

AWESOME SUPPLEMENTS PRODUCT GUIDE RECOVERY SPRAY

Written by Ben Coomber



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SUPPLEMENTS

Firstly, why write a product guide:

This product guide, along with the guides for all our other Awesome Supplements have been created to ensure that you know exactly what each Awesome Supplement is for, how to take it, and why. We're not like every other supplement company and make bold claims about how our products will benefit you, whomever you are - selling you a product with clever wording and cherry-picked representations of the research - we want to give you the raw facts and let you make up your own mind.

Every product is different, and so is every person, and you need to buy products based on informed choices that are right for you, based on your own circumstances and needs.

Before you purchase any Awesome Supplements product, it's important to us that you understand what it is you're spending your hard earned money on; what's in the product and at what dose, why is each ingredient there and what it does.

After that, we feel that it's really important to help you understand the proper use of each product in order to allow you to get the greatest benefit possible in return for putting your faith in what we do.

Who is the product for? What is the dosing? When should you take it? Should I take it with something else for maximum benefit? Will it aid me in reaching my goals? Does it work if I...

You'll find all of the answers in these documents.

Secondly, a thank you...

I would like to take this opportunity to personally thank you for showing your interest in Awesome Supplements. I think it's awesome you've clicked to read this document, taking the step to fully inform yourself about a product you are going to buy, as too many have bought supplements over the years simply based on bold claims companies make, well, not at awesome supplements. I'll applaud anyone looking to further their knowledge in the field of exercise, nutrition and supplementation, and it's a key reason awesome supplements exists, not just to provide you with world class supplements, that are properly dosed, but to educate you in the world of health, fitness and supplementation. After all, mastering your body is a life skill, and a journey I want to inspire everyone to go on.

I just want to make you more awesome every day!

Finally, I'd like to thank the guys at <http://www.examine.com/> for allowing us to reference their research fact sheets, and for supporting what we do here at Awesome Supplements. Examine are the go to place for nutrition and supplement research. So if you are ever confused whether a supplement works or not, or what a nutrient does, visit [Examine.com](http://www.Examine.com).

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Ingredients in our AWESOME Recovery Spray:

Zechstein sourced magnesium, polysorbate 20, zinc sulphate, trace elements and minerals combined with essential oils lemon eucalyptus, black pepper, marjoram and rosemary.

How to take AWESOME Recovery Spray:

After training, wait for the skin to cool (applying it when the skin is hot and or sweaty could cause irritation and redness) and then apply 2-8 sprays depending on the size of the body part and the intensity / severity of the training just performed (over time you will find what the right amount for you is, scaling the amount you use to then gauge then effectiveness to your soreness and recovery). Aim to cover the whole muscle and massage well into the skin and muscle belly, leaving for a minimum of 3-5 minutes before showering or wiping off.

If you use Awesome Daily dose then it's not necessary to use Awesome Recovery Spray on rest days (Recovery Spray doesn't just have to be a post workout recovery tool, its also a magnesium and zinc supplement, so the body still has a daily need for that, especially if you are active) as you are getting a solid RDA in Awesome Daily Dose. If you are not using Awesome Daily Dose (our Awesome Daily vitamin, mineral, fish oil, Vitamin D and ZMA supplement) then you can indeed use Recovery Spray on rest days, just apply it 5 minutes before having a shower to get your magnesium and zinc hit. This could also be beneficial for individuals that suffer from restless or poor sleep as magnesium is a relaxant.

Rationale

During intensive training and at times of stress we deplete our magnesium and zinc levels beyond that of normal day-to-day life, and we need to replace these essential nutrients to keep on top of performance, enhance recovery and support our well being. Stress depletes magnesium, and magnesium insufficiency can increase stress markers – you can see where that leads.

Both minerals are used during the process of muscle contractions, and are therefore vital for maintaining force production and power output during exercise. Aside from this, depletion of these minerals (amongst others) is one cause of post exercise cramp.

Finally, zinc and/or magnesium deficiency can easily lead to poor sleep quality, meaning that your recovery is taking a hit from all different actions.

People have used ZMA supplements for over 40 years in the fitness world to enhance recovery by ensuring they do not become deficient in these two minerals, but this is not without it's flaws.

Firstly, overdosing on zinc is quite easy to do, and a habitual intake of over 40mg per day can have some side effects. As most ZMA supplements provide 15-20mg you can see how someone who is consuming an already nutrient rich diet could very quickly manage this. Our Awesome Daily Dose contains 10mg, and if you used Recovery Spray daily it would be around 20mg total, so for a high performing individual, you should be fine. But if you do have concerns please do contact a health care professional.

Secondly, magnesium when taken orally can cause gastric discomfort and even diarrhoea in some people.

Using some preliminary research into magnesium salt baths as well as a large body of empirical evidence we designed and produced Recovery Spray, which will allow you to apply these minerals transdermally (through the skin).

This skips the digestive process, meaning no gastric upset. It also allows us to replenish minerals locally rather than systemically, allowing for a far smaller dose to be used effectively.

This product is theoretical, and we have no concrete evidence to its efficacy. We are looking to have research done on it, but until that becomes available we will always be up front and admit that all we have to go on is theory from all the available anecdotal evidence on this product, which you can see from all the testimonials we have on Recovery Spray, which is a lot. We love and value this product, and that's why we sell it, and one day we hope the data, with our investment, will catch up with what we are all thinking and experiencing.

We believe in this product, and the people who have tried it report positive results so we offer you the opportunity to try it, what's to lose apart from the chance of improved recovery.

Who should take this, and who will this product not benefit?

This product could aid in the recovery of any individual that trains hard, or with purpose, and or wants to improve their recovery and muscle soreness the day after training. As we've mentioned, anecdotally people find that applying Recovery Spray after a training session to the muscles worked seems to alleviate a proportion of muscle soreness and speed up recovery, often allowing someone to train those very muscles again in a shorter space of time.



This product could also be ideal for those who compete in longer duration events or multiple short events in one day - meaning that endurance athletes, crossfitters, powerlifters who are competing in meets or fight athletes could get a large benefit from replenishing vital minerals almost immediately. Not only could this aid in maintaining power output and force production, it could help reduce cramping at the latter stages of an event/session.

Those with very sensitive skin may wish to try this product in a discrete area before application, though it is hypoallergenic (more on this in the "Anything Else to Note" Section).

What do Examine say?

As this product is experimental, it has no mention on Examine.com - with that said, there are two pilot studies into similar products. Here are some of their conclusions:

"The therapeutic value of magnesium chloride as a transdermal application reaches well beyond the potential of dietary magnesium as it effectively saturates the tissues, delivering high concentrations of magnesium to where it is needed most i.e. at the cellular level, directly into the circulation, entering the tissue cells immediately."

http://www.cnelm.com/NutritionPractitioner/Issues/Issue_11_1/Articles/7%20Transdermal%20Mg%20revised2.pdf

1. Magnesium can permeate the skin from topically applied liquid solutions of MgCl₂.
2. The level of magnesium that can be delivered appears maximal using the current Magnesium Oil product, following the stated instructions.
3. The act of massaging is key to achieving such a high dose

<http://www.bioplanet.ee/wp-content/uploads/2014/01/Magnesium-report-Cardiff-Uni.pdf>

Now, neither of these papers have been through peer review, and this is therefore FAR from conclusive data - but it is interesting and worth taking into consideration nonetheless that data is starting to emerge supporting the use of transdermal magnesium.

Allergy Information

As mentioned, those with particularly sensitive skin should try the product in a discrete area first. Awesome Recovery Spray is considered hypoallergenic. It could irritate more if hot and or sweaty, thus meaning the skins pores are open.

Anything Else to Note

This product should not be applied to hot skin. As it absorbs through your pores, doing so would dramatically increase it's absorption rate which can cause irritation. This is harmless and short lived but may be unpleasant. Leave your skin to cool after training/a shower and you should mediate this.

After application and absorption, Recovery Spray can leave what feels like a sticky residue on your skin. This can be washed off after 5 minutes as this is plenty of time to allow the product to absorb.

Finally, this product works on a concentration gradient meaning that it is absorbed because the liquid on one side of a semi permeable layer of skin has a far higher concentration of minerals than the blood on the other side. The minerals cross the skin barrier to equalise the concentration on both sides. If you are particularly magnesium deficient, this can cause rapid absorption, again causing a mild tingling/flushing of the skin. Please be aware that this is harmless and temporary, and will only affect a minority of users.

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About The Author

PERFORMANCE NUTRITIONIST, COACH, SPEAKER & WRITER

AFTER 10 YEARS IN THE HEALTH AND FITNESS INDUSTRY; COACHING PEOPLE, TEACHING, PUBLIC SPEAKING, EDUCATING, WRITING, THERE WAS STILL A BIG FRUSTRATION I HAD, THE SUPPLEMENT WORLD. THERE ARE SUPPLEMENTS EVERYWHERE, AND WE ARE BECOMING MORE AND MORE HEALTH CONCIIOUS, WHICH IS A GOOD THING. BUT ONLY IF WE ARE EDUCATED AS CONSUMERS AS TO WHAT TO BUY AND WHY. THIS IS WHY I HAD TO CREATE AWESOME SUPPLEMENTS.

I originally got into this industry to help others after going on my own journey. After losing 5.5 stone, getting rid of my eczema, ADHD and IBS, and turning my body into a highly tuned athlete (my sport is rugby), I realised that this is the most powerful journey anyone can go on in life. A journey that empowers you with your health, body and mind. A journey to realise your true potential. A journey that makes you truly AWESOME. And I want to do this with you, by helping you and teaching you, and AWESOME Supplements is one of my vehicles to do this.

I have the UK's #1 rated health and fitness podcast on iTunes 'Ben Coomber Radio' with regular Q&A's and expert interviews with experts such as Layne Norton, John Meadows, John Keifer, CT Fletcher, Elliot Hulse, Scott Baptie and many more, a nutrition coaching company, this supplement line, and a vast backlog of education I have done for others over the years.

Come find me and my work on all the links below, if there is anything I can help you do, if it's not change, is aiding you to keep finding the information to aid in that change. One thing you must do from today is value your, health, energy, vitality and fitness, it's everything, everyday should be spent feeling, looking and being awesome, and that's my aim, for you.

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