**WARNING:** This product is only intended to be consumed by healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult with your health care provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney, or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostrate enlargement or if you are take a MAO-B inhibitor or any other medication, including but not limited to MAOIs, SSRIs or any other compounds with serotonergic activity.

**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.**

**Intense training is a prerequisite to having a POWERFUL and Aesthetic Physique. However, at the same time in pushing yourself to the ABSOLUTE LIMIT is ESSENTIAL to your goal, it is simultaneously suppressive to your immune system and recovery capacity. This leaves you open to slower recuperation between workouts as well as increased chances of getting sick.**

- Activate your body's NK and TNF defense mechanisms!
- Post workout enhancement of adaptive immune response!
- Increase the uptake of key nutrients consumed post workout including protein and carbs, and especially the RFPs and trehalose found in OS
- 43% or greater increase in amino acid absorption!

**TRAIN HARDER, *RECOVER FASTER***

AMBROSIA

# Overtraining Solution

**40 SERVINGS**
**UNFLAVORED**

NET WT. 115.5g
DIETARY SUPPLEMENT

**Supplement Facts**

| | Amount Per Serving | %DV* |
|---|---|---|
| Serving Size One Scoop (2.88g) | | |
| Servings Per Container 40 | | |
| Hydrolyzed Fractions Peptides Ultra-Concentrated Whey Isolate Containing Glycomacropeptide (GMP), Alpha-lactalbumin, Beta-lactoglobulin (β-LG), IgA and IgM) | 2500mg | † |
| Proprietary Trehalose Blend | | |
| Trehalose™ (dehydrate) (palatinit extract) | 100mg | † |
| Trehalose™ (anhydrous) (isomaltulose) | 50mg | † |

Other Ingredients: Lo Han Guo, MCT Oil, Sunflower Lecithin

*Percent Daily Values are based on a 2,000 calorie diet. †Daily Value Not Established

Contains: Milk

Manufactured in a facility that processes Milk.

Trehalose™ is a trademark of ChromaDex Inc.

**SUGGESTED USE:**

**Workout Days:** Take Post Exercise or Intense Physical Activity. Mix 2 scoops in your post-workout shake or separately in 8oz water.

**Non-Workout Days:** Take 1 scoop in 6oz water or mixed into a protein shake immediately upon waking.

**AMBROSIA NUTRACEUTICALS**
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AmbrosiaCollective.com

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All Ambrosia Products are manufactured in a Certified cGMP facility