



Suggested Use: NutraBio RELOAD Recovery Matrix was developed to address the time after post workout supplementation and in between meals to boost muscle recovery, reduce exercise-induced muscle damage and support muscle growth and repair.

As a dietary supplement, mix 1 scoop of RELOAD into 8-12 ounces of water. Vary the amount of water to achieve your desired flavor level. For maximum results, RELOAD should be taken on training and non-training days as follows:

On training days: Take RELOAD once daily. If training in the morning, take 1 serving between meals late in the afternoon or evening. If training in the evening, take 1 serving early in the day. **On non-training days:** Take one serving 1-2 times daily between meals.

Stacks well with NutraBio's PRE and INTRA BLAST: On training days, take PRE 30 minutes prior to training, sip INTRA BLAST throughout training and take RELOAD as directed.

VEGAN | ALLERGEN FREE | NON-GMO | GLUTEN FREE | BSE/TSE FREE

Warning: KEEP OUT OF REACH OF CHILDREN. This product is only intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant, breast feeding, sensitive to caffeine, have known medical conditions (including but not limited to kidney, heart or liver disease) or are taking prescription or OTC medications. Consult with your health care practitioner before using this product.



Made in the USA.

Manufactured by NutraBio Labs, Inc.

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NUTRABIO

CLINICALLY DOSED

RELOAD RECOVERY MATRIX

RAPID RECOVERY GROWTH FORMULA*

**OPTIMIZE
WORKOUT GAINS*** | **ACCELERATE
MUSCLE RECOVERY*** | **MAXIMIZE
MUSCLE GROWTH***

**RAW
UNFLAVORED**

Dietary Supplement
Net Weight 500 grams

MADE IN OUR
GMP
— & —
FDA
INSPECTED
FACILITY

20G
AMINO ACID

8G
BCAAs

5G
GLUTAMINE

2G
CREATINE

Supplement Facts

Serving size: 1 scoop (22.85 grams)

Servings per container: 30

	Amount Per Serving	% DV
Vitamin C	200 mg	400%
Thiamine Mononitrate (B1)	1 mg	70%
Niacin (B3)	15 mg	75%
Pyridoxine HCl (B6)	15 mg	750%
Folic Acid	200 mcg	50%
Biotin	200 mcg	70%
Pantothenic Acid (B5)	5 mg	50%
Calcium	60 mg	6%
Phosphorus	81 mg	6%
Magnesium	40 mg	10%
Sodium	50 mg	2%
Potassium	45 mg	1%

Anabolic Growth IBCAA's (g)

L-Leucine (naturally fermented - vegan) 4 g
L-Isoleucine (naturally fermented - vegan) 2 g
L-Valine (naturally fermented - vegan) 2 g

Muscle Recovery Accelerator (7.5 g)

L-Glutamine (Kyowa Quality™) 5 g
L-Carnitine L-tartrate (L-carnitine tartrate) 1.5 g
Ornithine Alpha-Ketoglutarate 500 mg (eq. 2:1 mixed)
Cysteine 500 mg
L-Alanine (naturally fermented - vegan) 1.5 g
L-Asparagine (naturally fermented - vegan) 1.5 g
Creatine Hydrochloride 1.5 g
Creatine Magnesium Power® (eq. 1:1 mixed) 500 mg

Electrolyte & Hydration Optimizer (7.5 g)

Taurine 1.5 g
Calcium Phosphate 176 mg
Sodium Phosphate 187 mg
Potassium Phosphate 102 mg

* Percent Daily Values (DV) are based on a 2,000-calorie diet.
† Daily value (DV) not established.

Other Ingredients: ABSOLUTELY NONE.

Creatine Magnesium Power® is a registered trademark of Allion Laboratories, Inc. Natural Alternatives International (NAI) is the owner of patents on liquid and powder creatine and registered trademark CarnoSyn®. Kyowa Quality and/or the KQ logo are trademarks of Kyowa Hakko Kasei, Ltd.

STORE IN A COOL DRY PLACE.

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.

Manufactured in our own FDA inspected cGMP facility
complying with FDA 21 CFR Part 311 regulations.
FDA Registration: 18808176600



FULL LABEL DISCLOSURE

NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE