



CLEAN & LEAN

RECOVERY SHAKE

25

WHOLE FOOD
INGREDIENTS

25 G

PLANT-BASED
PROTEIN

3 G

ALL-NATURAL
SUGAR

CHLORELLA

HELPS REGENERATE CELLS*

ACEROLA CHERRY

REDUCES MUSCLE SORENESS*

MACA ROOT

NATURAL ENERGY BOOST*

DIGESTIVE ENZYMES

HELP MAXIMIZE ABSORPTION*

ESSENTIAL AMINOS

FOR BUILDING LEAN MUSCLE*

MAGNESIUM & VIT D3

TO REPLENISH LOST NUTRIENTS*

VANILLA CHAI

NON GMO NO SOY NOTHING ARTIFICIAL NO DAIRY VEGAN

DIETARY SUPPLEMENT • Net Weight 2.0 lbs. (907g) 24 Servings

Supplement Facts		
Serving Size 1 Scoop (Approx. 37g)		
Servings Per Container 24		
	Amount Per Serving	% DV*
Calories	150	
Calories from Fat	25	
Total Fat	3 g	5%*
Saturated Fat	0.5 g	3%*
Total Carbohydrate	6 g	2%*
Dietary Fiber	1 g	4%*
Total Sugars	3 g	‡
Includes 2g Added Sugars		‡
Protein	25 g	50%
Vitamin A	137 IU	3%
Vitamin C	4 mg	7%
Vitamin D3 (as Cholecalciferol)	190 IU	48%
Calcium	40 mg	4%
Iron	6 mg	33%
Magnesium (as Magnesium Citrate)	10 mg	3%
Zinc	2 mg	13%
Sodium	390 mg	16%
Potassium	10 mg	< 1%
Chlorella Powder	250 mg	‡
Betta Berries Blend (Acai Berry, Acerola, Amla, Jabuticaba, Cranberry, Goji, Mangosteen, Maqui Berry, Pomegranate, Strawberry, Organic Schisandra)	170 mg	‡
Green Balance Blend (Alfalfa Grass, Astragalus, Bitter Melon, Chlorella, Gotu Kola, Kale, Lemon, Oat Grass, Spirulina)	50 mg	‡
Maca Root Powder (Lepidium meyenii)(root)	25 mg	‡
Digestive Enzyme Blend (Papain, Protease, Amylase, Cellulase)	17.6 mg	‡

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

Ingredients: Protein Blend (Pea Protein Isolate, Brown Rice Protein, Quinoa), Pea Starch, Coconut Sugar, Natural Flavors, Clean Cream (High Oleic Sunflower Oil, Tapioca Starch, Tapioca Dextrin, Natural Flavors, D Alpha Tocopherols), Stevia, Xanthan Gum, Luo Han Guo

Contains: Tree nuts (Coconut)

AMINO ACID PROFILE	
	Amount Per Serving
Alanine	1031 mg*
Arginine	1914 mg*
Aspartic Acid	2677 mg*
Cystine	219 mg*
Glutamic Acid	3951 mg*
Glycine	3895 mg*
Histidine	615 mg*
Isoleucine	1140 mg*
Leucine	2042 mg*
Lysine	1740 mg*
Methionine	219 mg*
Phenylalanine	1290 mg*
Proline	1099 mg*
Serine	1096 mg*
Threonine	867 mg*
Tryptophan	189 mg*
Tyrosine	818 mg*
Valine	1255 mg*

*Daily Value not established.

4.5 grams of BCAAs per serving to ensure proper muscle repair after exercise. The three branched chain amino acids leucine, isoleucine and valine allow for increased protein synthesis in the body. This allows for maximum muscle recovery, which leads to more muscle growth!*

RECOVER SMARTER WITH PREMIUM PLANT-BASED FUEL

Serious athletes require serious nutrition, and basic protein shakes weren't cutting it so we decided to create something better. Derived from the best whole food, plant-based ingredients on the planet, the RECOVERY shake is a true game-changer for refueling after your workout. Responsibly sourced ingredients in their most potent form ensures you get the most out of your post-workout training window to maximize your gains and accelerate recovery.

REPLENISH, REBUILD, RECOVER

Derived from real, whole foods the RECOVERY shake is a science-based formula unlike any other. A combination of essential aminos and complete plant proteins to repair and build lean muscle, plus replenishing vital nutrients, electrolytes & antioxidants to avoid injury and reduce soreness, so you can bounce back quicker to do it again!

ALL NATURAL INGREDIENTS

NO Artificial Sweeteners
Artificial Flavors
Colors or Dyes

REFUEL WITHIN 30-60 MINUTES POST-WORKOUT

ENJOY IT YOUR WAY!



SHAKE IT!
Combine one level scoop of the Daily Essentials Shake with 10-12 oz. of ice-cold water or non-dairy beverage, shake & enjoy!



BLEND IT!
Mix one level scoop of the Daily Essentials Shake into your favorite smoothie recipe. For inspiration, follow us on social media @lyfefuel



Manufactured in the USA



FUEL FOR LIFE

Made from ingredients found in your garden, not in a laboratory, we source the most potent plant-based nutrients and superfoods from around the globe to deliver functional nutritional supplements that work just as nature intended.

Created by Nature, Rooted in Science, Designed for Modern Lifestyles

LYFEfuel™

Distributed By:
LYFE Ventures LLC
2355 Westwood Blvd. #1401
Los Angeles, CA 90064



X001H9DKF1

7 51446 30779 5

FREE NUTRITION PROGRAM

Get your free comprehensive nutrition program complete with recipes, meal plans, shopping lists, and more! Scan the code or visit the link below to redeem.



LYFETRANSFORMATION.COM



**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.*