



Blackcurrant anthocyanins as a workout supplement - get more out of your activity

We've spent years working with leading research institutes and universities to unlock the benefits and mechanisms of this New Zealand berryfruit.

While we don't yet fully understand all of its secrets, we are well on the way. There's no doubt New Zealand blackcurrants may offer athletes a special combination of benefits to find new limits and personal bests, or even assist those wanting to exercise more and lose weight.

The picture so far:

PERFORMANCE

- The first polyphenol found to influence fat metabolism and oxidation to such a degree during low and moderate exercise, which may have major performance implications
- Increases fat burning by 15% and 27% and at low and moderate intensities
- May delay fatigue and enhance running endurance by on average 11%
- Delays the onset of fatigue during exercise
- Helps reduce the rise of lactate by up to 14% at maximum effort
- Increases tolerance of lactate, meaning higher-intensity work-rate
- Aids blood flow for increased oxygen delivery to working muscles

RECOVERY

- May reduce muscle soreness and aid recovery from exercise
- Increased blood flow for faster tissue repair and clearance of lactate
- Helps control oxidative stress and inflammation resulting from intense exercise
- Prevents muscle tissue damage
- Assists immune protection, for faster tissue repair and recovery

Used by elite and professional athletes, we drug test every batch of CurraNZ with HFL so you can have ultimate confidence in our product. Certificates available, email info@healthcurrancy.co.uk

