

PHOSPHOLIPIDS FOR LIFE

NOVASTELL
ESSENTIAL INGREDIENTS

Sports Nutrition

Supporting the performance you need



Physical and mental stress management



Supports muscle gain



Performance and recovery improvement

Sports Nutrition

For optimum sports
performance & recovery



Neuroserine® & Phosphamax® Physical and mental stress management

Phosphatidylserine and phosphatidic acid are mixed in Phosphamax P4S®. This ready-to-use blend helps sportsmen to manage stress and to stay focused on their performances as shown by the down regulation of ACTH and cortisol releases.



Phosphamax® Supports muscle gain

Phosphatidic acid activates the mTOR gene family, promoting the synthesis of proteins by muscles. Phosphamax® enhances muscular gain and strength linked to training.



Neuroserine® & Cholinactive® Performance and recovery improvement

Neuroserine® & Cholinactive® are respectively phosphatidylserine and phosphatidylcholine concentrated fractions. Phosphatidylserine, enhances the information transmission between neurons and muscles. Phosphatidylcholine supplies choline for the synthesis of acetylcholine needed for muscle contraction. The optimal function of muscles during a long effort prevents the accumulation of lactic acid and accelerates its elimination during the recovery step.