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# Performance

*Data Sheet*

[www.artgerecht.com](http://www.artgerecht.com)





## For Enhanced Performance

Our PERFORMANCE Bundle combines the best of nature to support you on your journey to an active and healthy lifestyle.

**All three products are characterized by their natural and vegan ingredients, free from any additives.**

With this bundle, you provide your body with comprehensive support, optimize your nutrition, and enhance your well-being—every single day.

- Energy without sugar
- Magnesium energy boost
- Efficient iron supply
- Quick recovery
- Natural nutrient source

## What is Performance?

The PERFORMANCE Set from artgerecht strategically combines products that provide essential nutrients such as iron and amino acids to support both physical and mental performance. With our PERFORMANCE Bundle, you combine the best of nature to promote your active and healthy lifestyle.

NERGY takes your energy to the next level with its intelligent blend of micronutrients, without relying on quick sugar sources. The magnesium and B vitamins it contains support a normal energy metabolism and help reduce fatigue.

NATURAL IRON focuses on supporting the immune system through efficient iron supplementation, enhanced by vitamin C from rosehip for improved absorption. This makes it particularly valuable for women, vegetarians, and athletes.

AMIN completes the bundle by providing your body with the necessary recovery after athletic challenges or a long workday. The unique amino acid mix ensures the quick availability of essential building blocks for muscles and tissues.

All three products are characterized by their natural and vegan ingredients, free from any

additives. With this bundle, you provide your body with comprehensive support, optimize your diet, and enhance your well-being – every day.

## Why Performance from artgerecht?

- Complete solution for energy and recovery
- High-quality, natural ingredients
- Innovative nutrient combination
- Sustainable energy without a sugar crash
- Optimized iron absorption
- Quick recovery through direct absorption

## Frequently Asked Questions

### What does the **PERFORMANCE** Bundle include?

The **PERFORMANCE** Bundle consists of three specially selected products: NERGY, a natural energy booster with a refreshing cherry flavor; AMIN, an amino acid mix for quick recovery with a fruity pineapple and orange taste; and NATURAL IRON, a nutrient trio of iron, lactoferrin, and vitamin C to support daily vitality.

### Who is the **PERFORMANCE** Bundle suitable for?

This bundle is ideal for anyone looking to optimize their energy and recovery—whether for sports or daily life. It supports an active lifestyle and is particularly beneficial for those aiming to enhance their physical and mental performance, including athletes, busy professionals, and individuals in demanding life phases.

### How does the **PERFORMANCE** Bundle support post-workout recovery?

AMIN, a key component of the bundle, contains a special mix of essential amino acids that are rapidly absorbed by the body after consumption. These amino acids are critical for muscle building and repair following physical exertion, helping to accelerate recovery.

### How should the products in the **PERFORMANCE** Bundle be taken?

The exact usage may vary depending on individual needs and goals. Generally, it is recommended to take NERGY in the morning or before exercising for an energy boost, AMIN immediately after training or strenuous activities to promote recovery, and NATURAL IRON daily on an empty stomach to support overall vitality. For best results, follow the specific instructions provided on each product's packaging.

## Additional information

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