

# PURICA RECOVERY®

EXTRA STRENGTH

## Whole Body Health & Pain Relief

RECOVERY targets the root cause of pain, providing effective and sustained relief to people dealing with sore joints and muscles, recovering from injury or rehabbing from surgery. Yet it is as beneficial for people wanting to avoid those aches and pains in the first place. By inhibiting cellular damage, curbing inflammation, relaxing tension and increasing the cells' ability to absorb important hormones, RECOVERY® bring results. far beyond your expectations. We like to think it defies description, although Whole Body Health & Pain Relief is a good start!

- Reduces back, hip, knee, neck, muscle and soft tissue pain
- Relieves joint stiffness
- Enhances healing from surgery and rehab from injury

**Recommended use or purpose:** The relief of pain associated with osteoarthritis, the formation of connective tissue, the development and maintenance of cartilage and proper muscle function plus the antioxidants required for good health.

### Medicinal ingredients (per dose unit)

**Each 5 capsules (3 grams/105 oz) contains: Nutricol® - Bioflavonoids:**

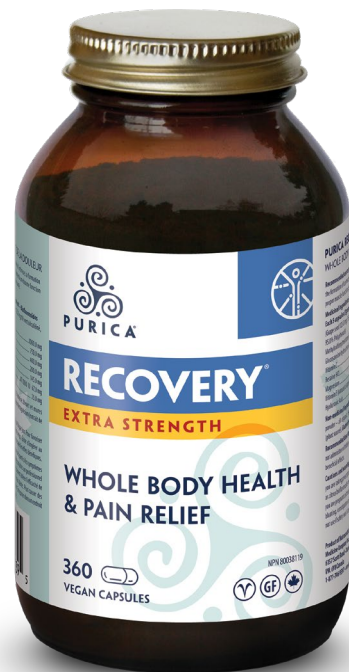
(Grape seed 125.0 mg, 95.0% Proanthocyanidins and decaffeinated green tea 125.0 mg, 95.0% Polyphenols)

Methylsulfonylmethane (MSM) .....	1000.0 mg
Glucosamine hydrochloride - vegan source .....	750.0 mg
Vitamin C .....	400.0 mg
Betaine HCL .....	200.0 mg
Magnesium .....	145.0 mg
Vitamin E (natural d-alpha tocopheryl acetate).....	67.0 mg AT 100.0 IU
Hyaluronic Acid .....	25.0 mg

**Non-medicinal ingredients:** Blackberry, cranberry, red raspberry and blueberry fruit powder – all organic. Hypromellose, microcrystalline cellulose, magnesium stearate (plant source). **Gluten free.**

**Recommended dose for adults:** Take 5 capsules 2 times daily. For best absorption do not administer with dairy. Avoid taking at bedtime. Use for a minimum of 4 weeks to see beneficial effects.

**Cautions and warnings:** Consult a health care practitioner if symptoms worsen. If you are taking prescription medication, consult a healthcare practitioner prior to use as citrus bioflavonoids may alter the effectiveness of these medications. Do not use if you are pregnant or breastfeeding. Some people may experience mild gastrointestinal bloating, constipation or indigestion. Store in a cool dry place, away from children. Do not use if safety seal is broken.



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## How it works

Researchers have found that the so-called dis-eases of aging have similar underlying factors: a decrease in cell stability leading to the release of compounds that promote damage, inflammation, spasm and pain. RECOVERY® changes the behaviour of cells that have been damaged by chronic inflammation, injury, surgery or over-training. The result? Reduced discomfort and an improved quality of life.

## ACTION

- Potent pain relief, helps to halt damage
- Accelerates and improves healing
- Regulates inflammation and spasm throughout the body

## REPORTED MAIN USES

- Musculoskeletal damage, pain and spasm
- Soft tissue injury and pain
- Breathing issues
- Digestive and intestinal issues
- Skin issues



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