

MUSCLE FEAST

Muscle Feast's Recover is a combination of our amazing Premium Protein Blend and CarboLean. It's further enhanced by a strong dose of amino acids, L-Glutamine and Creapure Creatine Monohydrate.

Recover is intended to be taken after working out. The product is ideal for post-workout, because it packs a punch with 44 grams of protein and 44 grams of our CarboLean. The combination helps fuel fast recoveries and ensure the most absorption of protein and amino acids.

SUGGESTED USE:

Mix one serving (3 level scoops) with 20 ounces of water or beverage of your choice. We do not believe in using fillers in our Recover, we suggest using milk or milk substitute for a better taste.



MIX 3 LEVEL (105g) SCOOPS THOROUGHLY WITH 20 OZ. OR MORE WATER (OR BEVERAGE OF CHOICE).

**ALL NATURAL / GLUTEN FREE / SOY FREE
NO GMOs / GRASS FED / HORMONE FREE / ANTIBIOTIC FREE**

Keep tightly closed in a cool, dry place away from sunlight.

KEEP OUT OF REACH OF CHILDREN.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Do not exceed the recommended dose. Consult your physician before using this product. Do not use this product if you are pregnant or nursing. Do not use this product if you are taking ANY prescription medication. Do not use this product if you are under the age of 18.



**WORLD
ANTI-DOPING
AGENCY**

SWEETENED WITH
STEVIA
NATURAL SWEETENER



30 SERVINGS

DIETARY SUPPLEMENT
NET WEIGHT 7 LBS (3178g)



**MUSCLE
FEAST**

RECOVER
GRASS FED + HORMONE FREE SOY FREE

44g PROTEIN / 8.9g BCAA / 13.5g GLUTAMINE & PRECURSORS+

CHOCOLATE

Nutrition Facts

Serving Size: 3 Level Scoops (105g)
Servings Per Container: 30

Amount Per Serving
Calories 366

		% Daily Values**
Total Fat	1.6g	2%
Saturated Fat	.8g	3%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	70mg	3%
Total Carbohydrate	44g	12%
Dietary Fiber	.7g	3%
Total Sugars	17g	
Includes 15g added Sugars		30%
Protein	44g	
Vitamin D 0mcg		0%
Calcium 550mg		42%
Iron 0mg		0%
Potassium 155mg		3%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: CarboLean (Waxy Maize, Maltodextrin, Dextrose), Premium Protein Blend (Hydrolyzed Whey, Protein Isolate, Micellar Casein), L-Glutamine, Creapure® Creatine Monohydrate, Cocoa Powder, Sunflower Lecithin and Stevia Reb A. Allergens: Milk.

MANUFACTURED BY:

**MUSCLE
FEAST**

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WWW.MUSCLEFEAST.COM

Typical Amino Acid Profile

	Per 100g of Protein	Per Serving
Alanine	3736mg	1793mg
Arginine	2286mg	1097mg
Aspartic Acid	7533mg	3616mg
Cystine	1833mg	880mg
Glutamic Acid	15556mg	7467mg
Glycine	1450mg	696mg
Histidine*	1878mg	901mg
Isoleucine**	5099mg	2447mg
Leucine**	8752mg	4201mg
Lysine*	8402mg	4033mg
Methionine*	1892mg	908mg
Phenylalanine*	3052mg	1465mg
Proline	5678mg	2725mg
Serine	3844mg	1845mg
Threonine*	5258mg	2524mg
Tryptophan*	1742mg	836mg
Tyrosine	2880mg	1382mg
Valine**	4778mg	2294mg

**Branch Chain Amino Acids * Essential Amino Acids
Protein Digestibility - 99.6%

WARNING: This product is manufactured in a GMP compliant plant that processes milk.

**MADE
IN THE
USA**