

Everything You Ever Wanted to Know About ADD-INS

Performance Food Centers (PFC) works hard to make sure that the products and ingredients we bring you are the cleanest, purest, best natural and whole-foods based items on the market. While there are many supplements on the market, PFC has chosen to offer swiig Core Supplements as the Add-Ins to our Shakes and Smoothies. These supplements are a great way to help your customers achieve their health, wellness and performance goals. You can rest assured that swiig has built their brand on the philosophy of eating and living well with **ONLY** whole food ingredients and functional nutrients. Core Supplements never contain any synthetic or artificial junk and are blended for synergistic effect. One of swiig's philosophies is "you are what your food eats" – a principal that speaks to the depth of the transparency in their products and ingredients.

Get Recovered Your Essential Post Workout Repair

Supplement Facts		
Serving Size: 1 scoop (5 g)		
Servings Per Container: 90		
	Amount Per Serv.	Percent Daily Value
Calories	15	†
Total Carbs	4 g	2%
Vitamin A	2760 IU	55%
Vitamin C	184 mg	307%
Vitamin E	271 U	90%
Proprietary Blend	340 mg	†
Milk Thistle, Tomato Powder, Celery Seed Extract, Spinach Powder, Carrot Powder		
Glutamine	750 mg	†
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established		
Other Ingredients: Non-GMO Maltodextrin		

The Basics

The clock is ticking and you have 30 minutes from when you finish exercising to replenish your body's Glycogen (stored sugar) levels. Whether you are trying to lose fat, gain muscle or just tone, to optimize your workout you have to keep your metabolic rate humming. If you replenish sugar levels quickly, you can prevent your body from using muscle tissue as an energy source, leaving you with less of it. Less lean muscle means a slower metabolism which makes it much harder to achieve your health & wellness goals. That's infinitely silly, not infinitely good, so Get Recovered after you workout.

This blend is made with **L-Glutamine**, which helps to increase stamina, and reduces muscle breakdown. 4 natural, whole-foods; **Carrots, Tomatoes, Celery, Spinach**, and the herb **Milk Thistle** all combat the stresses of oxidation by providing a mega-dose of antioxidants.

Beyond Recovery

A healthy immune system relies on nutrient-dense whole food nutrition to fuel and support the twenty trillion cells of the body that make up your immune system. Each and every one of these cells communicates with each other, but due to dietary deficiencies, environmental factors and lifestyle dynamics often the immune system is compromised. Combine a healthy diet packed with nutrient dense macronutrients and phytonutrients, exercise, stress management, proper sleep and lots of water are great ways to help boost immunity.

Immunity boosting foods are generally high in Antioxidants, they include; kale, spinach, chard, broccoli, radishes, tomatoes, red skin onion, sweet potato, pumpkin, red and yellow squash, cranberries, raspberries, blueberries, strawberries, and blackberries.

The list goes on and on. The question is, are you getting these nutrient dense foods rich in Antioxidants each and every day? To increase the level of Antioxidants in the body, eat a variety of colorful foods, the richer in color the better all day and every day. Resist eating the same foods each day; mix 'em up. Don't get locked into eating the same foods day in and day out. Working out can stress your immune system because of the increased level of oxygen intake. Oxygen releases free radicals and the harder a workout the more free radicals. Antioxidants neutralize free radicals. Drinking a Recovery Shake with powerful Antioxidants will ensure proper recovery and set the foundation for a strong immune system.

Key Benefits

- Combats Free-Radical Damage, often caused by Exercise, with a Mega-dose of Antioxidants
- Glutamine to Minimize Muscle Breakdown
- Increases Energy, Endurance & Stamina
- Speeds Recovery for Next Workout

Key Ingredients

L-Glutamine

L-Glutamine is a protein amino acid found in proteins of all life forms. It has come to be regarded as one of the most important of the amino acids when the body is subjected to stressful situations (including surgical trauma), cancer, sepsis, burns and working out. During intense training, L-Glutamine levels are greatly depleted in the body, which decreases strength, stamina and recovery. It can take up to six days for Glutamine levels to be returned to normal. Glutamine plays a key role in protein synthesis.

Studies have shown that L-Glutamine supplementation can help minimize the breakdown of muscle and improve protein synthesis, prevent muscle (protein) from being catabolized, and to help to maintain cell volume and hydration which speeds up wound and burn recovery. It has also been shown to boost immune system, produces growth hormones, maintain bowel structure and movements and help to curb sugar cravings.

Milk Thistle

Milk thistle, also known as silymarin, has been used as an herbal remedy for a few thousand years, particularly in the Mediterranean regions of Europe and North Africa, as well as the Middle East. Milk thistle has a well-established reputation for protecting the liver from toxicity and reducing liver damage from infections and diseases.

Tomato

Tomatoes main feature is its lycopene content. Lycopene defuses damaging oxygen free radicals before they can cause harm to cellular structures. Therefore, consuming tomatoes has shown evidence to reduce one's risk of breast, colon, lung, skin, and prostate cancers.

Celery

Celery assists in lowering blood pressure and cholesterol levels. Post-recovery, celery-based juices serve as a great electrolyte replacement. In addition celery can help to renew joints, bones, arteries and all connective tissues, purify the blood, and inhibit abnormal cell creation.

Spinach

Spinach is a rich leafy green that is packed with Vitamin K, Carotenes, Vitamin C and Folic Acid. The rich iron and chlorophyll content in spinach helps to build blood while the lutein helps promote healthy eyesight. Spinach is one of the most alkaline producing foods, making it very useful in helping to regulate body pH. The multiple flavonoids and antioxidants found in spinach have proved to slow down cell division in stomach cancer cells and combat skin cancer cells.

Carrot

Carrots are rich in beta-carotene, giving them their orange pigment. The high amounts of beta-carotene make carrots the most common vegetable used in cancer treatment. Beta-carotene acts as a dietary antioxidant, countering the stresses of oxidation on tissues. Carotenoids found in yellow and orange produce may also help to reduce insulin resistance.