

Dave's Recovery Formula

- **Joint and muscle support**
- **Bone and connective tissues**
- **Fluid retention**

Recovery Formula is a combination of herbs that support muscle and joint health to help maintain healthy connective tissue and bone.

The strategy to better recover from physical exercise, exhaustion, or other traumatic incidents is to support healthy muscle function and relieve fluid retention. Providing the right herbs, trace nutrients and minerals helps the body maintain proper joint, muscle, and bone health.

I designed this formula to assist in the recovery of soft tissues, muscles, tendons, and bones after physical exercise and common everyday strains on the muscles.

Formula includes: Cramp bark, Horsetail (Shave grass), Oat straw, Wild lettuce, and Thyme.



Testimonials:

Recovery helped me feel better – quicker after my operation. – *Dorothy B*

I was in a boating accident and a car accident. I have been taking Dave's recovery formula for one month. I have noticed a big difference. I am healing very well from my injuries. – *Jules G*

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Herbal Formula

Cramp bark is an herb with antispasmodic qualities used to support healthy muscle function, healthy digestion, and soothe uncomfortable period symptoms.

Horsetail is a diuretic herb supporting healthy urinary function (reduces fluid in tissues). It is rich in silica to support bone and connective tissue health. It helps the body maintain healthy joints, urinary tract and muscles.

Nettle leaf is one of the richest plants in mineral content. It supports healthy liver function (blood health) and kidney function, and in reducing excess fluid.

Oat straw is rich in silica, calcium and other minerals supporting bone and tissue health. It is a tonic herb and very nutritional. It is calming as it supports healthy nerve function and has been used for joint and blood support.

Thyme leaf supports healthy digestion which reduces mucus in the body, supporting healthy lung function.

Wild lettuce supports healthy muscle function and is toning to the nerves.

Traditional herbal uses

- **Antispasmodic**
- Fluid retention
- **Joint health**
- **Mineral Rich**
- **Muscle health**
- Muscle tension

More Testimonials:

The swelling and soreness in my wrist has diminished thanks to Recovery Formula. – D. Christensen