



PR-26 Usage Guide: Your Key to Peak Performance & Recovery

PR-26 is a revolutionary performance and recovery lotion, specifically designed to support athletes and active individuals. PR-26 is formulated for ongoing performance and recovery, providing long-term benefits when used consistently. Remember, if you're experiencing pain, PR-26 can be layered with one of Real Time's **Pain Relief formulas** for targeted relief.

How It Works: Transdermal Delivery System

The key to PR-26's effectiveness lies in its transdermal delivery system. With 25 transdermal ingredients, of which 15 are powerful transdermal carrier agents for optimal absorption: moving quickly to support muscle, joint, and tendon health. Note: The 26th ingredient provides skin benefits, making PR-26 a truly holistic formula.

PR-26's ingredients are known for:

- **Boosting blood circulation** to nourish and prepare muscles for activity
- **Reducing inflammation** to support joint health and mobility
- **Promoting joint health** by targeting stiffness and discomfort
- **Alleviating swelling, muscle soreness, and cramping**
- **Soothing muscle and joint stiffness** for better recovery and movement

Initial Pre-Load Phase (Days 1–14)

In the first 10–14 days, treat your body as if your muscles and joints are in a deficit and apply PR-26 two to three times a day. This approach is known as repletion therapy and is designed to “pre-load” your body's recovery system.

What to expect: You may not feel much after applying PR-26—sometimes a light cooling sensation or nothing at all. This is similar to taking vitamins—it's doing the work beneath the surface. Think of it like setting up a strong foundation for your performance and recovery.

Warm-Up Pre-Workout Benefits

Warming up before a workout is crucial for injury prevention and performance enhancement. It prepares the body by increasing blood flow and muscle temperature. PR-26 supports **optimal blood flow**, while also helping to **minimize muscle cramping** during activity.

Post-Workout Benefits

Apply **one or two layers** within 30 minutes of finishing your workout, depending on workout intensity. Research consistently shows that **improved blood flow** can provide a range of benefits, including:

- Delivering oxygen and nutrients to muscles
- Reducing muscle soreness
- Removing waste products like lactic acid
- Promoting muscle repair
- Speeding recovery time

Recovery Maintenance Phase (Day 15+)

After the initial pre-load phase, use before and after workouts.

Why It Matters: Build Your Recovery Routine—Don't Wait Until It's Too Late

PR-26 works quietly but effectively to support your body over time. Just as you don't wait to take vitamins until you're sick, don't wait for muscle discomfort to use PR-26. **Consistent, proactive use** strengthens your body's recovery system, helping you maintain peak performance.