

Ultragen

Each serving of ultragen delivers

- 20g of the highest quality protein to rebuild and refuel exhausted muscles.
- 6g of glutamine to improve glycogen resynthesis and prevent overtraining
- 4.5g of BCAA to help decrease muscle damage, decrease fatigue and increase recovery
- 60g of glucose (dextrose) which accounts for all the carbohydrates

A synergistic blend of vitamins, minerals, co-factors, glutamine and BCAA's that were specifically designed to modulate the damaging effects of cortisol brought on by intense endurance training.

Designed to be fully absorbed within the essential 30-minute glycogen window

Contains gluten free and lactose free proteins

Whey Protein Hydrolyzed (WPH)

- enzymatically pre-digested small molecular weight complete proteins (small molecule proteins are superior to large)
- The small easy to digest di and tri peptide chains are quickly absorbed for muscle recovery.

Whey Protein Isolate (WPI) – Fast Acting

- Whey Isolate delivers high levels of anti-catabolic BCAA
- Low molecular weight protein absorbed more slowly than Whey Protein Hydrolyzed

Milk Protein Isolate (MPI)

- Fully absorbable due to the quality of its isolate (which removes carbohydrates and fats)
- Absorbed more slowly than both WPI and WPH

Combining these three proteins allow the faster WPH and WPI to be absorbed during the critical 30 minute window and the slower MPI to remain and deliver the appropriate building blocks for slower processes. Small molecule proteins are superior to larger hard to digest Whey Protein Concentrate that is used in most recovery products.

Glucose is the most important component of a recovery drink

- The entire endurance recovery process is based around replenishing what's been lost during exercise. It should be every athletes goal not to deplete glycogen stores
- The process starts with staying as well fueled as possible during exercise, then topping it off immediately afterwards.
- Following long exhaustive exercise your cells are highly sensitive "accepting" nutrients. This is especially true the first 30 minutes following exercise
- Choosing nutrients which are absorbed very fast allows you to take full advantage of this glycogen window
- Glucose is the fastest carbohydrate absorbed which is why Ultragen is designed with 60g of glucose per serving
- 60g of fast absorbing glucose also creates a catalyst which drives other recovery nutrients such as protein, glutamine, bcaa's, vitamins and minerals into the exhausted muscles.