cactus to help with upset stomach.\*

## Who they are For:

- Post party recovery
- Athletes, after a workout
- Upset stomach sufferers
- Help alleviate flu symptoms



## Why they Work:

When overindulgence or overexertion occurs, the pituitary gland in the brain begins to block the creation of vasopressin, aka: the antidiuretic hormone. Without this chemical, the kidneys send water directly to the bladder instead of reabsorbing it into the body. In addition, the diuretic effect expels vital electrolytes such as potassium and magnesium, which are necessary for proper cell function.†



**Vitamin B6** helps brain function and helps the body convert protein to energy.†



**Vitamin B12** helps in healthy regulation of the nervous system, reduces depression, fatigue, and brain shrinkage. It is crucial in energy metabolism, helps in healthy regulation of the nervous system, and also helps maintain a healthy digestive system.†



**Vitamin C** helps protect the body from free radicals that can damage cells.†



**Sodium Chloride** is the primary electrolyte that regulates the extracellular fluid levels in the body. It is essential for hydration, osmotic equilibrium, acid-base balance, regulation of plasma volume, nerve impulses, and muscle contractions. Sodium is essential for hydration because it pumps water into our cells.†



**DiPotassium Phosphate Potassium** Just as sodium chloride is essential for pumping water into cells, potassium pumps the by-products of cellular processes out of our cells. Potassium is crucial to heart function and it also plays a key role in muscular function.†



**Prickly Pear Cactus Extract** may help alleviate occasional upset stomach and other symptoms associated with overexertion and overindulgence.†



**Goji Berry Extract** is full of many beneficial properties. Goji Berries contain two key nutrients: thiamin and magnesium. With thiamin, sleep is improved because it gets your body in the mood for relaxation. Magnesium allows people to fall into a deep sleep relatively quickly. Goji Berry extract also helps protect eyesight, improves libido, and enhances one's mood and energy level.†



**Caffeine** from tea is a stimulant that helps fight ordinary fatigue.



**Organic Honey** is an excellent ergogenic aid and helps in boosting the performance of athletes. Honey facilitates blood sugar levels, muscle recuperation and glycogen restoration after a workout.†



**Grape Seed Oil** and its extracts have been beneficial in the treatment of arthritis, acne, skin spots, sunburns, stretch marks, and wrinkles. Grape Seed Oil may also help with high cholesterol levels, diabetes and strengthening the immune system.†

"The recovery strips are a miracle worker. Recently, I enjoyed a rare weeknight out with some old friends – but unfortunately, felt the effects the next morning. I took three Recovery strips and almost instantly I was ready for a full day at the office."

-Juan Parra, enlyten consumer

## Supplement Facts

Serving Size: 3 strips  
Servings per cassette: 4

	Amount per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	45mg	75%
Vitamin B6 (as Pyridoxine)	3mg	150%
Vitamin B12 (as Cyanocobalamin)	10mcg	167%
Sodium (as Sodium Chloride)	25mg	1%
Potassium (as Di Potassium Phosphate)	10mg	<1%
Proprietary Blend	39mg	*
Prickly Pear Cactus Extract, Natural Caffeine (from tea), Goji Berry Extract, Organic Honey, Grape Seed Oil.		

\*Daily Value not established.

**Other Ingredients:** Pectin, Natural and Artificial Flavors, Oat Fiber, Water, Glycerin, Maltodextrin, Sucralose, Essential Orange Oil, Natural Paprika Oleoresin (color), Lecithin, Acesulfame Potassium. Contains Soy. If you are allergic to any of these ingredients, or are pregnant or nursing, consult a physician before taking this or any other dietary supplement.

### Directions:

For best results, place 1-3 strips in your mouth, allow to dissolve before ingesting. This product does not replace fluids lost during activity. Proper hydration is required to exercise, train, and compete.

### Warning:

KEEP OUT OF REACH OF CHILDREN. CARRYING CASE MAY PRESENT A CHOKING HAZARD.  
STORE AT 59° TO 77°F OR 15° TO 25°C IN A COOL, DRY PLACE. KEEP OUTER PACKAGING FOR IMPORTANT PRODUCT INFORMATION.

