

# RECOVER

## 10 Performance

### What it is:

- Powerful recovery formula made with Velvet Antler Extract (VAE), one of the world's oldest raw super foods.
- It is considered a super food because of its nutritional density and lack of caloric value.
- It is considered a raw food because we process it with low heat to keep the antler living throughout the extraction.
- Deer antlers are the only mammalian organs that re-grow and regenerate yearly.

### Why take it:

- 10 Performance has been manufacturing VAE for over 15 years in the United States. We have developed a system that provides our customers with the highest quality antler on the market. Our Elks' feed costs more than the food we put on our table for our family, which makes our product more superior to other manufacturers. 10 Performance is involved in the whole process of extraction from farming to bottling in Tampa, FL.
- *Recovery:* After strenuous workouts you have micro tears in muscles that need to be repaired. **RECOVER** repairs tears faster than rest alone.
- *Strength Gains:* When your body gets the nutrients (vitamins, minerals and amino acids) it needs following workouts you will gain strength because you are training at your peak potential.
- *Training Capacity:* When your body is fully recovered after every workout, your training capacity will increase due to muscles growing back stronger.
- *Reduces and eliminates inflammation in joints:* **RECOVER** has cartilage like properties called glycosaminoglycans responsible for addressing inflammation that builds up in joints.
- *Lean Muscle Growth:* When you are packing on muscle it can be a challenge to keep fat off unless your protein source is packed full of amino acids without all the calories like **RECOVER**.
- *Fat Loss:* **RECOVER** allows you to train harder and longer which results in burning more calories which increases fat loss.
- *Glandular Function:* Brings balance to your internal organs and glands to work more efficiently.
- *Antioxidant Activity:* Reduces free radicals and increases antioxidant activity to keep your immune system strong.
- *Hormone Balance:* Helps correct hormonal imbalances due to daily stress.
- *Joint Mobility:* Promotes the production of chondroitin sulfate and glucosamine sulfate which helps repair cartilage giving you more range of motion.

### How it works:

- Velvet Antler Extract contains a naturally balanced matrix of growth factors that support recovery. It is the backbone (primary ingredient) of almost all 10 Performance products. Sometimes it is the main catalyst and other times it is the support ingredient to aid in the delivery of other nutrients into the blood stream
- Growth factors have the profound ability to support lean muscle growth and inhibit protein degradation.
- Research shows supplementation with VAE increases strength gains and lean muscle mass, promotes fat loss, accelerates recovery from exercise and increases fatigue resistance.
- VAE provides a more extensive collection of nutritional components than any other single source used to provide raw materials for dietary supplements.

### Who should take it:

- Every adult.
- It is useful for a wide variety of people including those who are looking for safe anti-aging solutions as well as the most elite athletes for natural performance enhancers.

### Dosage:

- 30 drops/1 ML = 1 fully squeezed dropper (which only fills two-thirds of the dropper)
- Take sublingually (under the tongue) and hold in your mouth for 90 seconds. Swallow afterwards.
- It is best to take 1 serving daily, first thing in the morning on an empty stomach.

**Ingredients: Comprised of 90% protein**

- Velvet Antler Extract: Increases strength gains and lean muscle mass, promotes fat loss, accelerates recovery from exercise and increases fatigue resistance.
- Glycosaminoglycans (GAG's) - maintain and support collagen
- Lipids – repair cellular damage, produce cellular activity, and bring balance
- Minerals – keeps bones, heart, muscles and brain working properly; make enzymes and hormones
- Trace Elements – essential for physiological and biochemical processes. (iron, manganese, zine, copper, iodine)
- Tribulus (Men's) - increases muscle strength and size, testosterone levels, and boosts overall functionality of the body
- Ashwagandha (Women's) - help calm the brain, reduce inflammation, lower blood pressure and improve immune system
- Other: purified water, organic grape alcohol

#### FAQ's:

- What is Velvet Antler Extract?
  - It is one of the world's oldest superfoods and the most nutrient dense supplements available today. The biochemical matrix found in the live, growing velvet antler contains a complete range of beneficial growth factors.
  - The extract that we provide is derived from the growing antlers of mature male elk.
- Are the Elk hurt during the extraction process?
  - Elk antlers regrow entirely from scratch year after year, and in fact, elk are the only mammals capable of continuously regenerating an appendage. Our veterinarian places particular attention to the harvesting process making certain the needs of the elk are met. The elk are never harmed and feel no pain during the clipping process. It is similar to when we clip our nails.
- Why is VAE so powerful?
  - Made up of 18 bio-identical growth factors, VAE offers a wide range of health and medicinal benefits to people of all ages and conditions.
  - Antlers grow at a rate of over 1 inch per day in a cartilaginous state beneath a velvet-like skin which provides them with a constant supply of fresh blood and nutrients to assist growth.
  - Antlers can reach an impressive size of over 6 feet in diameter and usually weigh several hundred pounds.
  - Even more amazing is that all of this growth happens in a very short time frame, only 3-4 months.
  - As you can see, velvet antler provides a large, extensive collection of nutritional components providing raw materials for you and your dietary supplements.
- What is IGF-1?
  - IGF-1 (insulin-like growth factor) is a naturally occurring growth hormone capable of providing a wide array of health benefits.
  - Many studies and extensive research have been performed showing that increased natural levels of this polypeptide provide many healthy benefits.
  - At 10 Performance, we do not offer any synthetic or isolated versions of IGF-1 that you may have heard about in the news that have negative side effects. Our IGF-1 is a 70-chain amino acid sequence, the way your body produces it on its own.
- Why is taking this product sublingually more beneficial?
  - Sublingually allows for maximum absorption. Our product allows the nutrient's rich bioactive molecules to be absorbed directly into the blood stream orally and through the interior lining of your cheeks.
  - 10 Performance products are designed to achieve maximum bioactivity, absorption and effectiveness.