

What is inflammatory response?

Inflammatory response is your body's natural defense against pathogens, damaged cells, or irritants. In most cases it is healthy, such as the red swelling around a cut, but when it spreads unchecked for extended periods of time, it can lead to serious problems.

What does inflammation have to do with free radicals and aging?

Your body's ability to properly respond to inflammation deteriorates as you age. Activities such as vigorous exercise can also impact inflammation levels. A side effect of imbalanced inflammation is excess free radicals. These free radicals are responsible for the visible signs of aging as well as numerous other problems.

How does Recover AI help support inflammatory response?

The natural ingredients in *Recover AI* are actually able to inhibit the trigger points that can cause activity-induced inflammation to spread.* They are also able to limit the impact activity-induced inflammation has on the body. As a result, *Recover AI* helps to ensure that the body's inflammation response after activity remains within healthy levels so you can maintain your overall health and well-being.*

Why does Recover AI work?

Recover AI is a combination of scientifically studied key nutrients designed to promote healthy inflammatory response.* These all-natural ingredients help provide the body with what it needs to recover and reduce the discomfort associated with activity-induced inflammation.* See ingredient descriptions below.

Devil's Claw Extract

Devil's Claw—A plant grown and collected in southern Africa, devil's claw is traditionally used in Europe to ease joint discomfort.* It contains natural chemicals that promote the body's healthy response to activity-induced inflammation.*

Ginger Root Extract

An herb that originated in South Asia, it has been shown to modestly relieve stiffness after standing or walking in some patients.* Numerous studies have linked ginger root with soothing joint discomfort.*

Chokeberry Fruit Extract (Aronia)

A shrub native to the wet woods and swamps of eastern North America, the anthocyanins in chokeberry have been shown to exhibit strong antioxidant and anti-inflammatory properties as well as the ability to help relieve stiffness.*

Green Tea Leaf Extract (Camellia sinensis)

Green tea has long been recognized for its natural antioxidant power.* The polyphenols in green tea have been linked to supporting the body's healthy response to activity-induced inflammation.

Angelica Gigas Root Extract (Dang Gui)

Its roots have been used for centuries in Traditional Chinese Medicine for circulatory health.* Recent studies have shown that Angelica gigas supports the body's healthy response to activity-induced inflammation.*

Turmeric Root Extract (Curcuma longa)

This is a perennial plant of the ginger family and the main spice used to make curry. Studies show that turmeric root is effective at reducing joint discomfort.*

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

What is the difference between Replenex® Extra Strength Joint Health Supplement and Recover AI?

Replenex Extra Strength is a complete joint health supplement containing glucosamine HCl, chondroitin, MSM, antioxidants, enzymes, and an effective and proven AI blend that helps target inflammation for joint health.* *Recover AI* contains a full 605 mg of AI blend per daily dose for complete full body activity-induced inflammatory support.*

How does Recover AI compare to other Melaleuca products that contain omega-3s?

While omega-3s also contribute to healthy inflammation response, *Recover AI* does not contain omega-3s. It was designed specifically to aid recovery after intense activity.* Formulated with a natural, patent-pending blend of natural ingredients, it promotes normal inflammatory response during and after workouts to offer soothing relief and natural support for healthy joint and muscle function.*

Why is the AI blend in both the Recover AI and Replenex Extra Strength?

The AI blend is in both products because it has been shown to be effective in offering soothing relief to joints after overexertion.* A higher dose is included in *Recover AI* to offer full-body coverage.

How much AI blend is in Recover AI compared to Replenex Extra Strength?

Recover AI contains 605 mg of AI blend per daily dose. *Replenex Extra Strength* contains 140 mg per daily dose.

Will I still be able to purchase Replenex Extra Strength?

Yes.

What is the recommended daily serving of Recover AI?

The serving size is 2 tablets daily.

What is the maximum daily dosage?

Recover AI is a dietary supplement. Unless otherwise directed by a health care professional, limit dosage to 2 tablets per day.

Is Recover AI gluten-free?

Yes.

Does Recover AI contain any allergens?

No.

How often should I take Recover AI?

Twice daily as a nutritional supplement.

When should I take Recover AI?

Take it as part of the *Peak Performance Pack* in the convenient AM/PM packets, or, from the bottle, two tablets daily with food.

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Why would I want to take Recover AI instead of Replenex Extra Strength?

Replenex Extra Strength is a potent, daily joint maintenance formula. *Recover AI* was created specifically to aid recovery in individuals engaging in regular vigorous or high-intensity activities.* For any individuals concerned about high levels of inflammation, it is important to take *Recover AI*.

Can I take Recover AI and Replenex Extra Strength together?

Yes, if you have joint and inflammation concerns you can take them both consistently every day.

How many servings are in a bottle of Recover AI?

30 servings.

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