

coralclub

# Recover

The Recover Pack, when used in conjunction with a recommended regimen by your healthcare provider, supports a faster return to respiratory wellness. For example, there may be a decrease in the level of body soreness and fatigue experienced.

## THE PACK HELPS:

- restore the body's mineral balance;
- speed up the elimination of toxins;
- support psycho-emotional balance for an improved mood;
- facilitate falling asleep and improve sleep quality;
- restore intestinal microflora;
- strengthen the immune system of healthy individuals.

## THE PACK INCLUDES:

- Oceanmin, 2 packs (15 sticks per pack),
- Coral Artichoke, 1 bottle (90 capsules),
- Pentokan, 2 tubes (20 effervescent tablets per tube),
- Selenium, 1 bottle (100 vegetable capsules),
- MSM, 1 bottle (60 vegetable capsules),
- Super-Flora, 1 bottle (90 vegetable capsules),
- Griffonia, 1 bottle (60 capsules).

**Oceanmin** helps restore the body's mineral balance and works to support heart function, muscles, and the nervous system. It replenishes electrolyte deficiencies (primarily magnesium) and a wide range of minerals with a concentrate derived from deep ocean water.

**Pentokan** is a source of active potassium, vitamin C, and ribose. Potassium helps maintain normal levels of fluid inside cells, aids with muscle contraction, and supports kidney and heart function. Vitamin C activates the body's defenses, strengthens blood vessels, and speeds up recovery. Ribose is a component of ATP, which improves physical performance, providing the body with a feeling of energy, due to decreased fatigue.

**Coral Artichoke** contains recognized herbal hepatoprotectors: extracts of artichoke, milk thistle, dandelion root, and betaine. Artichoke and dandelion extracts accelerate the elimination of toxins, increase the outflow of bile, and improve digestion. Milk thistle supports the restoration of liver cells, and betaine improves detoxification.

**MSM** is a synergistic product of bioavailable organic sulfur methylsulfonylmethane (MSM), vitamin C, and biotin. The active ingredients help detoxify the body, protect cells from oxidative stress, and improve the condition of the skin, hair, and nails. Sulfur is an essential element for the synthesis of a number of amino acids, vitamins, enzymes, immune proteins, and connective tissue components. It helps facilitate the transport of nutrients to muscles, accelerating their recovery.

**Super-Flora** is a balanced combination of probiotics (bifidus and lactobacilli) and the prebiotic inulin which helps balance the intestinal microflora. It increases the number of beneficial bacteria in the intestines, which helps improve the digestion and absorption of nutrients, strengthening the immune system.

**Griffonia** contains a complex of griffonia seed extract and vitamins B6 and B12. Griffonia is a source of the amino acid 5-HTP (5-Hydroxytryptophan), which is involved in the synthesis of the "happiness hormone" serotonin. The complex helps to reduce anxiety and irritability, increase concentration, and improve sleep and mood.

**Selenium** contains a synergistic complex of selenium and vitamin C antioxidants that are important for the body. It helps enhance immune response. Selenium neutralizes toxins in the body, binds heavy metals, and promotes their removal from the body. Selenium supports heart health by optimizing blood clotting. It also provides a beneficial effect on the health of hair and nails.

	1-10 DAYS	11-30 DAYS
During the day	Dissolve the contents of 1 stick pack of Oceanmin in 1 liter of drinking water at room temperature, then mix and drink	
In the morning before meals	Super-Flora – take 2 capsules 20 minutes before meals	
In the morning during meals	Pentokan* – take 2 tablets Coral Artichoke – take 2 capsules MSM – take 1 capsule Griffonia – take 1 capsule	Pentokan* – take 1 tablet Coral Artichoke – take 2 capsules MSM – take 1 capsule Griffonia – take 1 capsule
In the evening before meals	Super-Flora – take 1 capsule 20 minutes before meals	
In the evening during meals	Coral Artichoke – take 1 capsule MSM – take 1 capsule Griffonia – take 1 capsule Selenium** – take 1 capsule	Coral Artichoke – take 1 capsule MSM – take 1 capsule Griffonia – take 1 capsule Selenium** – take 1 capsule

**\*Pentokan:** Use according to the directions on the label. The product contains sweeteners and may have a laxative effect if taken in excess.

**\*\*Selenium:** 70 capsules will remain after the set's dosage duration is complete. It is recommended to continue taking 1 capsule per day, in the evening with meals.

## CONTRAINDICATIONS:

If pregnant or nursing, consult your health care practitioner before taking this product. This product is not intended to diagnose, treat, cure, or prevent any disease.

## RECOMMENDED DAILY WATER INTAKE:

Drinking a sufficient amount of water is essential for supporting the body's metabolic processes, which help determine how quickly recovery will occur following an illness.

- It is recommended to drink at least 1.5 liters of water per day during the program, including 1 liter of water with Oceanmin.
- Drink high-quality purified water.
- It's recommended to drink in portions of 200-250 ml.
- An additional source of biologically active substances can be fruit drinks and green tea.
- Avoid alcohol, carbonated drinks, and energy drinks, and limit the consumption of coffee and strong tea.

## LIFESTYLE RECOMMENDATIONS:

Choose foods rich in vitamins, minerals, dietary fiber, probiotics, and prebiotics.

- Eat plenty of protein-rich foods.
- Include fresh fruits and vegetables in your daily diet.
- Limit your intake of salty and sugary foods.
- Try to get at least 7 hours of sleep a night.
- Stick to reasonable amounts of physical activity, and avoid overloads.
- Get plenty of fresh air, and try to maintain a positive outlook.