



Stress

IS BUILT IN TO OUR 21ST CENTURY LIVES.

When we're not rushing around, we sit sedentary at our screens for hours on end. And we often turn to unhealthy foods.



Exercise

Many people compensate by taking part in physical exercise. All the evidence shows that people who exercise regularly live longer, healthier lives.

But what most people don't understand is that **THE MAIN BENEFITS OF EXERCISE ARE REALIZED DURING RECOVERY FROM EXERCISE.**

Recovery

It is during the recovery phase that **THE BODY ADAPTS TO THE STRESS CAUSED BY EXERCISE** and prepares itself for the exercise our body has now come to expect following the initial exercise. That's how the body improves into a stronger version of you, every time we train.

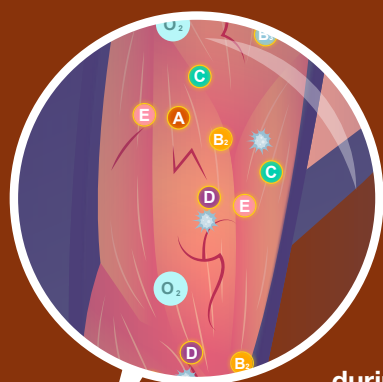


Overload

When overloaded with the stress of modern lifestyles, this recovery phase takes longer. **OUR BODY LOSES ITS ABILITY TO BOUNCE BACK STRONGER** and heavy exercise may do more harm than good.

Healthy vascular system

A healthy vascular and circulatory system ensures that **SUFFICIENT AMOUNTS OF BLOOD, OXYGEN AND NUTRIENTS ARE DELIVERED TO MUSCLE CELLS DURING EXERCISE.** Then, during recovery, the same vascular system removes the products that build-up during exercise.



during exercise



OPCs

MASQUELIER's® Original OPCs can play a crucial role in enabling effective recovery. It supports microvascular function and helps scavenge free radicals generated by the oxidative stress caused by our lifestyles as well as from exercise. **SO IT HELPS COUNTERACT THE DAMAGE DONE TO VASCULAR WALLS BY THE FREE RADICALS.**

