

# New Product Toolkit



**AMPED**<sup>™</sup>  
POST-WORKOUT

United Kingdom/Ireland/Netherlands/Belgium/Spain

# Product FAQ

## What is AMPED Post-Workout?

AMPED Post-Workout is a post-exercise supplement formulated with natural ingredients including tart cherry, turmeric, astaxanthin, and hydrolysed collagen to help boost muscle-recovery and ease exercise-related soreness.

## What makes AMPED Post-Workout different?

AMPED Post-Workout combines scientifically studied ingredients to help your muscles recover after a hard workout. High-potency tart cherry supports muscle recovery after intense exercise. Turmeric and astaxanthin help to protect against exercise-induced oxidative stress. Collagen provides the building blocks of cartilage in your joints. The ingredients in AMPED Post-Workout boost muscle-recovery and ease exercise-related soreness, so you can be ready to hit your next session! For more information on the benefits of these ingredients, see: <http://eu.isafyi.com/amped-post-workout-everything-you-need-to-know/>

## Who can benefit from AMPED Post-Workout?

If you've ever skipped a workout or gone easy in the gym to avoid the soreness, or had to cancel your training session because you're still sore from the last one, then AMPED Post-Workout is for you. Whether you're new to exercise, a seasoned pro, or an elite athlete, it's much easier to keep up with your training schedule and reach your goals when

you recover quickly after a workout.

## How do I use AMPED Post-Workout?

Mix 2 scoops with 240 ml water and consume after your workout – ideally within 30 minutes. AMPED Post-Workout can also be added to your IsaPro or IsaLean Shake. These products provide complementary benefits to support recovery after exercise. AMPED Post-Workout provides targeted nutrients designed to ease exercise-related soreness, while the protein in IsaPro and IsaLean Shake can help to repair and grow your muscle.

## Can I use AMPED Post-Workout on a Cleanse Day?

If exercise is part of your Cleanse Day routine, then you can include AMPED Post-Workout afterwards. However, we don't recommend intense exercise on your Cleanse Day.

## Who is AMPED Post-Workout suitable for?

AMPED Post-Workout is designed for elite athletes, everyday athletes, and weekend warriors alike. It's ideal for anyone age 16 and older who is looking to improve performance and decrease recovery time after a physically demanding workout. As this product contains collagen, it isn't suitable for vegetarians or vegans. If you are pregnant, breastfeeding, or have a medical condition, please consult your doctors before using this product.



## Share on Social



### Post 1

It might be a 'sore' subject, but that muscle tightness you're experiencing in the days after your workouts just might be holding you back from reaching your full potential.

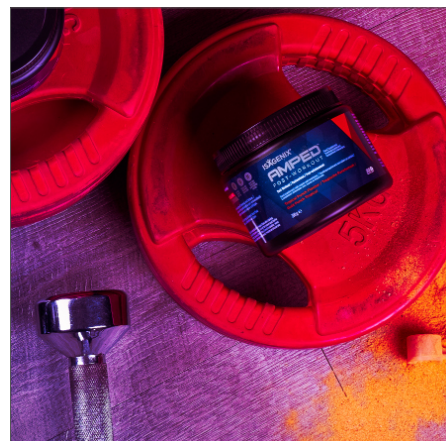
Enter the NEW AMPED Post-Workout! It's designed to help boost recovery, repair muscle and reduce soreness so you can be ready to hit your next workout sooner than you thought! Oh, and I did I mention the flavour? It's tropical punch – so good.

If you're looking to get better, faster post-workout recovery, let's chat!



### Post 2

It's January, and the chances are one of your new resolutions are to get fitter, healthier and stronger. But starting a new training routine, or taking it up a gear, can leave us feeling tender, sore and achy, and the knock on effect is often missed training sessions, or sometimes giving up all together. Sound familiar? That's why we've just launched our NEW post-workout supplement, with natural ingredients like tart cherry, curcumin, astaxanthin and collagen to help you recover after a tough workout. Let's make 2020 the year that you stick to your new years resolution!



### Post 3

Are you loving our pre-workout AMPED Nitro? Are you taking your training up a notch? Is this leaving you feeling a little sore afterwards? We hear you! That's why we're just launched our NEW post-workout product! Using natural ingredients like tart cherry, curcumin, astaxanthin and collagen to help boost muscle recovery and ease exercise-related soreness, now you can train at the intensity and frequency that you really want!