

TRULY CLEAN PERFORMANCE

The first 30 minutes immediately after a workout are critical to recovery. Do more to get **back in the game faster** with **Organic Plant-Based Recovery**.[†]

- Jump start muscle repair[†]
- Reduce exercise induced muscle soreness[†]
- Reduce recovery time between training[†]

TRULY CLEAN MEANS



COMPLETE SPORT SYSTEM by GARDEN OF LIFE®, the #1 BRAND in the Natural Products Industry



[†]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.



SPORT

ORGANIC PLANT-BASED RECOVERY



Blackberry Lemonade Flavor

VEGAN • GLUTEN FREE • DAIRY FREE ^U

30 SERVINGS NET WT. 15.7 oz (446 g) WHOLE FOOD DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Level Scoop (About 15g)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	50	
Total Fat	0 g	0% ¹
Cholesterol	0 mg	
Sodium	20 mg	
Total Carbohydrate	11 g	4% ¹
Dietary Fiber	1 g	4% ¹
Total Sugars	9 g	
Includes 8g Added Sugars		16%
Protein	2 g	3% ¹
Vitamin C	30 mg	33%
Thiamin*	0.8 mg	67%
Riboflavin*	1.7 mg	131%
Niacin*	2.5 mg	16%
Vitamin B6*	2 mg	118%
Folate*	48 mcg DFE	12%
Biotin*	65 mcg	217%
Pantothenic Acid*	1.5 mg	30%
Magnesium	100 mg	24%

Organic Energy Blend

9 g +
Organic Cane Sugar, Organic Orange Juice Powder, Organic Emblic (Amla, *Phyllanthus emblica*) (fruit) Extract

Organic Pea Protein Blend

3 g +
Organic Pea Protein, Magnesium Amino Acid Chelate

Organic Antioxidant Recovery Blend

1 g +
Organic Apple (fruit pulp), Organic Baobab (fruit), Organic Tart Cherry (fruit), Organic *Aspalathus linearis* (Rooibos leaf Extract), Organic Turmeric (root), Organic Blueberry (fruit), Organic *Lycium barbarum* L. (Goji berry fruit)

Organic B Vitamin Blend

100 mg +
Organic *Sesbania grandiflora* (leaf), Organic *Ocimum sanctum* (Holy Basil leaf), Organic *Psidium guajava* (Guava fruit & leaf), Organic Lemon (fruit)

*Percent Daily Values based on a 2,000 calorie diet.
+Daily Value not established.

Other Ingredients: Organic lemonade flavor, organic blackberry flavor, non-GMO citric acid.
Vitamin C from Organic Emblic (Amla, *Phyllanthus emblica*) (fruit) Extract.
Magnesium from Brown Rice Chelate.
*From Organic B Vitamin Blend.

Suggested use: Mix 1 level scoop in 8oz of cold water immediately after workout (scoop included).

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Keep out of reach of children.
Store in a cool, dry place. Do not use if safety seal is broken or missing.

Made without dairy or soy ingredients, tree nuts, filler ingredients, nor artificial colors, flavors, sweeteners or preservatives.

Manufactured in a facility that also processes egg, milk, soy and tree nuts. May contain traces of soy due to agricultural practices.

MINIMUM FILL LINE

The density of the powdered ingredients in this product naturally vary from lot to lot and require space in the container at the time of packaging. Over time the powders settle, causing the container to appear less full than when it was first packaged. This product is sold by weight and not by volume.



Distributed by Garden of Life LLC
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