VERBALIEF™

ADVANCED SUPPORT FOR JOINT, MUSCLE AND SPORTS PERFORMANCE RECOVERY

VERBALIEF™ is a powder extract obtained from Great Mullein leaves (*Verbascum thapsus* L.).

COMPOSITION	VERBALIEF ™ % (W/W)
Total Polyphenols (as verbascoside and derivatives)	**9-11%**

SUGGESTED DOSAGE: 300 MG/DAY

Thanks to its standardization in verbascoside and derivatives, **VERBALIEF™** combines clinical evidence after just 10 days of supplementation, supporting performance recovery as well as muscle and joint relief, with preclinical support on inflammation- and joint-related pathways.

Verbascum thapsus L. (commonly known as great mullein or common mullein) is a biennial herbaceous plant belonging to the Scrophulariaceae family. It is a very hardy and resilient plant able to grow in the Mediterranean area.

Benefits

- **SUPPORTS JOINT RELIEF AND MOBILITY**
- **SUPPORTS MUSCLE FUNCTION AND FASTER RECOVERY**
- **HELPS REDUCE POST-EXERCISE MUSCLE SORENESS**
- **HELPS PRESERVE ENDURANCE-RELATED PERFORMANCE**

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CLINICAL EVALUATION OF **VERBALIEF™ EFFECTS**

Scientific evidence: after 10 and 28 days of supplementation

Clinically Proven

SUPPORTS JOINT RELIEF AND MOBILITY
Physical effort places stress not only on muscles, but on the broader musculoskeletal system, where mobility and joint comfort play a key role in restoring functional ease. By supporting mobility- and stiffness-related outcomes, it helps promote a more fluid and comfortable return to movement.

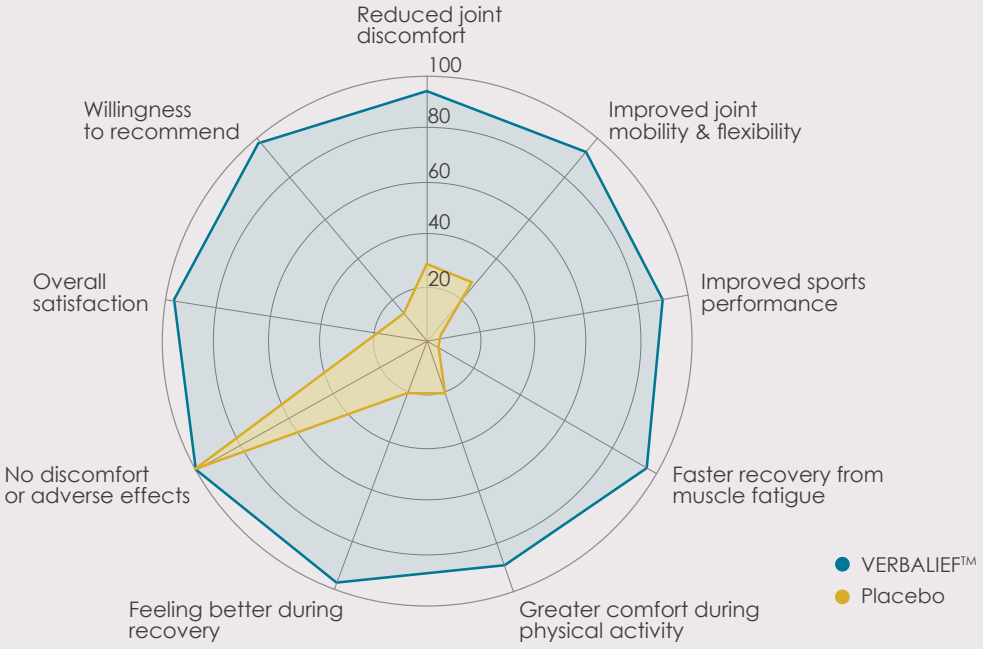
SUPPORTS MUSCLE FUNCTION AND FASTER RECOVERY
Designed for active individuals exposed to demanding physical effort, it supports a more favorable recovery profile after strenuous exercise while helping restore selected force- and function-related parameters linked to neuromuscular responsiveness.

HELPS REDUCE POST-EXERCISE MUSCLE SORENESS (DOMS)
After intense activity, muscle soreness can become one of the main factors limiting comfort and continuity. Its clinical profile supports a reduction in post-exercise muscle soreness, helping ease the perceptual burden associated with demanding effort and promoting a more comfortable recovery experience.

HELPS PRESERVE ENDURANCE-RELATED PERFORMANCE
Its recovery-oriented profile is also relevant from a functional performance perspective. By helping the body cope more effectively with exercise-related stress and supporting a more favorable return to readiness, it contributes to the preservation of endurance-related performance.

SELF-EVALUATION QUESTIONNAIRE

Percentage of subjects giving positive answers.



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