

SUPPLEMENT FACTS

Serving Size: 1 level scoop (35.5 g)
Servings Per Container: 20

AMOUNT PER SERVING		% DV†
Calories	130	
Calories from Fat	10	
Total Fat	1 g	2%
Cholesterol	5 mg	2%
Total Carbohydrate	10 g	3%
Sugars	6 g	**
Protein	20 g	40%
Calcium	120 mg	12%
Iron	3 mg	17%
Sodium (as Sodium chloride)	300 mg	13%
Potassium (as Potassium citrate)	420 mg	12%
MUSCLE RECOVERY BLEND	24 g	**
Whey protein isolate, Pea protein isolate, Micellar casein, [Branched-chain amino acids (BCAAs): L-leucine, Valine, Isoleucine (2:1:1)], L-glutamine		
Pomegranate extract (seed)	650 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

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

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

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

DIRECTIONS: Gently shake the container to loosen compressed powder. Mix 1 level scoop with 8 oz water until dissolved. Drink within 30 minutes after exercise.

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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RECOVER

POST-WORKOUT



CHOCOLATE Flavored

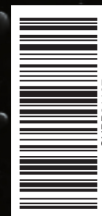
FORMULATED WITH KEY INGREDIENTS
SCIENTIFICALLY SHOWN TO:*

- » Speed muscle recovery
- » Promote lean-muscle synthesis
- » Combat exercise-induced muscle soreness
- » Improve muscle strength recovery

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.*

Recover is formulated with key ingredients scientifically shown to assist with muscle recovery and soreness from intense exercise sessions. Key ingredients include fast-, intermediate-, and slow-release proteins to support muscle recovery and optimize training adaptations, an optimal ratio of branched-chain amino acids (BCAAs) to help stimulate muscle protein synthesis, a small amount of carbohydrate to support muscle glycogen recovery, and a powerful pomegranate extract that delivers ellagitannins to help speed muscle strength recovery while reducing delayed onset muscle soreness (DOMS) from intense workouts.*



SUBB31107

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PATENT PENDING

DIETARY SUPPLEMENT

NET WT 1.6 LBS (710 g)