

SUPPLEMENT FACTS
Serving Size: 1 level scoop (28.5 g)
Servings Per Container: 20

AMOUNT PER SERVING		% DV†
Calories	100	
Cholesterol	10 mg	3%
Total Carbohydrate	6 g	2%
Sugars	5 g	**
Protein	20 g	40%
Calcium	350 mg	35%
Iron	2 mg	11%
Sodium (as sodium chloride)	80 mg	3%
OVERNIGHT MUSCLE RECOVERY BLEND	23 g	**
Micellar casein, [Branched-chain amino acids (BCAAs): L-leucine, Valine, Isoleucine (2:1:1)], L-glutamine		
Sour (tart) cherry (fruit)	480 mg	**

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

OTHER INGREDIENTS: Beet sugar, Natural vanilla flavor (with other natural flavors), Stevia leaf extract, Xanthan gum.

DISTRIBUTED BY: Beachbody, LLC, Santa Monica, CA 90404
• 1 (800) 818-5174

ALLERGEN STATEMENT: Contains milk (casein) and soy (lecithin). This product is manufactured in a plant that also processes egg, fish, crustacean shellfish, tree nuts, peanuts, and wheat ingredients.

DIRECTIONS: Gently shake the container to loosen compressed powder. Mix 1 level scoop with 8 oz water until completely dissolved. Drink within 1 hour before going to sleep.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.
Notice: Use this product as a food supplement only. Do not use for weight reduction.

KEEP 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.**

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 **BEACHBODY
PERFORMANCE™**

RECHARGE

NIGHTTIME



VANILLA Flavored

FORMULATED WITH KEY INGREDIENTS
SCIENTIFICALLY SHOWN TO:*

» Support overnight muscle recovery

» Combat exercise-induced muscle soreness

» Promote lean-muscle synthesis

» Reduce muscle breakdown

DIETARY SUPPLEMENT

NET WT 1.3 LBS (570 g)

BEACHBODY PERFORMANCE™ SUPPLEMENTS
Designed by Harvard-trained scientists, and based on cutting-edge exercise physiology and performance nutrition research, Beachbody Performance uses scientifically backed *ergogenic* ingredients and phytonutrients to help maximize exercise performance and recovery without any artificial colors, flavors, sweeteners, or preservatives.*

Sleep is crucial to recovery. Recharge is formulated with key ingredients scientifically shown to assist with overnight muscle recovery and soreness from intense workout days. Key ingredients include slow-release micellar casein protein to support overnight muscle recovery and repair while combating breakdown, an optimal ratio of branched-chain amino acids (BCAAs) to help stimulate muscle protein synthesis overnight, and a powerful tart cherry powder that delivers anthocyanins to help reduce exercise-induced oxidative stress and delayed onset muscle soreness (DOMS) from intense workout days.*

PATENT PENDING



SUBB31108

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