

Directions: Take 1 scoop daily with your post-workout meal. On non-training days, take with your largest meal of the day. For optimal results, take every day.

RECHARGE uses three scientifically validated ingredients to accelerate muscle growth, improve recovery, and reduce soreness: creatine monohydrate, L-carnitine L-tartrate, and corosolic acid.†

Creatine monohydrate is perhaps the most studied dietary supplement in the world of sports nutrition—the subject of over 200 studies—and the verdict is clear: it helps you build muscle and strength, improves anaerobic endurance, and reduces muscle damage and soreness from exercise.†

Carnitine is a compound that your body produces from the amino acids lysine and methionine, and research shows that supplementation with L-carnitine L-tartrate reduces exercise-induced muscle damage and soreness, improves muscle repair, and improves insulin sensitivity.†

Corosolic acid comes from the leaves of the banaba plant, and research shows that it enhances the signaling of insulin, thus magnifying the effects of post-workout carbohydrate consumption.†

If you want to be able to push your body harder in the gym and achieve maximum muscle growth, you need to do everything you can to help it repair and recover, and RECHARGE can help.†



RECHARGE

CLINICALLY EFFECTIVE INGREDIENTS AND DOSAGES

MUSCLE GROWTH & RECOVERY DRINK †



MORE STRENGTH †

60 SERVINGS



MORE SIZE †

FRUIT PUNCH



BETTER RECOVERY †

100% NATURALLY
SWEETENED & FLAVORED

DIETARY SUPPLEMENT | NET WEIGHT: 513G (1.13 LBS)

⚠ WARNING

Not intended for persons under the age of 18. Do not use if pregnant or nursing. Consult a health care professional prior to consumption if you have any pre-existing medical conditions or are taking any prescription medication. Improper use of this product will not improve results and is potentially hazardous to a person's health. Use only as directed.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.

† 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.

LEGION®

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SUPPLEMENT FACTS

Serving Size: 1 Rounded Scoop (8.55g)
Servings Per Container: 60

	Amount Per Serving	%DV
Calcium	26mg	3%
Creatine Monohydrate	5 g	**
L-Carnitine L-Tartrate	2.1 g	**
Corosolic Acid (from Banaba Leaf Extract)	10.5 mg	**

**Daily Value Not Established

OTHER INGREDIENTS:

Citric Acid, Natural Flavors, Calcium Silicate, Stevia (Stevia Rebaudiana) Leaf Extract, Tapioca Starch, Red Beet (Beta vulgaris) Juice Powder (for color), Silicon Dioxide

ALLERGEN WARNING:

This product was produced in a facility that may also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.



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