



Product Information Sheet

Purple Cushhh Nutri-Mito Sport Trainers

180g (Serving size 2 x 5ml teaspoons before breakfast. Mix with 100-150ml water. Add lemon juice and Stevia to taste)

Boosts metabolism and enhances energy

Ingredients

Pysllium Husk, Ginger, Organic Materials,
Laterosporus (Probiotic)

Taking part in physical activities has both mental and physical benefits. Regular exercise can have a very positive impact on depression and anxiety. It does not only boost overall mood, but can relieve stress, improve memory and help a person to sleep better. Physically, a person's heart rate will increase, which means more oxygen will be pumped to the brain. Increased heart rate helps the release of hormones which provide a good environment for the growth of brain cells. Over and above the improved heart function, physical activity helps to reduce the risk of diabetes, control blood sugar and lowers stress levels. The purpose of having a sport shake is to provide the body the energy which it needs to perform at an optimal level as well as helping the muscle recovery after a workout.



The ingredient Psyllium Husk in Nutri-Mito Shake has pre-biotic (plant fiber that acts as food and stimulates the growth and activity of the good bacteria in the intestines) effects. This helps with the digestion of food in the intestines. It also helps to regulate cholesterol and blood sugar levels which results in reduced risk of heart disease and diabetes. **Nettle** is a nutritious plant with gentle diuretic (process and flush away toxins and harmful bacteria from urinary system) effect. Studies have shown that it reduces inflammation and pain as well as lowers blood pressure and assist with control of blood sugar levels. Amongst the benefits of **Ginger** are some that are especially helpful for a person who partakes of strenuous physical activity. Gingerol (a compound found in ginger) has anti-oxidant (protects cells from damaging effects of unstable molecules) and anti-inflammatory (reducing redness, heat, swelling and pain) properties. **Curcumin**, the active compound of **Turmeric**, can reduce the inflammation that is the body's natural response to muscle soreness and damage after repetitive intense physical activity. Rosehip is a herbal medicine with anti-inflammatory and antioxidant properties. It is effective in relieving and preventing joint pain and stiffness. Stevia is used as a sugar substitute without the negative health effects linked to refined sugar, and with the benefit such as reduced blood sugar level and calorie intake. **Cinnamon** improves glucose sensitivity and lowers the blood sugar levels. The improved insulin sensitivity improves the chance of adding new muscle tissue. Studies have shown that **Vitamin D3** increases muscle strength in a person who is **Vitamin D** deficient, resulting in reduced injuries and better performance. Organic Minerals replace the Electrolytes (minerals needed for a properly functioning body) lost during increased physical activity. **B.Laterosporus** (Probiotic) provides an excellent chance of success to physically active persons, to maintain a strong immune system, overall health and an improved intestinal system.

