

# TO TAKE OR NOT TO TAKE? THE SCIENCE BEHIND SUPPLEMENTS

## WITH **TOM GURNEY**

***JUNE 21<sup>ST</sup>, 2023 – 12:00 BST | RIGRUN RECOVERY ZONE***

The supplement industry is a minefield, and the scientific research behind it is constantly changing. In an insightful webinar, join supplement specialist Tom Gurney as he shares the latest science on how supplements can help you:



- Increase your endurance during competitive sporting events
- Maximise your cardio and strength training workouts
- Speed up your post-exercise recovery
- Maintain a healthy lifestyle while working offshore

Visit [rigrun.co.uk/recovery-zone](https://rigrun.co.uk/recovery-zone)  
for more details.

**INCLUDES PRIZE DRAW ENTRY TO  
WIN TURMERIC BEET IT!**



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