

The First 48

What to do after a hard run, hour by hour. Soreness usually peaks 24-48 hours out, and that window decides how your next session goes.

0-1 HR

Close the effort

- Keep moving for 5 or 10 minutes. A walk is enough. The couch can wait.
- Rehydrate with fluids and electrolytes, especially after long or hot efforts.
- Eat within the hour. Carbs restock what you burned and protein starts the rebuild. A real meal does this better than a perfectly timed snack.

1-4 HR

Set up the repair

- Take your daily scoop of Runners' Relief. Consistency is the whole mechanism, so anchor it to the same time every day.
- Put your legs up for 10 minutes. It costs nothing and it helps.
- Later in the day, stretch lightly or take a short walk. Gentle wins today.

NIGHT

The workout you can't skip

- Sleep is when the repair actually happens. Treat tonight like training: bed earlier than usual, cool room, phone out of reach.
- A simple wind-down (shower, stretch, a few pages of a book) does more than most recovery gadgets.

DAY 1

Easy means easy

- Move without training. Walk, jog easy, or rest completely. The medium pace that feels productive is the one that costs you.
- Scoop two. Keep the streak going.
- Keep eating like you're recovering, because you still are.

DAY 2

The real test

- Soreness usually peaks today. That's expected, and it doesn't mean you did anything wrong.
- Easy movement helps ordinary soreness. Sharp, one-sided, or worsening pain is a different thing. Back off and get it looked at.
- Tomorrow you're ready to go again, which was the point of all of this.

SCOOP TIMING

1 scoop daily, whenever suits you. Same time every day matters more than the perfect time. During your hardest weeks, don't skip days: tart cherry works cumulatively, and a gap starts the clock over.

**Hard days build your fitness.
The 48 hours after them decide whether you keep it.**

THE RESEARCH BEHIND THE FORMULA

Every dose in the tub is printed on the label, and the studies behind the ingredients are cited, with their limits explained honestly, at:

mightymoosenutrition.com/pages/the-science

Training guidance, not medical advice. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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