

SUPPLEMENT FACTS

Serving Size: 1 level scoop (35 g)

Servings Per Container: 20

AMOUNT PER SERVING		% DV†
Calories	130	
Calories from Fat	5	
Total Fat	0.5 g	1%
Cholesterol	10 mg	3%
Total Carbohydrate	10 g	3%
Sugars	7 g	**
Protein	20 g	40%
Calcium	110 mg	10%
Iron	0.6 mg	4%
Sodium (as Sodium citrate)	150 mg	6%
Potassium (as Potassium citrate)	130 mg	4%
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	**
Quercetin (<i>Uncaria elliptica</i>) extract (leaf)	300 mg	**

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

**Daily Value (DV) not established.

OTHER INGREDIENTS:

Beet sugar, Natural orange flavor (with other natural flavors), Citric acid, Sodium citrate, Xanthan gum, Stevia leaf extract, Potassium citrate, Annatto extractives (color).

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 conditions. 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.

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*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.

BEACHBODY

PERFORMANCE™

RECOVER

POST-WORKOUT

FORMULATED WITH KEY INGREDIENTS SCIENTIFICALLY SHOWN TO:

» Speed muscle recovery

» Promote lean-muscle synthesis

» Combat exercise-induced muscle soreness

» Improve muscle strength recovery

DIETARY SUPPLEMENT

NET WT 1 LB 9 OZ (700 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 plant-based nutrients 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 ellagitannin-rich pomegranate extract to help promote speedy muscle strength recovery while reducing delayed onset muscle soreness (DOMS) from intense workouts.*

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PATENT PENDING