



4KG POWDER



1KG PASTE

SINGLE DOSE SYRINGE



What they need.. when they need it

Recovery BOOSTAA amino acid supplement

**HORSEPOWER**

*The precise science of exercise recovery just got a whole lot easier.*

Developed in conjunction with the University of Newcastle, using world first research, six key amino acids have been identified that are lost in the highest quantities. The replenishment of these aminos and the timing of that replenishment, are critical in facilitating muscle recovery, optimising performance and minimising muscle catabolism

## Research information

This product has been developed as a result of patented research carried out by the University of Newcastle, NSW, Australia, which identified and quantified the previously unknown losses of amino acids in horse sweat during exercise.

Recovery BOOSTAA is used to replenish the pool of available amino acids which are depleted during exercise and sweating. Sweat losses significantly deplete the circulating pool of endogenous amino acids and reduce the amount available for use by muscles during the crucial recovery phase immediately following exercise.

Regular daily use of this supplement leads to an increased reservoir of amino acids in the blood to further support exercise, promote building muscle mass and strength and improve stamina. Trials in exercising horses also indicated improved condition and wellbeing in the supplemented group.

Sweat facilitated losses of amino acids in Standardbred horses and the application of supplementation strategies to maintain condition during training. *Comparative Exercise Physiology, 11(4), 201-212. doi:10.3920/CEP150027*

Alterations in red blood cell parameters, plasma amino acids, total cholesterol and fatty acids in Standardbred horses undergoing fitness training. *Comparative Exercise Physiology, 15(1), 13-23. Doi:10.3920/CEP180045*

**HORSEPOWER** 1800 681 117  
www.horsepower.com



# Six key amino acids are lost at faster rates than others during and after exertion

**HIGHER INTENSITY TRAINING AND RACING EXACERBATES THESE LOSSES**

## How can Recovery BOOSTAA help?

### REPLENISHMENT OF THESE KEY AMINO ACIDS CAN SUPPORT

- ✓ Effective maintenance of aerobic capacity
- ✓ Maintenance of muscle mass and condition
- ✓ Muscle recovery from exercise
- ✓ Soft tissue repair
- ✓ Protein synthesis

### DURING AND AFTER EXERCISE, DIGESTIVE PROCESSES SLOW

- ✓ There will be a period of some hours before ingested proteins are digested
- ✓ There is a delay in supply of amino acids immediately post exercise
- ✓ This is the time when they are needed for recovery and repair

### BOOSTAA AMINO ACIDS ARE IN FREE FORM, THEY

- ✓ Do not require digestion
- ✓ Are rapidly absorbed
- ✓ Provide key amino acids when they are needed

### PROVIDING BOOSTAA STRAIGHT AFTER EXERCISE WILL

(WITHIN 30 MINUTES)

- ✓ Provide key resources for recovery
- ✓ Will reduce demand on the body to supply these amino acids

### REDUCING CATABOLISM PROVIDES A BETTER CHANCE TO

- ✓ Maintain muscle mass and integrity
- ✓ Minimise susceptibility to muscle soreness and injuries

