

ELEMENTS

“R”

EXERCISE RECOVERY SPORT BEVERAGE

ELEMENTS - R is an all weather after exercise water additive that provides essential nutrients to help canine athletes quickly recover from training workouts and competition events. Gets your dog back in the game and stay out longer!

How does **ELEMENTS-R** work?

During strenuous exercise, Canine Athletes break down muscle tissue and consume stored glycogen in their muscles and liver for energy. Once depleted, it can take 24 hours or more to fully replace glycogen stores. Low muscle glycogen at the beginning of exercise may contribute to the onset of fatigue, increase muscle protein degradation and adversely affect performance. Muscle protein amino acids, specifically Glutamine and the Branch Chain Amino Acids (valine, leucine and isoleucine) are also consumed during exercise and must be replaced in order to repair muscle damage. When administered within 15 minutes after a workout, **ELEMENTS - R** floods the bloodstream with all the critical nutrients needed to quickly replenish energy stores, repair muscles and rehydrate cells.

When should **ELEMENTS-R** be used?

We recommend the following

- **Hunting:** during extended breaks or at the end of the day
- **Training:** within 15 minutes after a strenuous set-up or at the end of a workout.
- **Competitions:** within 15 minutes after completing a test.

ELEMENTS - R is as safe as water to use during training and between events. Because **ELEMENTS - R** is made from predigested nutrients, there is no “gut fill” effect so no special rest is required after consumption. However, because recovery primarily occurs during an inactive state, it is helpful to wait at least 60 minutes before resuming activity.

Ingredients Glucose Polymers (maltodextrin), Filtered Water, ProGuard™ Peptide Blend (Whey Protein Hydrolysate, Glutamine Peptide & Fractionated Bovine Colostrum), Glycerol, Fructose, Natural Flavor, Phosphoric Acid, Creatine Monohydrate, Acetic Acid.

Nutrition Data per 2 fl oz Serving (75g)

Total Energy: 240 kcal

Guaranteed Analysis (not less than):

Crude Protein: 5g, Crude Fat: 2g, Carbohydrate: 44g

Intended for Supplemental Nutrition use only. Not for use in puppies less than 6 months old or dogs with liver ailments or diabetes

Directions for Use:

ELEMENTS - R is a highly concentrated liquid that mixes easily with water and does not require refrigeration. Within 15 minutes after exercise, simply mix the proper amount of **ELEMENTS - R** with 8-12 oz of water or more. Be sure the whole serving is consumed. Give unlimited access to clear water thereafter.

- Usage Guideline: 1/8 cup (1 fl oz or 37.5g) per 35# body weight.

Note: higher or lower usages may be employed depending upon actual energy needs of the individual dog and weather conditions.

What do the ingredients in **ELEMENTS-R** do?

- **Glucose Polymers:** complex carbohydrates that are gradually digested to evenly release glucose into the bloodstream where it is used to replace muscle glycogen consumed during exercise. The proprietary blend of glucose polymers in **ELEMENTS - R** protects against release of too much glucose, too fast or uneven release which can cause dehydration or undesirable insulin peaks.
- **ProGuard™ Bioactive Peptides:** a proprietary blend of partially digested proteins designed to optimize recovery and muscle repair. Rapidly absorbed and hypoallergenic, ProGuard™ provides high levels of Glutamine peptide and Branch Chain Amino Acids (leucine, isoleucine and valine) needed to reverse muscle breakdown that occurs during exercise. Glutamine peptide has also been shown enhance immune support and gastrointestinal repair, reducing illness associated with training. Whey Protein and Colostrum are also rich in bioactive peptides, growth factors and the precursors for glutathione a potent antioxidant.
- **Glycerol:** provides an additional highly digestible source of energy to fuel the recovery process and facilitate rapid rehydration for additional events.
- **Fructose:** replaces liver glycogen much more efficiently than glucose, sparing glucose for muscle recovery.
- **Creatine Monohydrate:** the building block of the high-energy phosphate system, the fast burst energy your dog consumes in the first few seconds of activity. Supplemental Creatine circulating in the blood insures optimal recovery of this vital energy system.

Storage:

Store **ELEMENTS - R** in a cool dark location. Avoid exposure to direct sunlight or temperatures above 100°F.