



## SPORT PLAN

20 PREPARE tablets  
10 PERFORM sachets  
10 RECOVER tablets

PREPARE		PERFORM		RECOVER	
2 TABLETS BEFORE EXERCISE		1 SACHET DURING EXERCISE		1 TABLET AFTER EXERCISE	
Magnesium	375 mg*	Glucose	5.192 mg	Harpagophytum (ext.)	100 mg
Iron	10 mg*	Fructose	7.480 mg	Turmeric (ext.)	100 mg
Maca (ext.)	200 mg	Sodium	500 mg	Açai (ext.)	100 mg
		Potassium	300 mg*	Vitamin C	80 mg*
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\* 100% NRV: nutrient reference values

**INSTRUCTIONS FOR USE.** To be taken the day you exercise. Before exercise, preferably 2 hours before, take two PREPARE tablets (red). During the exercise, take the contents of a PERFORM sachet dissolved in a glass or small bottle of water (200 ml - 500 ml). At the end of the exercise, take a RECOVER tablet.

**PROPERTIES.** Complete plan to perform properly during sports practice and counteract muscle overloads and reduce the risk of injury. The combination of the three products and their administration regimen confer a global and complete effect for the care of the muscles. Especially indicated when an intense muscular work is expected, in competitions, periods of overload or when the sport is resumed after a period of inactivity. PREPARE tablets contain magnesium for normal functioning of the muscles, iron that contributes to the normal formation of red blood cells and the normal transport of oxygen in the body, and maca extract, which contributes to physical and mental energy for better performance. The PERFORMANCE sachets provide fast-absorbing sugars, sodium and potassium for the normal functioning of the muscles during exercise and vitamin C, which helps the immune system during and after intense physical exercise. The RECOVER tablets continue with extracts of harpagophytum, turmeric and açai and vitamin C, which helps to reduce tiredness and fatigue and to facilitate the correct recovery.

**REMARKS.** It does not contain other allergens (gluten, lactose, etc.). No side effects associated with any of the ingredients have been described at the doses used. In case of suffering any unwanted effect derived from the consumption of the product, cease its use and contact a health professional. For additional information, you can contact [humalik@humalik.com](mailto:humalik@humalik.com). Food supplement. Do not exceed the recommended daily amounts or use as a substitute for a varied and balanced diet. Keep out of reach and sight of younger children.

**REFERENCES.** "Maca: composición química y propiedades farmacológicas" Revista de FITOTERAPIA volumen 8 nº1, junio 2008.



Keep at room temperature in a fresh and dry place, far from a heat source.



Deep 89 mm  
High 127 mm  
Width 95 mm  
Volume 1.074 cc



3 years



Gross 261 g  
Net 193,8 g

