

HEALTH & VITALITY

RELAX & RECOVER

NIGHT TIME SUPPORT

PREPARE BEFORE DURING AFTER

QUICK INFO

- X ☒ LACTOSE FREE
- X ☒ GLUTEN FREE
- ☐ ACID FREE
- ☐ NO SWEETENERS
- X ☒ NO ARTIFICIAL COLOURS
- X ☒ NO PRESERVATIVES
- ☐ VEGAN



PRODUCT DESCRIPTION

Daily sleep is central to health and performance. The body uses the daily off-time specifically for the regeneration of its central functions. Thus, nerve cells in the brain are newly linked - important for learning processes - proteins are formed, hormones are released and the immune system is strengthened. But the energy systems also reorganise themselves so that you feel refreshed and rested the next day.

Studies show that nutrition as a whole, but also single substances in food, can influence sleep quality and relaxation.

RELAX & RECOVER contains nutrients that contribute to the reduction of tiredness and fatigue and to normal well-being. In addition to the classic minerals in this respect, magnesium, zinc and iron, the preparation contains also the following ingredients.

- **L-tryptophan:** naturally occurring essential amino acid, especially in milk. Among other functions, it is a component of the neurotransmitter hydroxytryptophan (5-HT), which is involved in the regulation of the sleep-wake rhythm.
- **Lactium®:** special peptide made from milk protein with a high content of L-tryptophan. It has been investigated in 6 clinical studies in connection with stress management.
- **L-theanine from green tea:** green tea is traditionally associated with a calming effect. Studies suggest that this is not only due to the contained catechins but also to the amino acid L-theanine in the tea.
- **Saffron extract:** Worry and stress are sleep depriving and increase cortisol levels. Saffron extract contains as well so-called secondary plant compounds, e.g. crocin and safranal, which had a positive effect [*Crocus sativus* L.] on sleep quality and mental health in studies. (1-3).
- **Ginseng:** known from traditional Asian herbal medicine, contains polyphenols and antioxidants, especially ginsenosides.

ADVANTAGES

- **Night Time Support:** natural plant and milk based supplement, intended to improve recovery
- **Enriched with iron, zinc and magnesium**
 - Iron and magnesium contribute to the reduction of tiredness and fatigue and a normal energy metabolism.
 - Zinc to protect cells from oxidative stress
 - Magnesium supports the normal function of the nervous system

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PURPOSE

To support the relaxation and recovery phase after hard training and/or competitions as well as in phases of increased mental stress (training, exams, job).

RECOMMENDATION

Take in phases of high stress, daily in the evening. Stir 1 portion into 250 ml water.

The recommended daily dose should not be exceeded. Food supplements should not be used as a substitute for a balanced and varied diet. Store out of reach of small children.

INGREDIENTS

Fructose-oligosaccharides, magnesium citrate, flavours, acid citric acid, **milk** protein hydrolysate¹ 5.3%, L-tryptophan 3.5%, green tea extract³ 3.2% (contains L-theanine), iron pyrophosphate, ginseng extract 1%, saffron extract² 0.6%, sweetener sucralose, zinc gluconate. Free from lactose.

The stated recommended daily dose should not be exceeded. Food supplements should not be used as a substitute for a balanced and varied diet. Store out of reach of small children.

FLAVOUR

Orange-Peach

PACKAGING

can 120 g

NUTRITION FACTS

1 Tagesration/daily ration (5 g):		
Energie/energy kJ (kcal)	46 (11)	
Fett/fat	0 g	
davon gesättigte Fettsäuren/of which saturates	0 g	
Kohlenhydrate/carbohydrates	0.5 g	
davon Zuckerarten/of which sugars	0 g	
Nahrungsfasern/fibres	1.8 g	
Eiweiss/protein	0.3 g	
Salz/salt***	0.03 g	
Magnesium	190 mg	50%
Eisen/iron	7.0 mg	50%
Zink/zinc	2.5 mg	25%
L-Tryptophan	175 mg	--
Ginseng extract	50 mg	--
Fructo-Oligosaccharides	1.8 g	

*NRV, nutrient reference values

Per 5 g: ¹Lactium® 260 mg, ²Saffr'Activ® 30 mg, L-Theanin(e) 50 mg aus/from ³Suntheanine®

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LITERATURE

1. Shafiee M. et al. (2018): Saffron in the treatment of depression, anxiety and other mental disorders: Current evidence and potential mechanisms of action. J Affect Disord. 2018 Feb; 227:330-337.
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3. Kell G. et al. (2017): affron® a novel saffron extract (Crocus sativus L.) improves mood in healthy adults over 4 weeks in a double-blind, parallel randomized, placebo-controlled clinical trial. Complement Ther Med. Aug; 33:58-64.
4. Thiagarajah K. et al. (2022): Effect of Alpha-S1-Casein Tryptic Hydrolysate and L-Theanine on Poor Sleep Quality: A Double Blind, Randomized Placebo-Controlled Crossover Trial. Nutrients. Feb 3; 14(3):652
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6. Hidese S. et al. (2019): Effects of L-theanine administration on stress-related symptoms and cognitive functions in Health adult: A randomized controlled trial. Nutrients; 11:2632
7. Jung H.J. et al. (2011): Effects of Panax ginseng supplementation on muscle damage and inflammation after uphill treadmill running in humans. Am J Chin Med. 39(3):441-50

Instantgetränkpulver mit L-Tryptophan, Grüntee-, Safran- und Ginseng-Extrakt, Milchprotein und 3 Mineralstoffen. Mit Orange-Pfirsich-Geschmack und Süssungsmittel. Nahrungsergänzungsmittel.

Sorgfältig entwickelt und hergestellt in der Schweiz

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