

# RECOVERY ORANGE™



## BCAA/Glutamine Recovery Supplement



### The Perfect Recovery Supplement

You don't grow when you train, you grow when you rest. To build lean muscle and strength you need to train very hard and then you need to rest to allow your muscles to grow.

*The faster you recover, the faster you can get back in the gym and the faster you will grow.* This recovery

process, the road to muscle growth, just got easier with an exciting new supplement from House Of Muscle. *We call it Recovery Orange™ and quite simply it is the perfect recovery supplement.*

### Two Powerful Supplements In One Great Product

Recovery Orange™ is a self-contained stack of Branched-Chain Amino Acids (BCAAs) and Glutamine. *BCAAs and Glutamine are tried and true supplements that are synonymous with muscle recovery.* Other supplements may get all the attention, but don't forget about BCAAs and Glutamine. **I truly believe they are the most underrated supplements in the world of sports nutrition and I consider both of them staples and cornerstones of any sports supplement stack.** House Of Muscle has combined these two powerful supplements in a clinically proven and vitally important ratio (more on that later) in one great product – **Recovery Orange™.**

### More Details About BCAAs

The BCAAs in Recovery Orange™

are a group of three amino acids (leucine, isoleucine and valine) which are very important for the manufacturing, maintenance and repair of muscle tissue. *BCAAs stimulate protein synthesis, the process in muscle cells that builds muscle protein which creates growth.*



Research shows that BCAAs decrease the levels of cortisol, a

and have more endurance), but it also is an anti-catabolic agent. **Its anti-catabolic properties put you in a positive nitrogen balance, which allows you to utilize protein much better than you could without supplementing with glutamine.**

The anti-catabolic properties of glutamine should not be underestimated. When you supplement with glutamine the results are dramatic. This is because you can eat more protein

**.. the most important factor to muscle growth is recovery... The faster you recover, the faster you can get back in the gym and the faster you will grow.**

catabolic hormone that blocks testosterone's anabolic effects and leads to increased muscle breakdown. *It is quite obvious — if you want optimum muscle recovery, you need BCAAs.*

### More Details About Glutamine

The Glutamine in Recovery Orange™ is an amino acid that aids muscle growth by increasing levels of leucine in muscle fibers, inhibiting breakdown and encouraging muscles to store more glycogen, which makes them fuller due to the water that glycogen holds.

Not only does glutamine have powerful muscle cell volumizing characteristics (it volumizes muscles cells causing them to be bigger, stronger

and, most importantly, utilize all that protein toward your muscle building and strength goals like never before! *Glutamine truly is an amazing supplement and when combined with BCAAs, in the clinically proven ratio in Recovery Orange™, the results are even more amazing!*

**The Ratio Is Important**  
**The BCAAs and Glutamine in Recovery Orange™ have been combined in a precise, clinically proven ratio which studies have proven will aid in muscle recovery.** To get maximum results, the BCAAs (the three amino acids leucine, isoleucine and valine) and the Glutamine need to be taken in this very specific ratio. But you don't have to worry about that — House Of Muscle has taken the guess work out of the

equation. Recovery Orange™ combines all these nutrients in the clinically proven 2:1:1:2.2 ratio. Each 10 gram serving of Recovery Orange™ contains 2.5 grams of leucine, 1.25 grams of isoleucine, 1.25 grams of valine and 2.75 grams of glutamine. **This specific ratio of these quality, pharmaceutical grade nutrients, found in Recovery Orange™, will provide maximum results on your road to muscle recovery.**

### **The Timing Of Dosages Is Important**

The most important time to take Recovery Orange™ is post-workout. One dose (10 grams or 2 teaspoons) should be taken immediately after you train. ***By adding Recovery Orange™ to your post-workout protein shake, you'll enhance protein synthesis, the molecular process in muscles that leads to growth.*** You'll also depress cortisol output, which rises during training and is known to enhance muscle breakdown and limit testosterone's effect on muscle growth. ***Recovery Orange™ will also decrease muscle soreness, so post-workout is definitely a time you want to take it.***

The second vital time to take Recovery Orange™ occurs first thing in the morning, after your body has experienced an all-night fast. ***When you wake your body breaks down muscle protein for fuel, but by taking Recovery Orange™ at this time you can stop the catabolic onslaught by providing a different kind of fuel for your body to use.***

The third critical time to take Recovery Orange™ is right before training. ***This provides your muscles with pre-workout energy and prevents them from using their own stores of***

***BCAAs and Glutamine as fuel.*** This dose will also depress cortisol levels, keeping you in a more anabolic state and primed for growth.

The final time to take Recovery Orange™ is later in the day, with supper or your last meal. ***This will help you get into a positive nitrogen balance and an anti-catabolic state before you go to bed.*** Simply put, taking frequent dosages of Recovery Orange™ throughout the day helps maximize your body's ability to recover and grow muscle.

### **The Form Of Recovery Orange™ Is Second To None**

There are other supplement companies that sell BCAAs and Glutamine supplements separately. ***But, why deal with the hassle of having to take them separately when you can take them together in one great supplement?*** Plus, House Of Muscle has taken all the guess work out of getting the clinically proven and vitally important ratio of these powerful nutrients.

Recovery Orange™ comes in a powder form which is superior to tablets. Any of you who have tried to get down two huge 5 gram tablets, four times a day, know how unpleasant that can be. Plus, most powder forms of BCAAs and Glutamine are flavorless – not Recovery Orange™! House Of Muscle is offering a tastier option. Recovery Orange™ comes in a delicious orange flavor, ***but still has no extra calories or sugar, which can be important to those of you who are trying to burn body fat.***

### **Is Recovery Orange™ Safe?**

Absolutely! Not only is Recovery Orange™ safe, it is a true health supplement. Even if you don't workout,

***Recovery Orange™ has amazing health benefits due to its powerful immune system boosting properties!***

### **What Are You Waiting For?**

Well there you have it. The BCAAs and Glutamine in Recovery Orange™ may be underrated, but my sports supplement arsenal will never be without them again. I realize that the most important factor to muscle growth is recovery and my road to muscle recovery starts with Recovery Orange™.

Whether it is the clinically proven ratio of BCAAs and Glutamine, the ease of use due to our combination of two powerful supplements, the superior powder form and taste we provide, or simply the assurance that the ingredients our products contain are of the highest quality available – ***all of these are great reasons to try Recovery Orange™.*** Plus, Recovery Orange™ is totally safe, truly effective and very reasonably priced.

Each tub of Recovery Orange™ contains 25 delicious orange flavored servings. ***If you are looking for that extra edge in your training, there is only one Recovery Orange™ from House Of Muscle.***

What are you waiting for? The time to reach your true potential is ***NOW!*** ***Get your Recovery Orange™ today at:***

**HouseOfMuscle.com**

The statements made about this product have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.