



TRAIN HARDER, RECOVER FASTER.

Intense training is a prerequisite to having a **POWERFUL** and **Aesthetic Physique**. However, at the same time as pushing yourself to the **ABSOLUTE LIMIT** is **ESSENTIAL** to your gains, 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 responses.[†]
- Increase the uptake of key nutrients consumed post workout including protein and carbs, and especially the RFP's and Immulina™ found in OS.[†]
- 43% or greater increase in amino acid absorption.[†]

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 prostate enlargement or if you are taking 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.



Overtraining Solution

DIETARY
SUPPLEMENT
NET WT. 288g

100
SERVINGS
UNFLAVORED

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.

Supplement Facts

Serving Size: One Scoop (2.88g)
Servings Per Container: 100

	Amount Per Serving	%DV*
Recovery Fraction Peptides Ultra-Concentrated From First Milking Colostrum (Providing NLT 9.9% Proline Rich Peptides and 10% Immunoglobulins (IgG, IgA and IgM)	2500mg	†
Immulina™ (Arthrospira platensis extract)	100mg	†
AstraGin® (from Astragalus membranaceus and Panax notoginseng)	50mg	†

*Daily Value and/or Recommended Daily Intake not Established
†Percent Daily Values are based on a 2,000 calorie diet.

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

Immulina™ is a Trademark of ChromaDex Inc.

*All Ambrosia Products are manufactured in a Certified cGMP facility

ALLERGEN WARNING: Contains Milk

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