



What Makes FUTURELIFE® HIGH PROTEIN Smart food™ Ideal for Exercise Recovery?

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Many people realise that they need to consume something after exercise, but there is often confusion as to what. A pure whey shake? A sports drink? Absolutely anything you can find in your fridge... Because you are starving! Exercise recovery nutrition is multifaceted and aims at returning your body to its pre-exercise state. This involves refuelling the body, repairing your muscles and rehydrating. Good exercise recovery will:

- Facilitate muscle gain as a result of the training
- Assist in increasing strength
- Allow you to train at a higher intensity
- Have a protective effect on the immune system
- Prevent dehydration

This article will explore the features of FUTURELIFE® HIGH PROTEIN Smart Food™ that make it excellent for recovery.

PROTEIN

Muscles develop tiny tears during exercise which can cause some of the pain you experience afterwards. Protein is essential for the repair of these muscles, which results in growth in both muscle strength and size¹.

The amount of protein required for muscle repair is between 0.2 - 0.5g/kg or about 10 - 20g protein. The exact amount that you require for recovery will be influenced by various aspects such as exercise intensity and duration, but should not exceed 25g. This can be fulfilled in one sitting or partially as a snack followed by a meal within a couple of hours.

FUTURELIFE® HIGH PROTEIN Smart food™ provides 22.5g of protein per 75g serving, this would be further increased if the product is mixed with milk.

Another positive feature is the **SmartProtein3D blend of proteins** contained in FUTURELIFE® HIGH PROTEIN Smart food™ which consists of whey, soy and casein proteins. Studies have shown that such a blend is ideal for muscle recovery because it prolongs muscle protein synthesis. This occurs because each protein has a different digestion rate, leading to a prolonged delivery of amino acids. SmartProtein3D also has a more balanced amino acid profile with soy being higher in glutamine and arginine and whey providing more Branched Chain Amino Acids (BCAAs). Please see below diagram for clarification.

SmartProtein^{3D} benefits

	Complete Protein	Digestion Rate	Adds Lean Body Mass	High In Leucine	High In Glutamine	High In Arginine	Anti-oxidant Activity
Whey Protein	✓	Fast	✓	✓			
+ Soya Protein	✓	Intermediate	✓		✓	✓	✓
+ Casein	✓	Slow			✓		
+ Combination i.e. Smart Protein	✓	Prolonged	✓	✓	✓	✓	✓

CARBOHYDRATES

Following exercise you also need carbs, more carbs than protein actually. Carbohydrates are needed for the replenishment of your glycogen (energy) stores in your muscles as well as your liver.

You require 0.8 - 1.2g of carbohydrates per kg bodyweight for optimal recovery this equates to roughly 50g - 80g Carbohydrates for the average person. Again, this can be taken in all at once as a meal or partially as a snack followed by a meal.

FUTURELIFE® HIGH PROTEIN Smart food™ provides 27g of high quality carbohydrates per 75g serving. Mixing with milk or yoghurt and adding fruit will further increase this amount. The options are endless, you could concoct a smoothie or even try these delicious HIGH PROTEIN Smart food™ crumpets with honey for something different. See <http://futurelife.co.za/futurelife-high-protein-smart-food-crumpets/>.

CONVENIENCE

Ideally you should start your exercise recovery as soon as possible after completing your exercise session, but definitely within 30-45 minutes. However, this can become difficult if you're on the run, headed to your next of many commitments. The beauty of FUTURELIFE® HIGH PROTEIN Smart food™ is that it is super convenient. If you have a shaker and some cool water or milk, you can mix it up, drink it down and be reassured that your muscles are on the road to recovery.

FUTURELIFE® HIGH PROTEIN SMART FOOD™ CONTAINS MODUCARE®

MODUCARE® is a patented blend of natural plant sterols and sterolins in a clinically proven ratio of 100:1. It works to modulate and restore balance of the immune system. You may wonder how this has anything to do with exercise recovery... Well, when we are exercising intensely our bodies undergo a period of immunosuppression following said exercise. Research has shown that a blend of plant sterols and sterolins like that found in MODUCARE® blunts this effect² helping to keep you out of the doctor's office and on the road (or in the gym).

INFORMED-CHOICE

FUTURELIFE® HIGH PROTEIN Smart food™ is endorsed by Informed-Choice, a quality assurance program in the sports industry. The program certifies that a product that bears the Informed-Choice logo has been rigorously tested for banned substances in sport by the world class sports anti-doping lab, HFL Sport Science.

I hope that I have been able to assist you in picking out a safe and convenient recovery option with all the nutritional aspects that you need for sports recovery. Remember that rehydration is also very important. You can start by mixing FUTURELIFE® HIGH PROTEIN Smart food™ with a generous serving of fresh water or milk.

REFERENCES:

1. http://www.weightwatchers.com/util/art/index_art.aspx?tabnum=1&art_id=60361&sc=3405
2. www.moducare.com/wp-content/uploads/2016/05/moducare-summary-of-research.pdf+&cd=1&hl=en&ct=clnk&gl=za

Images:

<http://futurelife.co.za/product/futurelife-high-protein-smart-food/>