

BSc Recovery Pack

With so many differing supplements out on the market it is easy to become confused on what supplements will actually deliver results. The boom in the sports nutrition industry has led to many people using various supplements without understanding how each supplement actually works. Often at times people take several differing supplements together, a process known as stacking to try and fast track their results which can often end in disappointment due to a poor understanding on how to properly take each supplement. Knowledge of the lack of education to the general public on how to take supplements has led to BSc developing a simple supplement guide beneficial to not only first time users but even the most experienced supplement users. Every supplement found in BSc range can be supported by results not just a label claim which means results for you. Whether you are looking to get bigger, leaner, fitter or stronger, BSc has the right supplement for you. Your results are our reputation.

Struggling to back up the next day after your work outs? Good chance that you are not consuming the right nutrients post-exercise. Take the guesswork out of what to eat post-exercise with this scientifically formulated mix of carbohydrates, proteins, glucosamine, muscle repairing Amino's, vitamins and minerals, glucosamine and electrolytes to ensure you get back up time and time again.

Recovery

Fuel Recovery Protein

BCAA 2200

Regenr8

x4 
20 min post training

x1 
20 min pre training



x4 
daily

