

# HERS

June/July 2018

## Pernaton Gel

PERNATON® is a completely natural pain relief option that no gym bag should be missing - perfect to rub into aching muscles and joints for ongoing fitness issues or at the first sign of a strain.

PERNATON® roll-on is made with the original Perna extract of the New Zealand green-lipped Mussel (perna canaliculus) which is a natural source of unique, nourishing and regenerative substances. Thanks to its high content of Glycosaminoglycans (GAG) important for the cartilage - it supplies the body with essential nutrients that give vital support, among other things, to joint function.

Great for fitness chicks because... Formulated to aid connective tissue and joint care, it can benefit athletes both before and after exercise and has a fresh and pleasant aroma.

Good for...Alleviating joint stress, stimulating muscles and increasing Appcirculation.

How to use: Apply directly to the problem area. It is quickly absorbed and creates an instant cooling effect.

**PERNATON® Gel is available in three sizes - 40ml (£3.99), 125ml (£9.79) and 250ml (£16.99).**

PERNATON® products are available without prescription in chemists and pharmacies throughout the UK and more information can be found on the website [www.pernaton.co.uk](http://www.pernaton.co.uk).



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WHAT'S HOT

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By Daniil Ievy

### Femfresh Sooth Wipes

A staple item when hitting the gym, beach or festival, these freshening and soothing wipes are wrapped in a chic summer design that are perfect for any travel size bag!

Great for fitness chicks because...They make you feel as good as you look Good for...Freshening up on the go  
**RRP £3.49 for pack of 25, or £15.99 for pack of 10**  
Available at Boots, Superdrug, supermarkets & chemists nationwide



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### Terre Verdi Yoga & Sports Body Oil

Aid joint and muscle recovery from physical training. Essential oils such as ginger and black pepper can aid muscle warming, increasing circulation, and their uplifting scent make this a good pre-workout oil as well.

99% organic, certified by Soil Association COSMOS, and Cruelty Free certified. 100% natural and vegan. Great for fitness chicks because...It soothes and relieves muscles both pre and post-workout. Good for...Muscle and joint recovery, plus getting muscles warm

**£36 (100ml full size) and £15 (30ml travel size)**  
[www.terreverdi.com](http://www.terreverdi.com)



### TF7 Labs POISON X Pre-Workout Formula

Need an extreme boost to your workout unlike no other? This product is extremely potent. It's a great tasting formula that provides extreme levels of energy and focus. Poison X is designed to make every workout an explosive, energy fuelled mission. Great for fitness chicks because...It tastes great! Good for...Performing at maximum capability.

**RRP £39.99**

[www.tf7labs.com](http://www.tf7labs.com)

M&F HERS readers get **20% OFF!**

Just enter code **MUSCLESDISCOUNT** at the checkout



## GYM BAG ESSENTIALS

### RAW SPORT Plant protein & BCAA blend

Enhance performance and recovery. More than an average protein powder, Raw Sport Protein is a cutting edge product that incorporates the key scientific aspects of optimal recovery in one product. Raw Sport Plant Protein & BCAAs is informed sport certified, ideal for those who wish to improve athletic performance, maintain muscle or simply increase nutritional intake with the added bonus of it tasting great.

Great for fitness chicks because...It's a great way to get your protein and BCAAs in one hit! Good for...That post-gym on the go protein hit

**RRP £34.99**  
(comes with free shaker bottle)  
[www.revolution-foods.com](http://www.revolution-foods.com)

### CNP Pro BCAA Burst

A deliciously refreshing Amino Acid drink, designed to supply your body with what it needs to stay lean and healthy around workout times.

Great for fitness chicks because...Pro BCAA Burst not only contains the Branched Chain Amino Acids, but also features Beta Alanine, Taurine and Citrulline Malate. These functional ingredients, combined with the great taste of Apple or Pineapple, give you a great sugar-free option when trying to achieve a lean sculpted physique. Good for...Maintaining lean muscle mass

**Price:**

**RRP £39.99**

[www.cnpprofessional.co.uk](http://www.cnpprofessional.co.uk)



### USA PRO Activity and Sleep tracker watch

A super-chic design that looks so much cooler than your average fitness tracker.

Great for fitness chicks because... We all love to track our activities. This pretty watch looks bang on trend, whether you're in the gym, at the shops or even out for a gitty evening do! Good for...Accessories the smart way.

**RRP £49.99**  
[www.usapro.co.uk](http://www.usapro.co.uk)



### USA PRO Glass Water Bottle

A water bottle fit for a bikini queen

Great for fitness chicks because...Water keeps us hydrated, but the endless plastic bottles aren't great for the environment, and reusable plastic water bottles can get a bit smelly. This funky glass design has a protective silicone cover. It's dishwasher safe and perfect for long-term use. Good for...The office, gym, or slinging in your bag for a day out at the shops.

**RRP £19.99**  
[www.usapro.co.uk](http://www.usapro.co.uk)

