

# Sport + Performance capsules



## PreWorkOut Formula with Bulgarian Rose Oil

### About product

Your Herbal PreWorkOut Formula with Pomegranate & Bulgarian Rose Oil thanks to the technology "micro pellets in oil" that maximizes absorption of nutrients.

- Boost your training and performance energy to break new personal records
- Improves exercise performance
- Strengthen your active muscles to work harder and longer
- Improve your body's recovery time
- Scientifically proven natural blend Pre-workout herbal formulation designed to support increased energy, focus, and endurance in the gym.



### Clinically studied formulation - Recover Your Strength Faster

In this prospective, randomized, double-blind, trial conducted in two parts, is examined the effects of a multi-ingredient pre-exercise workout supplement blend of pomegranate oil, barley beta glucan, rosa damascene oil, olive oil on safety, performance, and body composition in healthy men and women undergoing a supervised program of resistance exercise.

In summary, pre-workout formulation significantly improved subjective levels of energy and concentration and tended to increase focus and lessen fatigue.

### Rosa Damascena Oil

Investigation indicate can significantly improve perceived feelings of energy, focus, and alertness leading to a significant improvement in multi-directional choice reaction time and single-step choice reaction time with an auditory stimulus. Results also support that the Rose oil may reduce both feelings of fatigue and actual fatigue, which can result in performance increases in both muscular endurance and reaction time. Additionally, from a practical perspective, college-age males who recreationally participate in sports where auditory stimuli are abundant, such as team sports where verbal cues are encouraged may experience increases in performance after ingesting the Rose oil.

It has been famous as cardiotonic agent for strengthening the heart.

### Barley Beta Glucane

Barley Beta Glucane helps support healthy immune function, so athletes and recreational users can recover faster from exercise stress. Studies have demonstrated the oral intake of beta-1,3/1,6-glucan:

- Improves immune function
- Promotes healthy inflammatory response
- Supports mucosal immunity and promotes

### FRUITmega™ Pomegranate Seed Oil CP

Pomegranate oil is rich in dietary nitrates, which have been shown to improve exercise performance.

In a study of 19 athletes running on a treadmill, 1 gram of pomegranate oil 30 minutes before exercise significantly enhanced blood flow and strengthen the cardiovascular system.

This led to a delay in the onset of fatigue, and an increase in exercise efficiency.

Increased power production, oxygen efficiency, and blood flow are all performance benefits that could appeal to anyone engaged in prolonged exercise.

This can help reduce muscle soreness and optimize recovery, which can improve your endurance and other aspects of your workout.

