



BOUNCEBACK®
(SKU 23001)
PRODUCT TRAINING SHEET



PRODUCT BASICS

PRODUCT DESCRIPTION: BounceBack capsules are a powerful combination of select ingredients scientifically studied to support the body's natural ability to recover from exercise and typical day-to-day activities.* It provides support for optimal joint and cartilage health as well as antioxidant (from vitamin C) and immune system support.*

BENEFITS:

- Supports your body's natural ability to recover from engaging in an active lifestyle.*
- Aids the body's natural recovery process.*
- Helps reduce typical muscle soreness experienced from engaging in an active lifestyle.*
- Supports optimal joint and cartilage health.*
- Provides immune system support.*
- Delivers antioxidant (vitamin C) support.*
- Supports the body's ability to synthesize aggrecans that are needed for joint health.*
- Supports the nighttime recovery process for skin cell regeneration.*
- Supports the body's natural recovery process to help with skin cell regeneration and recovery.*
- Antioxidants to support cell regeneration.*
- Supports a healthy even skin tone.*
- Helps reduce the appearance of dark spots and discoloration.*

FEATURES:

- Gluten-free
- Dairy free
- Suitable for vegans

SUPPORTING INFORMATION:

Proteolytic Enzymes are an essential component for breaking down and digesting proteins. As a result of this process, these enzymes are known for helping speed up the natural recovery process post-workout.*

About 80 percent of U.S. adults and children aren't getting enough exercise for optimal health.¹ Some days you want and need to be more active. BounceBack capsules aid your body's natural ability to recover from soreness from exercise so you can get back your freedom and staying active and healthy.*

WHAT MAKES THIS PRODUCT SPECIAL?

WHO IS IT FOR?

- Adults looking for a natural, daily support supplement to aid in the body's recover process from typical and extra activities.

WHAT IT IS NOT:

This is not an energy supplement or product to maintain blood sugar levels post workout.

TOP FAQ:

1. What are the dietary ingredients that make BounceBack capsules beneficial?

The combination of a proteolytic enzyme blend, phytosterol blend and turmeric extract are the key ingredients:

- **Proteolytic Enzymes** are an essential component for breaking down and digesting proteins. When you work out or exert your muscles your body has more proteins present. To combat the increase, you need proteolytic enzymes to digest the proteins which can help speed up the natural recovery process post-workout.
- **Turmeric** has been used in traditional Asian and Indian cultures for nearly 4000 years. It is known for supporting the body's ability to recover from typical joint and muscle irritation and discomfort, which can lead to quicker natural recovery in active people.²
- **Phytosterols** are fats present in plants, mostly in plant oils, nuts and seeds. The most common dietary PS are campestral, beta-sitosterol (BS), and stigmasterol. Because the human body cannot produce phytosterols, they must be obtained through the diet. Phytosterols are natural compounds along with the antioxidant Vitamin C that help reduce oxidative stress. Oxidative stress can prolong recovery time in sore muscles.

2. How long should I take BounceBack capsules before I can expect to feel optimal results?

Allow 4-6 weeks for optimal benefits.

3. Why do I need to take BounceBack capsules on an empty stomach?

In order to achieve the optimal benefits of the proteolytic enzymes to recover from soreness and stiffness, it is recommended to take BounceBack capsules on an empty stomach. Taking BounceBack capsules on an empty stomach allows the enzymes to be absorbed rather than functioning as a protein digestive aid.

DIRECTIONS: Take 2 capsules daily with 8 oz of water on an empty stomach at least 45 minutes before or 2 hours after a meal. Allow 4 to 6 weeks for optimal benefits.

¹<https://health.clevelandclinic.org/80-of-americans-dont-get-enough-exercise-and-heres-how-much-you-actually-need/#:~:text=About%2080%20percent%20of%20U.S.,enough%20exercise%20for%20optimal%20health>

²<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5664031/>

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 2 Capsules | Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Vitamin C (as ascorbyl palmitate)	20 mg	22%
Proteolytic Enzyme Blend	258 mg	†
Bromelain		†
Protease (from <i>Aspergillus melleus</i> , <i>Aspergillus oryzae</i>)		†
Avocado/ Soy Unsaponifiables	300 mg	†
Turmeric Extract (root and rhizome) Standardized to 95% Curcuminoids, 400 mg	421 mg	†
Resveratrol (Japanese Knotweed)	1.2 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Vegetable cellulose, microcrystalline cellulose,
magnesium stearate, silicon dioxide, calcium silicate.

CONTAINS: SOY.

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