



NUTRITION



Catalogue Nexus Nutrition 2020



Committed to athletes looking for the highest quality and efficiency to achieve their goals.

The philosophy of Nexxus Nutrition is born from the direct relationship between sports performance and recovery.

Being the link to improve the athlete's adaptations.

Each sport requires physical, psychic and specific technical skills.

Our products have been developed understanding the needs of the competition athlete, we work under the strictest quality standards of the pharmaceutical sector.

Our goal is your recognition!

Product catalogue 2020:

FOCUS

Presentation: 60 capsules | **Flavor:** -

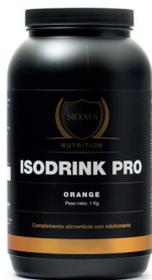


It has been formulated to combat the feeling of tiredness and fatigue, increasing the capacity for mental attention and physical endurance during intense exercise. A formulation based on alkaloids, adaptogenic plants such as maca, ginseng and vitamins of group B.

How to use:
take two capsules of FOCUS thirty minutes before a training or competition. It is also recommended during long distance competitions every three hours, to maximize energy and reduce central fatigue.

ISODRINK PRO

Presentation: 1kg | **Flavor:** Orange o Lemon



It is an isotonic and energy drink with a formulation specially designed to facilitate the replacement of mineral salts lost by sweat. It exerts a protective effect against the action of free radicals that originate during sports. Made with easily absorbed carbohydrates, mineral

salts and vitamins; to replace losses, provide energy and achieve maximum performance. In its composition have been added (BCAA's), for the protective effect of the musculature as well as beta alanine and L-arginine to reduce muscle acidity.

How to use:
Mix 35 mg in 500ml of water - during exercise it is recommended to drink between 150-200 ml of drink every 20 minutes.

RELOAD

Presentation: 1kg | **Flavor:** Orange o lemon



Specially formulated for all those athletes who need to maximize their performance during their activity, as well as favor recovery after an intense physical activity. Made with exclusive ingredients that make RELOAD a unique supplement for before, during and after exercise.

It provides high glycemic carbohydrates, which facilitates good gastric emptying and good energy replacement, essential proteins and amino acids that promote protein synthesis, mineral salts for good muscle functioning and a unique formulation that promotes

oxygenation and lactic acid neutralization.

How to use:
Mix between 50-60 mg in 300 ml of water

AMINO RECHARGE

Presentation: 500g | **Flavor:** Orange



It is made up of branched chain amino acids. In its formulation, L-glutamine, citrulline malate, beta alanine and L-arginine have been added, also enriched with vitamin B6 for better and greater assimilation. It allows to achieve an anabolic effect and buffering effect of muscular acidity,

generated by intense physical activity. Specially designed for all those athletes who need to maximize their performance, as well as favor recovery after intense physical activity.

How to use:
Mix 10g in 200 ml of water. It is advisable to take AMINO RECHARGE during training or competition.

Product catalogue 2020:

PREMIUM ISO



Presentation:
1kg - 2kg

Flavor:
Banana Supreme, Double Chocolate, Lemon Fresh, Strawberry Jelly, Vanilla Cream o White Delight

It is a 90% hydrolyzed isolate of Carbery Optipep whey protein of the highest quality and high biological value protein, which gives it excellent properties in the digestibility and absorption of amino acids. This isolate has been obtained through the Cross Flow Microfiltration process,

which guarantees the original bioavailability of the protein without denaturing it; resulting in a protein with no added sugar and hardly any lactose.

How to use:
Mix 30 mg in 300 ml of water. It is advisable to take it after training, being the best time when the body accepts the nutrients ingested best.

GLN



Presentation:
500g

Flavor:
Lemon Fresh

It is a pharmaceutical grade glutamine. Improves recovery after intense training, in addition to strengthening the immune system. In its formulation, L-Leucine has been added to promote recovery and L-alanine and taurine for absorption.

How to use:
Mix 5g in 200 ml of water. It is advisable to take it after training or completion of intense physical activity, or before going to sleep.

CREAPOWER



Presentation:
500g

Flavor:
Neutro

It is a highly micronized Creapure creatine formulation. Creatine has a volumizing effect on muscle, increasing cellular hydration and improving muscle contractions. Improves strength and intensity that allow the athlete a quick recovery and adaptation to training.

How to use:
Mix 5 g in 200 ml of water. It is advisable to take it after training or competition

TOTAL LIVE



Presentation:
60 capsules

Flavor:
-

It is a broad spectrum vitamin and mineral component, designed for those who practice a sport of intensity. To counteract the negative effects of cellular oxidation, vitamins with high antioxidant power and anti-aging active ingredients have been added.

It provides all the vitamins and minerals necessary for the proper functioning of the body, thus avoiding the possible deficiencies of any of these micronutrients.

How to use:
Take 1 capsule daily at breakfast. In periods of high intensity take 1 capsule with breakfast and another with lunch.

Product catalogue 2020:

LIVE



Presentation: 60 capsules | **Flavor:** -

It is a vitamin and mineral supplement of broad spectrum, in its formulation vitamins with high antioxidant power, anti-aging active ingredients have been added. It provides all the vitamins and minerals necessary for the proper functioning of the body and avoids the

possible deficiencies of these micronutrients.

How to use:
Take 1 capsule daily with breakfast.

HYDRO+



Presentation: 80 capsules | **Flavor:** -

It is a unique formulation of mineral salts in capsules that prevent ion imbalance and dehydration. It provides all the electrolytes and minerals necessary to maintain sports performance, favoring hydration and replenishing the loss of salts during physical activity. In its

composition, L-Leucine has been added due to the protective effect on the muscles and extracts of maca, ginseng, ginger and vitamins B3, B6 and B12 to combat physical exhaustion in endurance sports.

How to use:
Take 1 capsule every hour during the exercise accompanied by 150-200 ml of water.

ARTHRO



Presentation: 60 capsules | **Flavor:** -

It is a food supplement based on hyaluronic acid, glucosamine sulfate and other natural bioactive substances of high antioxidant power. Vitamin C contributes to the normal formation of collagen, for the normal functioning of bones and cartilage.

How to use:
Take 2 capsules every morning with 150-200 ml of water.

IMPULSE



Presentation: 500g | **Flavor:** Wild Berries

It is a pre-training exclusive formula, especially developed for athletes looking to delay the onset of fatigue and increase physical and mental endurance. It includes L-citrulline malate, a precursor to the synthesis of nitric oxide, contains high levels of Beta Alanine facilitating the formation of carnosine in muscle.

This supplement helps increase maximum and explosive strength, improving muscle contractions and protein synthesis.

How to use:
Mix 25 g in 200 ml of water. It is advisable to take it half an hour before training. You may experience redness and heat on the skin that usually occurs twenty minutes after taking, and that disappears with continued use

SPORT DRINK



Presentation: 15-30 Sticks | **Flavor:** Orange

Nexxus Sport Drink is an energy hydration drink formulated based on electrolytes and carbohydrate. The amount of electrolytes that contains are adjusted to the usual losses through sweating and the proportion between them follows the recommendations of the World Health Organization for oral rehydration drinks. The carbohydrate that completes the Nexxus Sport Drink composition is the Isomaltulose (Palatinose) which due to its low glycemic

index, it is essential as a source of exogenous energy. A carbohydrate that takes care of overweight and favors the elimination of fat. Its non-acidic pH prevents the erosion of tooth enamel. Nexxus Sport Drink is a hypotonic drink and therefore its digestibility is optimal since the emptying in the stomach is faster.

How to use:
Dissolve the content of 1 stick in 1 liter of water. Once the solution is prepared, it is recommended to drink during the following 24 hours, before, during and / or after sports practice depending on thirst.

RESET



Presentation: 60 capsules | **Flavor:** -

It is a synergistic formula that promotes relaxation, a restful sleep and helps to maintain our circadian rhythm. 5HTP an amino acid precursor of serotonin, improving the quality of sleep and anxiety. Magnesium and B6 that are directly responsible for the secretion of Melatonin, a hormone that participates in the regulation of the sleep-wake cycle. Ashwagandha is an adaptogenic plant, which among other properties it helps reducing

the stress. Also, positive effects have been shown in depression and anxiety and it is also a sleep inducer. Theanina, an amino acid present in the green tea, which modulates mood, by increasing the feeling of well-being and relaxation. Gaba is a neurotransmitter that reduces neural activity, and plays an important role in behavior, cognition and the body's response to stress. Passiflora and valerian are plants

for medicinal use with a sedative effect, and an antispasmodic effect that helps relax muscles. Lack of sleep or poor quality of it, increases the risk muscle injury, energy conservation and the recovery of the nervous system, which can lead to cognitive deterioration in the future.

How to use:
2 capsules one hour before going to sleep.

OMEGA 3



Presentation: 60 pearls | **Flavor:** -

It is a food supplement based on essential omega-3 fatty acids that provides 350mg of EPA and 250mg of DHA per pearl. Omega 3 fatty acids have a protective effect for athletes. Sport is an activity with obvious health benefits, but when the effort made is intense or long-lasting, some responses are produced that increase the risk of injury. They act as an oxidative and anti-inflammatory protector.

Omega 3 fatty acids help to slightly lower blood pressure and reduce triglycerides. An omega-3 deficiency can cause rough, scaly skin and a rash, with redness, swelling and itching.

The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.

How to use:
2 pearls morning and night.

FUEL BAR



Presentation:
40 g Bar

Flavor:
Lemon, Orange, Melon, Strawberry o Dates/Cocoa/Coconut

It is an energy bar made of natural fruit pulp, in an artisanal way. It has a good concentration of fast and gradually absorbed sugars from fructose and glucose. Glutamine and branched chain amino acids (BCAA's) have been added in its preparation in a 4: 1: 1 ratio, increasing the concentration of the amino acid L-leucine, to avoid muscle breakdown in endurance sports. Fuel Bar does not provide fat or any type of coverage based on sugars so it won't melt or spoil in high temperatures.

Ideal for its easy digestion almost without water, providing an easy absorption, essential feature for consumption during sports.

Gluten free, lactose free, without traces of nuts, suitable for vegans.

There are five flavors that make up the Fuel Bar line.

*Lemon, orange, melon, provide BCAA's (4: 1: 1), glutamine, vitamin C, B, magnesium and potassium.

* Strawberry contains 75mg of caffeine per bar.

* Date with cocoa nibs and coconut contains maca, ginseng, taurine and extra sodium.

How to use:

Consume before and during moments of maximum effort, to gradually replenish blood glucose levels, delay the appearance from fatigue and prevent possible hypoglycemia.

Contacto:

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