



RE-CON®

REFUEL - REPLENISH - REBUILD™



WATERMELON
NATURAL & ARTIFICIAL FLAVORS

HYBRID SERIES
DIETARY SUPPLEMENT
NET WEIGHT 2.64 LBS (1200 GRAMS)

ADVANCED RECOVERY & MUSCLE BUILDING SYSTEM

- MAXIMIZES POST-WORKOUT GROWTH AND REPAIR*
- OPTIMIZES THE POST-WORKOUT ANABOLIC WINDOW*
- REFUELS MUSCLE ENERGY STORES*

SUGGESTED USE: Mix 1 scoop of Re-Con® to 16-20 oz. of water and drink immediately post-workout.

Supplement Facts		
Serving Size 40g (1 scoop)		
Servings Per Container: 30 ‡		
Amount Per Serving		%Daily Value
Calories	90	
Total Carbohydrates	27 g	9%
Dietary Fiber	1 g	4%
Sugars	7 g	*
Vitamin C (Ascorbic Acid)	500 mg	833%
Vitamin E (Alpha Tocopherol Acetate)	75 IU	250%
Vitamin B-6 (Pyridoxine HCl)	5 mg	250%
Calcium (as Phosphate and Silicate)	158 mg	16%
Phosphorus (Calcium Phosphate)	50 mg	9%
Magnesium	360 mg	286%
Selenium (as Selenium Yeast)	200 mcg	3%
Chloride	103 mg	3%
Sodium	80 mg	1%
Potassium	47 mg	*
Re-Con® Muscle Rebuilding Proprietary Blend	40,000 mg	*
Carb Max™ 3 Stage Delivery System		*
Glucose Polymers, Dextrose, Inulin		
Recovery Accelerator		*
L-Glutamine, Taurine, L-Arginine, L-Pyrroglutamic Acid		
Anabolic Primer Matrix		*
3:1:2 BCAA Blend		
L-Leucine, L-Isoleucine, L-Valine		
EAA Complex		*
L-Glycine, L-Threonine, L-Lysine HCl, L-Phenylalanine, L-Methionine, L-Tryptophan		
Anti-Stress & Adaptogen Matrix		*
Ascorbic Acid, Dimethylglycine HCl (DMG), Phosphatidyl Lecithin Complex, L-Cysteine, Gynostemma Pentaphyllum		
Muscle Extend Matrix		*
CarnoSyn® Beta-Alanine, Citrulline Malate, Ginger Extract (Zingiber officinale)(Root)		
Reload Matrix (Insulinogenic)		*
Selenium Yeast, Chromium Polynicotinate, Vanadyl Sulfate, Fenugreek Extract (containing 4-Hydroxyisoleucine), Gymnema Sylvestre		
Muscle Detoxifier		*
Cranberry extract, Nettle (Urtica dioica) leaf, Dandelion (Taraxacum officinale) Root, Bearberry (Arctostaphylos) Berry, Saw Palmetto (Berry), Bromelain, Astaxanthin Complex		
Other Ingredients		*
Citric Acid, Natural and Artificial Flavors, Magnesium Oxide, Sucralose, Acesulfame Potassium, Salt, Potassium Chloride, FD&C Red #40		

* Percent Daily Values are based on a 2,000 calorie diet.
‡ Daily Value not established.



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Re-Con® is a high-performance, POST-WORKOUT RECOVERY formula. Re-Con® was designed to maximize the most important phase of the athlete's training program – the post-workout phase, what those in our game call the “anabolic window.” Every facet of “Re-Construction” nutrition is accounted for in this, the most comprehensive recovery formulation available on the market!*

RE-CON'S® COMPREHENSIVE RECOVERY FORMULA INCLUDES: BCAA's and EAA's – research has proven EAA's and BCAA's are critical components of the muscle-building process, especially in the post-training “window of growth,” for muscle repair and rebuilding.*

3-STAGE DELIVERY SYSTEM – The Carb-Max™ blend helps maximize post-workout muscle glycogen levels. The specific mono- and polysaccharide combination in this proprietary system provide a rapid and sustained absorption of nutrients, for immediate energy replenishment and ongoing, enhanced muscle glycogen recovery. Dextrose and Maltodextrin provide rapid influx of fuel into muscles, while Inulin's slower absorption staggers nutrient delivery for sustained replenishment.*

MUSCLE EXTENDER – Effective doses of Beta Alanine and Citrulline Malate have been shown to help replenish cellular energy, to fuel ongoing muscular contractions (for harder, more intense training sessions), and to prepare the muscle cells for the next training session.*

MUSCLE DETOXIFIER – Hyper-loaded with cellular detoxifiers, free-radical and cellular pollutant scavengers, this matrix is designed to remove metabolic waste for improved recovery and cell health.*

ANTI-STRESS ADAPTOGEN – Re-Con® contains several key anti-cortisol, anti-stress compounds, including phosphatidylserine and DMG, to counter the stress-related impact of hard-training, enhance systemic recovery and reduce the potential for overtraining.*

RECOVERY ACCELERATOR – Re-Con® has several powerful recovery-inducing agents, including L-Glutamine, Taurine and L-Arginine – known for their immune-boosting and recovery-enhancing properties – to get you back in the gym faster.*

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STORAGE AND MAINTENANCE: Due to the amount of active ingredients in this product, shake once daily and before use to ensure proper ingredient mixture and effectiveness per dose. Store this product in a cool dry place. Protect from heat, light and moisture. This product is packed by weight not volume: some settling may occur during shipping.

NOTICE: Powder density may be affected by settling which may cause variations in the scoop serving size and fill levels from bottle to bottle.

ALLERGEN WARNING: This product was produced in a facility that may also process ingredients containing milk, egg, soybeans, shellfish, fish, tree nuts, and peanuts.

WARNING: : This product is only intended for use by healthy adults over 18 years of age. Consult your physician before using this product if you are taking any prescription or over the counter medications or supplements. Do not use this product if you are pregnant, expect to become pregnant or are nursing. Do not use this product if you are at risk or are being treated for any medical condition including, but not limited to: high or low blood pressure; cardiac arrhythmia; stroke; heart, liver, kidney or thyroid disease; seizure disorder; psychiatric disease; diabetes; difficulty urinating due to prostate enlargement or if you are taking a MAO inhibitor. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving size or suggested use. Do not use if safety seal is missing or broken. KEEP OUT OF REACH OF CHILDREN.

† 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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EXCLUSIVELY DEVELOPED & MANUFACTURED FOR:
MUSCLEPHARM® CORP.
4721 Ironton St. Bldg. A Denver, CO 80239 USA
MADE IN A cGMP CERTIFIED FACILITY
MADE IN USA

